Toddler Nutrition and Health Resource List
August 2009

This publication is a collection of resources on the topic of toddler nutrition and health. Resources include books, pamphlets and audiovisuals and are limited to those published in 2000 or later. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can be either borrowed from your local library or purchased from your local book store.

Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.


Table of Contents:

I. Books
   A. General Nutrition and Health
   B. Picky Eaters
   C. Food Allergies
   D. Physical Activity

II. Pamphlets/Brochures/Fact sheets/Web sites
   A. General Nutrition and Health
   B. Picky Eaters
   C. Food Allergies
   D. Oral Health
   E. Physical Activity

III. Audiovisuals
   A. General Nutrition and Health
   B. Food Allergies
   C. Oral Health
   D. Physical Activity

IV. National Contacts
I. Books

A. General Nutrition and Health

**Baby and Toddler Cookbook**  
Rachael Anne Hill  
**Description:** Presents over 90 recipes categorized according to age, with color photos of each. Outlines kitchen basics such as food safety, equipment, and ingredients. Also includes sections on allergies and vegetarian eating.

**Baby & Toddler Meals for Dummies**  
Dawn Simmons, Curt Simmons, and Sallie Warren, MS, RD, LD  
**Description:** Covers food allergies, picky eaters, time-saving tips, and serving sizes according to age. Discusses weaning and introducing new foods.

**The Big Book of Recipes for Babies, Toddlers, & Children**  
Bridget Wardley and Judy More  
**Description:** Lists 365 recipes for young children, including weekly meal planners, nutrient information, and allergy hazards. Recipes are divided by age group.

**C is for Cooking**  
Susan McQuillan, RD  
**Description:** Includes recipes that can expose young children to new foods and basic cooking techniques. Characters from Sesame Street introduce each recipe and share facts about the foods.

**Caring for Your Baby and Young Child: Birth to Age 5, 4th Edition**  
Steven P. Shelov, MD, MS, FAAP and Robert E. Hannemann, MD, FAAP  
**Description:** Acts as a guide for parents and caregivers. Covers childbirth preparation, common problems, physical and emotional distress, developmental milestones, safety, and emergency care.

**The Complete Idiot's Guide to Feeding your Baby and Toddler**  
Elizabeth M. Ward, MS, RD  
**Description:** Provides guidance on infant nutrition and health, as well as advice for weaning babies from soft foods to more solid foods. Includes chapters on food allergies, feeding a vegetarian child, and more than 200 recipes.
The Contented Little Baby Book of Weaning
Gina Ford
**Description:** Aids mothers in starting the weaning process, establishing routines, and ensuring proper nutrition. Contains schedules, recipes, and stories from mothers.

The Everything Organic Cooking for Baby & Toddler Book
Kim Lutz and Megan Hart, MS, RD
**Description:** Contains information about organic eating and 300 recipes for organic dishes. Details how to make cooking simple and affordable.

Excerpts from Food for Tots, 3rd Edition
Janice Woolley, MD and Jennifer Pugmire
**Description:** Answers common questions about feeding children from birth until age six and how to save money when shopping for and preparing meals. Includes tables and figures of caloric needs.

Meals without Squeals: Child Care Feeding Guide & Cookbook, 3rd Edition
Christine Berman, MPH, RD and Jacki Fromer
**Description:** Discusses nutritious food for children. Topics include growth and development, feeding problems, and how to offer positive experiences with food.

Mealtime Solutions for Your Baby, Toddler and Preschooler
Ann Douglas
**Description:** Covers topics such as breastfeeding, complementary foods, dining out, illnesses, and potential challenges that could occur when feeding the young child.

Mothering Your Nursing Toddler, Revised Edition
Norma Jane Bumgarner
**Description:** Provides resources for breastfeeding a child after 1 year of age. Presents material on a year by year basis; includes information on nursing challenges and weaning techniques.
The Nursing Mother’s Companion, 5th Edition
Kathleen Huggins, RN, MS
Description: Includes instruction on how to breastfeed, as well as a chapter on nursing the toddler. Illustrations are provided for additional guidance.

The Nursing Mother’s Guide to Weaning, Revised Edition
Kathleen, Huggins, RN, MS and Linda Ziedrich
Description: Provides information on weaning children of different ages by introducing bottles and complementary foods. Helps mothers delay or implement weaning.

Raising Vegetarian Children
JoAnne Stephaniak, MSEd and Vesanto Melina, MS, RD
Description: Provides vegetarian nutritional guidance from infancy to adolescence as well as tips for nursing moms.

So Easy Toddler Food: Survival Tips & Simple Recipes for the Toddler Years
Joan Ahlers and Cheryl Tallman
Description: Offers tips for families to develop healthy eating habits and includes recipes with nutrition facts.

Toddler Bistro Box
Christina Schmidt, MS
Description: Presents advice, information and recipes based on the child’s age in a recipe box format. Also lists nutrient needs and serving suggestions for the toddler.

The Womanly Art of Breastfeeding, 7th Revised Edition
La Leche League International
Description: Contains information based on scientific research and the experiences of breastfeeding mothers; includes discussion on toddler nursing and weaning practices.

B. Picky Eaters

Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child’s Diet
Cheryl Fraker, CCC/SLP, Mark Fishbein, MD, Sibyl Cox, RD, LD, Laura Walbert, CCC/SLP
Description: Informs parents about strategies that gradually encourage picky eaters to expand their diet. Also offers information on food allergies and advice for special needs children.
Food Fights: Winning the Nutritional Challenges of Parenthood Armed With Insight, Humor, and a Bottle of Ketchup
Laura A. Jana, MD, FAAP, and Jennifer Shu, MD, FAAP
Description: Teaches parents and caregivers the science of nutrition and how to incorporate healthy choices into everyday life. Discusses nutrients and solutions to common problems.

The Happiest Toddler on the Block, 2nd Edition
Harvey Karp, MD
Description: Presents techniques and strategies to help manage challenges faced by parents and caregivers of toddlers. Topics covered in the book include bedtime struggles, separation anxiety, toilet training, aggression, and picky eating.

“I Won’t Eat it!” Answers to Your Questions about Feeding Babies and Toddlers
Leann Birch, PhD and William Dietz, MD, PhD
Description: Covers feeding information on transitioning to solid food and feeding picky toddlers. Provides answers to common questions, personal stories, and a list of additional resources.

Just Two More Bites! Helping Picky Eaters Say Yes to Food
Linda Piette MS, RD
Description: Offers guidance for establishing healthy eating habits in young children who display an unwillingness to eat many foods. Explains social and biological reasons for picky eating and strategies to promote proper nutrition.

My Child Won’t EAT! How to Prevent & Solve the Problem
Carlos Gonzalez, MD
Description: Explains how to prevent and manage eating and growth problems in infants and children.

The Toddler Café: Fast, Healthy, and Fun Ways to Feed Even the Pickiest Eater
Jennifer Carden
Description: Contains over 50 recipes divided into chapters based on food group. Suggests recipe variations and food storage tips.

Penny Preston and Vincent Iannelli, MD
Description: Includes nutrition tips and individual recipes that can be combined to make meals for picky eaters. Has a split-page format and rating system for recipes.
C. Food Allergies

Dealing with Food Allergies in Babies and Children
Janice Vickerstaff Joneja, PhD, RD
Description: Provides information on the prevention and symptoms of allergies. Also discusses special diets for individuals with autism, hyperactivity, and asthma.

Flourishing with Food Allergies: Social, Emotional, and Practical Guidance for Families with Young Children
A. Anderson
Description: Offers tips for handling obstacles related to children with food allergies, such as social situations, school, diet, and travel. Also includes emotional tips and recent research on links to food allergies.

How to Manage Your Child’s Life-Threatening Food Allergies
Linda Marienhoff Coss
Description: Provides step-by-step information to create a safe and social environment for a child with food allergies. Topics covered include preparing for and treating allergic reactions, purchasing and cooking food, teaching others about food allergies, parenting issues, creating a safe school and day care environment, having a social life, dining in restaurants, and traveling.

Understanding and Managing Your Child’s Food Allergies
Scott H. Sicherer, MD
Description: Describes why children develop food allergy, the symptoms of food allergy (affecting the skin, the gastrointestinal tract, and the respiratory system), and the role of food allergy in behavioral problems and developmental disabilities.

D. Physical Activity

365 Activities You and Your Child Will Love
Nancy Wilson Hall, Roni Cohen Leiderman, MD and Wendy Masi, MD
Description: Contains 365 activities for children separated into three categories: three years and up, four years and up, and five years and up. Includes arts and crafts, games, and other play ideas.
Fit Family
Heidi Hill
**Description:** Gives examples of ways families with young children can be active together; a variety of indoor and outdoor activities are highlighted.

Fit Kids (KidsHealth Series)
Mary Gaven, MD and Steven Dowshen, MD
**Description:** Includes guidance on nutrition and physical activity for children from infancy through adolescence. Also contains recipes.

Itsy Bitsy Yoga for Toddlers and Preschoolers
Helen Garabedian
**Description:** Shows yoga poses that can be used with young children at different times during the day. Promotes muscle development and a healthy lifestyle.

Toddler Play: 100 Fun-Filled Activities to Maximize Your Toddler’s Potential
Wendy S. Masi, MD
**Description:** Shows activities, games, and songs to aid in child-development; grouped according to age appropriateness.

The Wiggle & Giggle Busy Book
Trish Kuffner
**Description:** Lists 365 activities and games for toddlers and preschoolers. Categorized by varying situations such as outdoor play, indoor play, creative expression, water play, and holiday themes.

II. Pamphlets/Brochures/Fact Sheets/Web sites

A. General Nutrition and Health

Feeding Your Baby and Toddler (Birth to Age Two)
University of Michigan Health System
[Web site](http://www.med.umich.edu/yourchild/topics/feedbaby.htm)
**Description:** Gives general information on what a parent or caregiver needs to know about feeding a 12-24 month old child. Shares suggestions on making healthy, no-cook snacks.
Feeding Your One Year Old
Noodle Soup of Weingart Design
Description: Describes what a child is able to do by the first year as well as recommendations on foods and their amounts. Also available in Spanish.
Ordering information:
Noodle Soup of Weingart Design
4614 Prospect Ave #328
Cleveland, OH 44103
Phone: 800-795-9295   Email: vicky@noodlesoup.com
Online ordering: http://www.noodlesoup.com/feedingyouroneyearold.aspx

Good Nutrition for Growing Children (Ages 2-5)
Channing Bete Company, Inc.
Description: Contains information about good nutrition and the health benefits that come with eating right. Includes meal-planning charts and recipes. Also available in Spanish.
Ordering Information:
Channing Bete Company, Inc.
One Company Place
South Deerfield, MA 01373
Phone: 800-477-4776   Email: custsvcs@channing-bete.com
Online ordering: http://www.channing-bete.com/

Growing Up Healthy: Fat, Cholesterol and More
American Academy of Pediatrics
Description: Gives guidelines for feeding children 2 to 6 years old. Discusses the importance of a balanced lifestyle of exercise and healthy eating for the entire family.
Ordering Information:
American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
Phone: 847-434-4000   Fax: 847-434-8000
Online ordering:

Healthy Tips for Tots: Ages 2-5
Nutrition Counseling Education Services (NCES)
Description: Provides guidance on feeding young children as well as information on recommended food group servings, tips for feeding, choking hazards and the importance of physical activity. Based on MyPyramid. Also available in Spanish.
Help Me Be Healthy Series
Crab Tree & Company
Description: Explains what a child can do, based on age, to help in his/her nutrition and health care. Additionally shows what foods are appropriate for the given age group. Also available in Spanish.
Ordering Information:
Crab Tree & Company
200 Park Avenue
Falls Church, VA 22046
Phone: 888-531-9001 x102   Fax: 703-241-9060   Email: info@helpmebehealthy.net

Kid Care: Food and Weight
ETR Associates
Description: Guides parents of children 1-6 years of age. Suggests healthy foods and child size servings. Also available in Spanish.
Ordering Information:
ETR Associates
4 Carbonero Way
Scotts Valley, CA 95066
Phone: 800-321-4407   Fax: 800-435-8433   Email: customerservice@etr.org
Online ordering: http://pub.etr.org/ProductDetails.aspx?id=300000&prodid=213

Making Meals Matter for Your Young Child: Guide for Busy Parents
Dairy Council of California
Description: Gives parents and caregivers guidance and information about feeding preschoolers ages 2-5. Provides the basics of preparing healthy meals and snacks. Also available in Spanish.
Ordering Information:
Dairy Council of California
1101 National Drive, Suite B
Sacramento, CA 95834
Phone: 866-572-1359
Online ordering: http://www.dairycouncilofca.org/HealthProfessionals/ClientPrograms/ProgramMealsMatterYoungChild.aspx

MyPyramid for Preschoolers
USDA, Center for Nutrition Policy and Promotion
Description: Includes customizable nutrition and physical activity guidance for children 2 to 5 years of age.
Nutrition Guide for Toddlers
Nemours Foundation
Web site: http://kidshealth.org/parent/food/general/toddler_food.html
Description: Reviews the amount of food a toddler needs for proper development. Also touches on why milk is important and iron requirements for toddlers.

Preventing Choking on Food by Children
Public Health Seattle & King County
Description: Outlines safe practice guidelines on the prevention of choking. Reviews why size, shape, and texture are important points to remember when feeding children.

Stopping the Bottle
Nemours Foundation
Web site: http://kidshealth.org/parent/food/infants/no_bottles.html
Description: Guides parents and caregivers in weaning a child from a bottle to a cup.

Toddler Nutrition
Children’s Hospital Boston
Web site: http://www.childrenshospital.org/az/Site1753/mainpageS1753P0.html
Description: Describes how appetite changes in growing toddlers can make meal times more difficult. Helps parents and caregivers provide structure and set limits.

Transitioning to Toddlerhood: Start Healthy, Stay Healthy: Feeding Guidelines
American Dietetic Association
Description: Provides feeding guidelines for infants and toddlers including appropriate foods and serving sizes.

Your Child’s Health: Information for Parents
Channing Bete Company, Inc.
Description: Discusses the importance of getting regular health care check-ups for children and promotes the importance of being active and healthy as a family.
Ordering Information:
Channing Bete Company, Inc.
One Company Place
South Deerfield, MA 01373
Phone: 800-477-4776   Email: custsvcs@channing-bete.com
Online ordering: http://www.channing-bete.com/
Vegetarianism
Nemours Foundation
Web site: http://kidshealth.org/parent/nutrition_fit/nutrition/vegetarianism.html
Description: Gives an overview of vegetarian diets and how to ensure a child receives optimal nutrition when limiting or eliminating meat from the diet.

Weaning
La Leche League International
Web site: http://www.llli.org/NB/NBweaning.html
Description: Includes answers to common questions and articles related to weaning.

Weaning Your Child
Nemours Foundation
Description: Discusses the decision on when to wean and approaches to the weaning process.

What’s to Eat? Healthy Foods for Hungry Children
American Academy of Pediatrics
Description: Outlines menu options and includes sections on active play, picky eaters, safety concerns, and healthy fast food items.

Ordering information:
American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
Phone: 847-434-4000  Fax: 847-434-8000
Online ordering:

B. Picky Eaters

Appetite Slump in Toddlers
University of Michigan Health System, C.S. Mott Children’s Hospital
Web site: http://med.umich.edu/1libr/pa/pa_bappetit_hhq.htm
Description: Helps parents and caregivers define what an appetite slump is, what causes it, and how to help a child with an appetite slump.
Feeding Kids Right Isn’t Always Easy: Tips for Preventing Food Hassles
American Academy of Pediatrics
Description: Offers advice on children’s eating behavior problems and tips on how to make mealtime more pleasant.
Ordering information:
American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
Phone: 847-434-4000 Fax: 847-434-8000
Online ordering:

Feeding Toddlers Can be a Challenge
National Food Service Management Institute, University of Mississippi
Description: Guides parents and caregivers on making mealtimes a success, from making mealtimes fun to preventing hazards like choking. Also includes fun activities to help young children learn about fruits and vegetables.

Handling a “Choosy” Eater
USDA, Food and Nutrition Service
Description: Lists ten tips for managing a picky eater, as well as background information for parents and caregivers.

How to Handle Your Picky Eater
Zero to Three: National Center for Infants, Toddlers and Families
Web site: http://www.zerotothree.org/site/PageServer?pagename=ter_key_health_picky
Description: Explains the reasons behind picky eating, what parents can do, and strategies to encourage healthy eating patterns.

Picky Eaters
USDA, Center for Nutrition Policy and Promotion
Web site: http://mypyramid.gov/preschoolers/HealthyHabits/PickyEaters/index.html
Description: Explains common types of picky eating and how to get children ages 2 to 5 to try new foods.
Ten Tips for Feeding Your Toddler without Fuss
Noodle Soup of Weingart Design
Description: Gives tips for making mealtimes a success. Includes advice on being a good role model and providing comfort. Also available in Spanish.
Ordering information:
Noodle Soup of Weingart Design
4614 Prospect Ave #328
Cleveland, OH 44103
Phone: 800-795-9295 Email: vicky@noodlesoup.com
Online ordering: http://www.noodlesoup.com/tentipsforfeedingyourtoddler.aspx

Tips for Feeding Young Kids
Washington State Department of Health WIC Program
Description: Reviews what to do when a child eats only one type of food, skips meals, wants something other than what was served, or refuses to eat at all. Available in multiple languages.

Toddlers at the Table: Avoiding Power Struggles
Nemours Foundation
Web site: http://kidshealth.org/parent/food/general/toddler_meals.html#
Description: Offers suggestions on how to successfully introduce new foods. Contains advice on scheduling regular feeding times and what to do if a child refuses to eat.

C. Food Allergies

Food Allergies
Nemours Foundation
Description: Discusses what food allergies are, signs they are occurring, and how to handle allergic responses in children.

Food Allergies and Your Child
American Academy of Pediatrics
Description: Contains information on symptoms, common causes, and diagnosis of food allergies. Also has tips on avoiding and treating allergies.
Ordering Information:
American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
Phone: 847-434-4000 Fax: 847-434-8000
Online ordering:
Food Allergies or Just Food Fussiness?
USDA, Food and Nutrition Service
Description: Describes the signs of potential food allergies, the most common food allergies, and safety precautions.

Parents: Creating an Action Plan for Child Care Providers
Rutgers University
Web site: http://foodallergy.rutgers.edu/images/posters/PosterB.pdf
Description: Explains the importance of having an action plan for managing a child’s food allergies when he/she is in a childcare setting. Also available in Spanish.

Tips for Finding Food Allergy Aware Preschools
Kids with Food Allergies, Inc.
Web site: http://www.kidswithfoodallergies.org/resourcespre.php?id=79&title=finding_the_right_preschool_for_your_child_with_food_allergies
Description: Guides parents in choosing a preschool or daycare that accommodates children with food allergies.

D. Oral Health

Brush Up on Healthy Teeth: Simple Steps for Kids’ Smiles
Center for Disease Control and Prevention
Description: Provides steps to follow to ensure the care of a child’s teeth.

Care of Children’s Teeth
Noodle Soup of Weingart Design
Description: Gives parents and caregivers advice on taking care of young children’s teeth from birth through five years. Also available in Spanish.

Ordering information:
Noodle Soup of Weingart Design
4614 Prospect Ave #328
Cleveland, OH 44103
Phone: 800-795-9295   Email: vicky@noodlesoup.com
Online ordering: http://www.noodlesoup.com/careofchildrensteeth.aspx
Caring for Your Child’s Teeth
Channing Bete Company, Inc.
Description: Presents information on dental hygiene for children, plus tips on proper brushing, flossing, and what to expect from the first dental checkup. Also available in Spanish.
Ordering Information:
Channing Bete Company, Inc.
One Company Place
South Deerfield, MA 01373
Phone: 800-477-4776 Email: custsvcs@channing-bete.com
Online ordering: http://www.channing-bete.com/

First Steps to a Healthy Smile
American Academy of Pediatrics
Description: Stresses good dental health practices during the first two years of life.
Ordering information:
American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
Phone: 847-434-4000 Fax: 847-434-8000
Online ordering:

Give Your Child “Teeth Healthy” Drinks
Kansas Head Start Association
Description: Highlights the importance of using the appropriate container when giving young children beverages (i.e. bottles for under 1, etc.)

A Guide to Children’s Dental Health
American Academy of Pediatrics
Description: Focuses on strategies for keeping teeth healthy throughout childhood.
Ordering information:
American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
Phone: 847-434-4000 Fax: 847-434-8000
Online ordering:
Infant and Toddler Oral Health: Early Childhood Caries
Maryland Department of Health and Mental Hygiene
Description: Covers how to prevent early childhood caries in the teeth of young children.

Keeping Your Child’s Healthy Smile
USDA, Food and Nutrition Service
Description: Includes tips for beginning oral health care early, making food and drink choices for healthy teeth, and making dental care a family habit.

Milk Matters for Your Child’s Healthy Mouth
Description: Discusses the benefits of calcium for keeping teeth, gums, and jawbones healthy. Additionally talks about milk/dairy and other foods as a good source of calcium.

Until Age 6 Years Use Less Than a Pea-Sized Amount
Kansas Head Start Association
Web site: http://www.ksheadstart.org/pdfs/Brushing%20is%20Important.pdf
Description: Provides visual guidance as to how much toothpaste to use with young children as well as explains the importance of helping young children brush their teeth.

E. Physical Activity

Child’s Play!
USDA, Food and Nutrition Service
Description: Lists the benefits of active play for a child’s physical and mental development as well as includes activity ideas and safety tips.

Encourage Your Child to be Physically Active
American Academy of Pediatrics
Description: Contains statistics, benefits, and tips on encouraging children to become more physically active.
Ordering information:
American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
Phone: 847-434-4000  Fax: 847-434-8000
Online ordering: https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=f632b0ec-57e8-4b38-905a-f1f87eb61782
Home and Away: How to Keep Toddlers Active
Nemours Foundation
Web site: http://kidshealth.org/parent/nutrition_fit/fitness/active_toddler.html
Description: Supplies play ideas to ensure that toddlers are getting enough physical activity at home or away. Also includes a section on safety and supervision.

Kids in Action: Fitness for Children Birth to Age 5
National Association for Sport and Physical Education
Description: Gives parents and caregivers ideas for engaging in age-appropriate physical activities with their child.

MyActivity Pyramid
University of Missouri Cooperative Extension
Web site: http://extension.missouri.edu/explorepdf/hesguide/foodnut/n00386.pdf
Description: Aims to help children include a variety of physical activities in their daily lives. The MyActivity Pyramid handout is based on the 2005 Dietary Guidelines for Americans and MyPyramid.
Ordering Information:
University of Missouri Cooperative Extension
Columbia, MO 65211
Phone: 573-882-7216
Online ordering: http://extension.missouri.edu/explore/shop/product_add.asp?IntProdID=N386

Physical Activity
USDA, Center for Nutrition Policy and Promotion
Web site: http://mypyramid.gov/preschoolers/PhysicalActivity/index.html
Description: Discusses how much activity children ages 2 to 5 should get on a daily basis.

Physical Fitness for Toddlers
Illinois Early Learning Project
Description: Informs parents and caregivers of age-related activities and ways to encourage toddlers to be physically fit.

Play
Zero to Three: National Center for Infants, Toddlers and Families
Web site: http://www.zerotothree.org/site/PageServer?pagename=key_play
Description: Includes tips for choosing toys as well as discusses the importance of play.
Playing with Toddlers, 12 to 24 Months  
Noodle Soup of Weingart Design  
**Description:** Explains the importance of play in motor, cognitive, and social development. Also encourages a healthy lifestyle. Available in Spanish.  
**Ordering Information:**  
Noodle Soup  
4614 Prospect Ave #328  
Cleveland, OH 44103  
Phone: 800-795-9295 Email: vicky@noodlesoup.com  
Online ordering: [http://www.noodlesoup.com/playingwithtoddlers12to24months.aspx](http://www.noodlesoup.com/playingwithtoddlers12to24months.aspx)  

Step Up and Stay Active: Activity for Children Ages 2-5 Years  
Learning ZonExpress  
**Description:** Shows activities for young children so they can build fitness into their day.  
**Ordering Information:**  
Learning ZonExpress  
667 E Vine St. PO Box 1022  
Owatonna, MN 55060  
Phone: 888-455-7003 Fax: 507-455-3380  
Email: customersupport@learningzonexpress.com  

III. Audiovisuals  

A. General Nutrition and Health  

Beverage Basics  
Lemon-Aid Films, 2006. DVD (10 min.)  
**Description:** Discusses bottle weaning, beverage portion sizes, and sugar content of drinks.  
**Ordering Information:**  
Lemon-Aid Films  
85 Rangeway Road, Building One  
North Billerica, MA 01862  
Phone: 978-667-3335  
Childhood Nutrition: Preventing Obesity: Volume 2: Young Children Eating Right
InJoy Productions, Inc. 2005. DVD (37 min.)
Description: Covers MyPyramid, making mealtime a positive experience, quick and healthy home made and fast food ideas, ways to promote exercise and limit TV, food safety, and choking hazards. Also available in Spanish.
Ordering Information:
InJoy Birth & Parenting Videos, Inc.
7107 La Vista Place
Longmont, CO 80503
Phone: 800-326-2082 ext. 2 or 303-447-2082 ext. 2 Fax: 303-449-8788

Feed Me! Kids and Nutrition
Learning Seed, 2007. DVD (20 min.)
Description: Shows parents and caregivers how to use MyPyramid for Kids to help children. Also addresses managing picky eaters and how to encourage vegetables and portion sizes.
Ordering Information:
Learning Seed
641 West Lake Street, Suite 301
Chicago, IL 60661
Phone: 800-634-4941 Fax: 800-998-0854 Email: info@learningseed.com

The Happiest Toddler on the Block
The Happiest Baby, Inc., 2004. DVD (69 min.)
Description: Provides parenting techniques and strategies to help manage challenges faced by parents with toddlers. Topics covered include bedtime struggles and separation anxiety.
Ordering Information:
The Happiest Baby, Inc.
Phone: 310-207-1111 Email: sales@thehappiestbaby.com
Online ordering: http://www.thehappiestbaby.com/store.html

I'm Not a Baby Anymore: Tips for Feeding Toddlers
Lemon-Aid Films, 2004. DVD (11 min.)
Description: Addresses portion size, food and beverage selection, introduction of new foods, and mealtime do’s and don’ts. Includes interviews with mothers. Also available in Spanish.
Ordering Information:
Lemon-Aid Films
85 Rangeway Road
Building One
North Billerica, MA 01862
Phone: 978-667-3335
Toddlers: Physical Development
Learning Seed, 2009. DVD (29 min.)
Description: Discusses the physical development of toddlers as it relates to areas such as nutrition, sleep, and toilet training.
Ordering Information:
Learning Seed
641 West Lake Street, Suite 301
Chicago, IL 60661
Phone: 800-634-4941 Fax: 800-998-0854 Email: info@learningseed.com

B. Food Allergies

I'm Not Nuts: Living with Food Allergies
Brimstone Media Productions, LLC, 2008. (83 min.)
Description: Discusses the possible causes of food allergies, and managing food allergies in both children and adults. Details experiences of families dealing with food allergies, as well as provides tips and advice from food allergy experts.
Ordering Information:
Brimstone Media Productions, LLC
7900 State Street
Brighton, MI 48116
Phone: 810-225-3079 Email: KJLindenmuth@aol.com
Online ordering: http://www.lindenmuth.com/documentaries/allergies.shtml

C. Oral Health

Dental Care for the Early Years: Age 0-5
Discovery Education, 2002. VHS (13 min.)
Description: Presents to parents and caregivers the importance of early dental health and the routines needed to prevent tooth decay in infants and young children.
Ordering Information:
Discovery Education
PO Box 2284
South Burlington, VT 05407
Phone: 888-892-3484 Fax: 877-324-6830
Online ordering: http://store.discoveryeducation.com/product/show/49013
D. Physical Activity

**Adventures of Zobey: Adventures in Bugland**  
Texas Department of State Health Services, WIC Program, 2007. DVD (24 min.)  
**Description:** Promotes activity while teaching children about fruits and vegetables. Encourages children to dance, wiggle and jump while watching it.  
**Ordering Information:**  
Texas Department of State Health Services, WIC Program  
PO Box 149347  
Austin, TX 78714  
Phone: 800-942-3678  
Fax: 512-341-4473  
Online ordering: [https://medialinx.alliedvaughn.com/clients/portals/tdh/onlinecart/](https://medialinx.alliedvaughn.com/clients/portals/tdh/onlinecart/)

**Age-Appropriate Play: The First Four Years (Three Volume Set)**  
InJoy Productions, Inc., 2002. DVD (56 min.)  
**Description:** Contains four different programs providing guidance for the development of social, language, fine motor and gross motor skills. The programs are divided by ages: birth to 6 months, 6 - 12 months, 12 - 24 months and 2 to 3 year olds. Each program lasts from 12 minutes to 17 minutes. Also available in Spanish.  
**Ordering Information:**  
InJoy Birth & Parenting Videos, Inc.  
7107 La Vista Place  
Longmont, CO 80503  
Phone: 800-326-2082 ext. 2 or 303-447-2082 ext. 2  
Fax: 303-449-8788  

**Have Fun and Be Active**  
Abridge Club Entertainment, 2005. DVD (30 min.)  
**Description:** Shows parents, grandparents and young children from a variety of cultures having fun being physically active. Activities are coordinated with music to give families ways to be physically active inside and outside of the house. Also available in Spanish.  
**Ordering Information:**  
Abridge Club Entertainment (Russ InVision Records)  
3219 Conquista Ave  
Long Beach, CA 90808  
Phone: 562-421-1836  
Fax: 562-420-9101  
Online ordering: [http://www.abridgeclub.com/Videos__DVD.htm#Have%20Fun%20&%20Be%20Active](http://www.abridgeclub.com/Videos__DVD.htm#Have%20Fun%20&%20Be%20Active)
IV. National Contacts

American Academy of Pediatric Dentistry
211 East Chicago Avenue, Suite 700
Chicago, IL 60611
Phone: 312-337-2169
Web site: http://www.aapd.org/

American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
Phone: 847-434-4000
Web site: http://www.aap.org/

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606
Phone: 800-877-1600
Web site: http://www.eatright.org

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30333
Phone: 404-639-3311
Web site: http://www.cdc.gov/

The Food Allergy & Anaphylaxis Network
11781 Lee Jackson Highway, Suite 160
Fairfax, VA 22033
Phone: 800-929-4040
Web site: http://www.foodallergy.org/

Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857-0001
Phone: 888-INFO-FDA
Web site: http://www.fda.gov/

Food and Nutrition Service Child Nutrition Programs, Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Supplemental Nutrition Assistance Program (SNAP), etc.
3101 Park Center Drive
Alexandria, VA 22302
Phone: 703-305-2062
Kids with Food Allergies, Inc.
73 Old Dublin Pike, Ste 10, #163
Doylestown, PA 18901
Phone: 215-230-5394    Fax: 215-340-7674
Web site: http://www.kidswithfoodallergies.org/

La Leche League International
PO Box 4079
Schaumburg, IL 60168
Phone: 800-LALECHE
Web site: http://llli.org/

National Institute of Child Health and Human Development
PO Box 3006
Rockville, MD 20847
Phone: 800-370-2943
Web site: http://www.nichd.nih.gov/index.cfm

Zero to Three: National Center for Infants, Toddlers and Families
2000 M St. NW, Suite 200
Washington, DC 20036
Phone: 202-638-1144
Web site: http://www.zerotothree.org

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Acknowledgment is given to the following FNIC reviewers:
Janice K. Schneider, MS, RD, Nutrition Information Specialist
Shirley King Evans, MEd, RD, Acting Nutrition and Food Safety Program Leader

This publication was developed in part through a Cooperative Agreement with the Department of Nutrition and Food Science in the College of Agriculture and Natural Resources at the University of Maryland.

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