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1. **Real Kids Come in All Sizes: 10 Essential Lessons to Build Your Child's Body Esteem**
Kater, Kathy, 2004        
2. **Raising Happy, Healthy, Weight-wise Kids**
Toews, Judy and Parton, Nicole, 2000     
3. **Secrets of Feeding a Healthy Family**
Satter, Ellyn, 1999     
4. **Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life**
American Academy of Pediatrics, 1999          
5. **Child of Mine: Feeding with Love and Good Sense**
Satter, Ellyn, 2000      
6. **Feeding your Preschooler: Tasty Nutrition for Kids Two to Six**
Lambert-Legace, Louise, 1993          
7. **Fit Kids: A Practical Guide to Raising Healthy and Active Children from Birth to Teens**
Gavin, Mary L., Dowshen, Steven A. and Izenberg, Neil, 2004   
8. **Helping Your Child Lose Weight the Healthy Way: A Family Approach to Weight Control**
Levine, Judith and Bine, Linda, 2001  
9. **Overcoming Childhood Obesity**
Thompson, Colleen A. and Shanley, Ellen L., 2004   
10. **Dietitians of Canada**
www.dietitians.ca/healthystart and www.dietitians.ca/child
11. **Calgary Health Region Nutrition and Active Living**
www.calgaryhealthregion.ca/nutrition
12. **Canadian Paediatric Society: Caring for Kids**
www.caringforkids.cps.ca/eating/HealthyEating.htm

Materials can be borrowed through inter-library loan



Family & Community Resource Centre



Banff



Bow Island



Brooks



Camrose



Canmore



Cardston



Cereal



Claresholm



Coaldale



Didsbury



Hussar Hills



Lacombe



Calgary Public Library



Lethbridge



Medicine Hat



Okotoks



Olds



Ponoka



Raymond



Red Deer



Sylvan Lake



Strathmore



Taber



Three Hills



Vulcan

Disclaimer

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

For additional resources or information regarding **Nutrition** please call or visit:

**The Southern Alberta Family &
Community Resource Centre**

Alberta Children's Hospital
2888 Shaganappi Trail NW
Calgary, AB T3B 6A8
Phone: (403) 955-FCRC(3272)

For additional support in child health information needs please contact our Child Health Information Specialist at 955-7745, toll free at 1-877-943-FCRC(3272) or email childhealthinfo@calgaryhealthregion.ca.

Community resource information available from:

You can speak to a nutritionist for more healthy eating, active living and community resource information by calling Health Link at 943-5465 or toll free 1-866-408-LINK (5465).

Contributing Partners

Alberta Children's Hospital - Clinical Nutrition
Calgary Health Region - Nutrition and Active Living



All of our Information Prescriptions are available for free download at: www.sacyhn.ca/pages/publications.html