

Book Ideas To Help Expand Food Variety with Selective Eaters

For Young Kids:

The Unpopular Pea (& Carrot) by Elle Valentine
Why Should I Eat Well? By Mike Gordon
The Very Hungry Caterpillar by Eric Carle
Eating the Alphabet by Lois Ehlert
Pancakes, Pancakes by Eric Carle
D.W. the Picky Eater by Marc Brown
Green Eggs & Ham by Dr. Seuss
Growing Vegetable Soup by Lois Elhert
How Do Dinosaurs Eat Their Food by Jane Yolen & Marc Teague
I Will Never, Not Ever Eat a Tomato by Lauren Child
Over Under in the Garden by Pat Schories
Seven Silly Eaters by Mary Ann Hoberman
The Vegetables We Eat by Gail Gibbons
The Bernstein Bears Down on the Farm by Stan & Jan Bernstein
My Amazing Body by Pat Thomas
Pumpkin Soup by Helen Cooper

For Grade-School Kids:

How to be comfortable in your own feathers by Julia Cook
Good Enough to Eat by Lizzy Rockwell
The Busy Body Book: A Kid's Guide to Fitness by Lizzy Rockwell
Crunching Carrots, NOT Candy by Judy Slack
The Quest to Digest by Jef Czekaj
The Bernstein Bears and Too Much Junk Food by Jan Bernstein
The Monster Health Book by Edward Miller
How Did That Get in my Lunchbox by Lucia Gaggiotti
Popcorn by Elaine Landau
Milk from Cow to Carton by Alikei

For High-School Kids:

The Omnivore's Dilemma Young Readers Edition by Michael Pollan

For Parents:

Child of Mine by Ellyn Satter
Mindset: The New Psychology of Success by Carol Dweck (While not a "nutrition book" per se, the concepts taught in this remarkable book can certainly benefit us in the way we view ourselves, our relationship with food, and the manner in which we approach obstacles while on our pursuit of good health.)