



Info Rx

Nutrition, Active Living, and Healthy Growth

Eating a balanced diet and getting enough physical activity are important parts of maintaining health. Below are some resources that help families know how to have an active and balanced lifestyle.

Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook

Ellyn Satter

Satter's book outlines how to have an enjoyable, structured, and healthy way of eating.

Child of Mine: Feeding with Love and Good Sense

Ellyn Satter

This book about feeding infants and children offers practical advice and guidance about nutrition, feedings, and child development.

Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School

Jill Castle and Maryann Jacobsen

Written by two pediatric nutrition experts this guide provides parents with the tools to feed their child at any age.

Healthy Bodies; Teaching Kids What They Need to Know: A Comprehensive Curriculum to Address Body Image, Eating, Fitness and Weight Concerns in Today's Challenging Environment

Kathy Kater

Kater has developed a curriculum that promotes healthy behaviour and positive body image. Parents can use the lesson plans to teach children how to care for their bodies through mindful eating, and enjoyable movement.

Real Kids Come in All Sizes: Ten Essential Lessons to Build Your Child's Body Esteem

Kathy Kater

This practical guide shows parents how to help their children maintain body esteem and make healthy choices a routine part of their lives.

Fit Kids: A Practical Guide to Raising Healthy and Active Children from Birth to Teens

Mary L. Gavin, Steven A. Dowshen, and Neil Izenberg

Fit Kids provides comprehensive and practical guidance to help parents who want to have active and nourished children.

Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders

Katja Rowell and Jenny McGlothlin

Between worrying whether or not nutritional needs are being met and meal time power struggles raising an extremely picky eater can be stressful. This book provides both hope and strategies to parents and caregivers.

This list was created by caring Families & Professionals

These resources are available to borrow from:

Family & Community Resource Centre

Alberta Children's Hospital
28 Oki Drive NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

fcrc.ahs.ca/rx/nutrition

For more information contact the Child Health Information Specialist
at 403-955-7745 or childhealthinfo@ahs.ca

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.



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