



March 2006

## USEFUL BOOKS ON NUTRITION

### CHILDREN'S NUTRITION

- Breast Bottle Bowl, The Best Fed Baby Book (2003). A Hillis & P Stone.
- Baby and Toddler Meals (2004) Robin Baker.
- Starting Your Baby on Solid Food (2003). A Opray
- Positive Food for Kids (2005). J O'Dea
- Let's Eat Right! For Kids (2004) K Inge
- Feeding Your Baby (2004). P Stanway & S Lewis
- Cool Kids Cook (2004) D Hay
- Baby and Toddler Food (2005). C Fallows & K Kingham
- Organic Baby & Toddler Cookbook (2005) L Vann



### FAMILY RECIPE BOOKS

- Deliciously Healthy Cookbook (2002) Heart Foundation
- Babies and Toddlers Good Food. Family Circle (available on web magshop.com.au)
- The Secret of Healthy Children (2003) Nutrition Australia
- The Good Gut Cookbook, (1999) R Stanton



### SPECIAL SUBJECTS

- Raising Low Fat Kids (in a high-fat world), (1997) J Shaw
- Growing Up - Not Out, A Weight Management Guide for Families. (2003) Steinbeck K
- Matter of Fat: Understanding and overcoming obesity in kids (2005) R Stanton & A Hills.
- The GI factor-the new glucose revolution for healthy kids. (2001), J Brand-Miller, K Foster-Powell & H Gilbertson
- A Wealth of Health (Gluten free recipes) (2000), S Shepherd.
- Healthy Vegetarian Eating (1997) R Stanton
- Friendly Food (2005) Royal Prince Alfred Hospital Allergy Unit

