Healthy Minds, Healthy Bodies

Doctors and parents understand that reading promotes language and literacy development and prepares young children to succeed in school. But some books can also help develop strong bodies and prevent childhood obesity by educating young children about the importance of healthy eating. Here are some doctor-recommended children’s books about nutritious foods and eating right from Reach Out and Read’s pediatricians. Check them out at your local library, bookstore, or online!

6 months to 3 years old

**Meal Time**
by Anthony Lewis

**Now I Eat My ABCs**
by Pam Abrams

**Eating the Rainbow**
by Deborah Shine

2 to 5 years old

**What’s In Grandma’s Grocery Bag?**
by Hui-Mei Pan

**Gregory, the Terrible Eater**
by Mitchell Sharmat

**The Ugly Vegetables**
by Grace Lin

3 to 8 years old

**Growing Vegetable Soup**
by Lois Elhert

**Eating the Alphabet**
by Lois Elhert

**Good Enough to Eat!**
by Lizzy Rockwell

**The Vegetables We Eat**
by Gail Gibbons