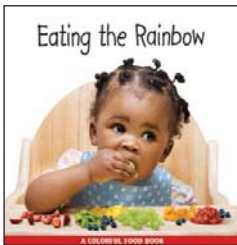


Healthy Minds, Healthy Bodies

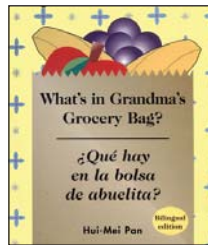
Doctors and parents understand that reading promotes language and literacy development and prepares young children to succeed in school. But some books can also help develop strong bodies and prevent childhood obesity by educating young children about the importance of healthy eating. Here are some doctor-recommended children's books about nutritious foods and eating right from Reach Out and Read's pediatricians.

For more information on how to help your children build fit bodies and strong minds, visit www.serve.gov/lrlm and learn about United We Serve's *Let's Read. Let's Move.* initiative to combat childhood obesity and summer reading loss by engaging youth in summer reading and physical activity.



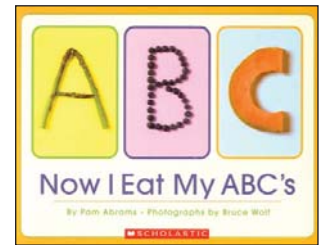
Eating the Rainbow
by Rena Grossman
Ages: 6 months – 2

Find it at your local library or online!



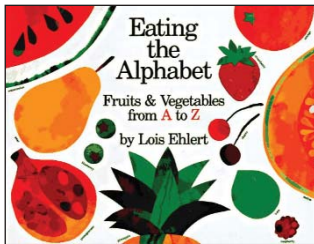
What's In Grandma's Grocery Bag?
by Hui-Mei Pan
Ages: 2 – 5

Find it at your local library or online!



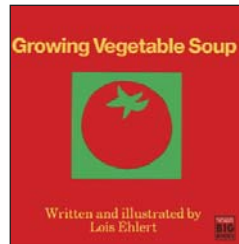
Now I Eat My ABC's
by Pam Abrams
Ages: 6 months – 3

Find it at your local library or online!



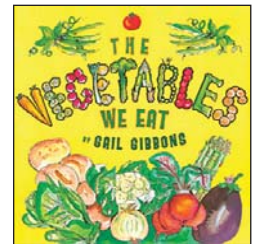
Eating the Alphabet
by Lois Elhert
Ages: 4 – 8

Find it at your local library or online!



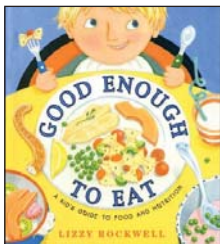
Growing Vegetable Soup
by Lois Elhert
Ages: 4 – 8

Find it at your local library or online!



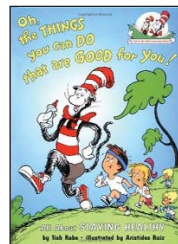
The Vegetables We Eat
by Gail Gibbons
Ages: 4 – 8

Find it at your local library or online!



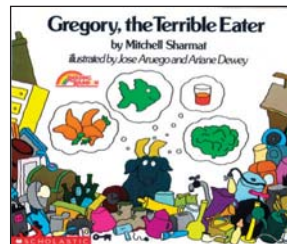
Good Enough to Eat!
by Lizzy Rockwell
Ages: 4 – 8

Find it at your local library or online!



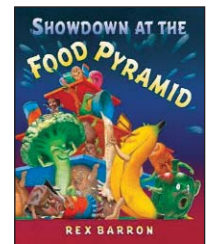
Oh, The Things You Can Do That Are Healthy for You!
by Dr. Seuss
Ages: 3 – 8

Find it at your local library or online!



Gregory, the Terrible Eater
by Mitchell Sharmat
Ages: 3 – 8

Find it at your local library or online!



Showdown at the Food Pyramid
by Rex Barron
Ages: 4 – 8

Find it at your local library or online!