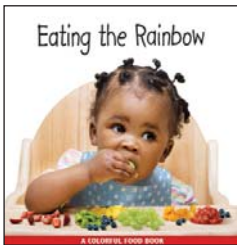




# Healthy Minds, Healthy Bodies

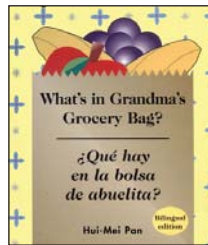
Doctors and parents understand that reading promotes language and literacy development and prepares young children to succeed in school. But some books can also help develop strong bodies and prevent childhood obesity by educating young children about the importance of healthy eating. Here are some doctor-recommended 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/Irlm](http://www.serve.gov/Irlm) 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.



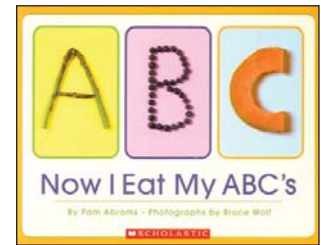
***Eating the Rainbow***  
by Rena Grossman  
Ages: 6 months – 2

Find it at your local library or online!



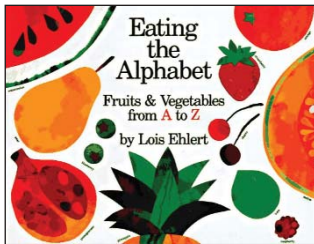
***What's In Grandma's Grocery Bag?***  
by Hui-Mei Pan  
Ages: 2 – 5

Find it at your local library or online!



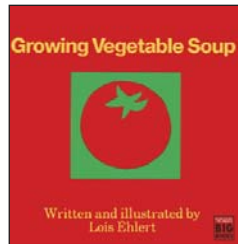
***Now I Eat My ABC's***  
by Pam Abrams  
Ages: 6 months – 3

Find it at your local library or online!



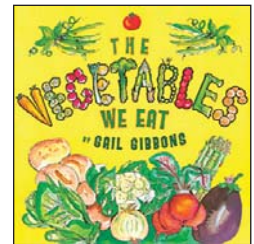
***Eating the Alphabet***  
by Lois Elhert  
Ages: 4 – 8

Find it at your local library or online!



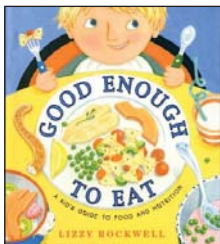
***Growing Vegetable Soup***  
by Lois Elhert  
Ages: 4 – 8

Find it at your local library or online!



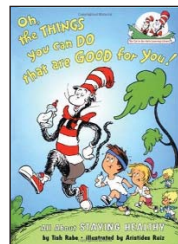
***The Vegetables We Eat***  
by Gail Gibbons  
Ages: 4 – 8

Find it at your local library or online!



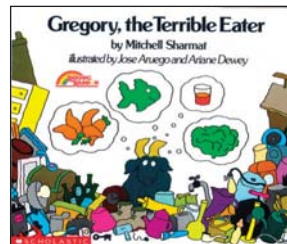
***Good Enough to Eat!***  
by Lizzy Rockwell  
Ages: 4 – 8

Find it at your local library or online!



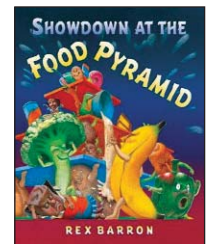
***Oh, The Things You Can Do That Are Healthy for You!***  
by Dr. Seuss  
Ages: 3 – 8

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!