



bibliography

American Academy of Pediatrics Committee on Nutrition, Krebs, N.F., Jacobson, M.S. (2003). Prevention of pediatric overweight and obesity. *Pediatrics*, 112 (2), 424-430.

American Dietetic Association (2002). Start healthy: The guide to teaching your little one good eating habits. Fact sheet (pdf version). Food & Nutrition Information, Kids' Nutrition Needs. [Online]. Available: <http://www.eatright.org/ada/files/gerber.pdf>.

American Heart Association, Gidding, S.S., Dennison, B.A., Birch, L.L., Daniels, S.R., Gilman, M.W., Lichtenstein, A.H., Rattay, K.T., Steinberger, J., Stettler, N., Van Horn, L. (2006). Dietary recommendations for children and adolescents: A guide for practitioners. *Pediatrics*, 117 (2), 544-559.

Barclay, L. (2006). New guidelines for introducing solid foods to avoid development of infant allergies. *Medscape Today*. [Online]. Available: <http://www.medscape.com/viewarticle/541952?sssdmh=dm1.205852&src=nldne>

Baughcum, A., Chamberlin, L., Deeks, C., Powers, S., Whitaker, R. (2000). Maternal perceptions of overweight preschool children. *Pediatrics*, 106 (6), 1380-1386.

Bernath, P., Masi, W. (2006). Smart school snacks a comprehensive preschool nutrition education program. *Beyond the Journal*. [Online]. Available: <http://journal.naeyc.org/btj/200605/BernathBTJ.asp>

Birch, L. (1979). Dimensions of Preschool Children's Food Preferences. *Journal of Nutrition Education and Behavior*, 11 (2), 77-80.

Birch, L.L., Fisher, J.O. (1998). Development of eating behaviors among children and adolescents. *Pediatrics*, 101 (3), 539-549.

Birch, L.L., Johnson, S.L., Fisher, J.A. (1995). Children's eating: The development of food-acceptance patterns. *Young Children*, 50 (2), 71-78.

bibliography



Bobroff, L. (2005). The benefits of healthful snacking. Bureau of Child Nutrition Programs. Florida Department of Education. [Online]. Available: www.fldoe.org/nutrition/teachers/snacksmart/pdf/04-HealthfulSnacking.pdf.

Bowman, S.A., Gortmaker, S.L., Ebbing, C.B., Pareira, M.A., Ludwig, D.S. (2004). Effects of fast-food consumption on energy intake and diet quality among children in a national household survey. *Pediatrics*, 113 (1), 112-118.

Branen, L., Fletcher, J., Myers, L. (1997). Effects of pre-plated and family style food service on preschool children's food intake and waste at snack-time. *Journal of Research in Childhood Education*, 12, 88-95.

Brazelton, T.B. (1992). *Touchpoints Birth to 3: Your Child's Emotional and Behavioral Development*. Cambridge: Perseus Publishing.

Carruth, B.R., Skinner, J. D. (2000). Revisiting the picky eater phenomenon: Neophobic behaviors of young children. *Journal of the American College of Nutrition*, 19 (6), 771-780.

Carruth, B. R., Skinner, J., Houck, K., Moran, J., Coletta, F., Ott, D. (1998). The phenomenon of "Picky Eater": A behavioral marker in eating patterns of toddlers. *Journal of the American College of Nutrition*, 17 (2), 180-186.

The Center for Weight and Health, University of California, Berkeley (2001). *Pediatric overweight: A review of the literature*. [Online]. Available: http://www.cnr.berkeley.edu/cwh/PDFs/Full_COPI_secure.pdf

Clark, J.E., Clements, R. L., Guddemi, M., Morgan, D.W., Pica, R., Pivarnik, J.M., Rudisill, M., Small, E., Virgilio, Stephen J. (2002). *Active start: A statement of physical activity guidelines for children birth to five years*. Oxon Hill, MD: AAHPERD Publications.

Clements, R.L., Schneider, S.L. (2006). *Movement-based learning: Academic concepts and physical activity for ages three through eight*. Reston, VA: American Alliance for Health, Physical Education, Recreation and Dance.



bibliography

Colker, L.J. (2005). *The cooking book: Fostering young children's learning and delight*. Washington, DC: NAEYC.

Committee on Nutrition (2001). American Academy of Pediatrics: The use and misuse of fruit juice in pediatrics. *Pediatrics*, 107 (5), 1210-1213.

Eckstein, K.C., Mikhail, L.M., Ariza, A.J., Thomson, J.S., Millard, S.C., Binns, H.J. (2006). Parents' perceptions of their child's weight and health. *Pediatrics*, 117 (3), 681-690.

Eisenberg, S., Olson, R., Neumark-Sztainer, D., Story, M., Bearinger, L. (2004). Correlations between family meals and psychosocial well-being among adolescents. *Archives of Pediatrics and Adolescent Medicine*, 158 (8), 792-796.

Fiocchi, A., Assa'ad, A., Bahna, S. (2006). Food allergy and the introduction of solid foods to infants: a consensus document. *Annals of Allergy, Asthma and Immunology*, 97 (1), 10-21.

Fletcher, J.W., Branen L.J. (1994). Making mealtime a developmentally appropriate curriculum activity for preschoolers. *Day Care and Early Education*, 21 (3), 4-8.

Gartner, L.M., Greer, F.R., Section on Breastfeeding and Committee on Nutrition (2003). Prevention of rickets and vitamin D deficiency: New guidelines for vitamin D intake. *Pediatrics*, 111 (4), 908-910.

Gerrish, C.J., Mennella, J.A. (2001). Flavor variety enhances food acceptance in formula-fed infants. *American Journal of Clinical Nutrition*, 73 (6), 1080-5.

Goran, M.I. (2001). Metabolic precursors and effects of obesity in children: A decade of progress, 1990-1999. *American Journal of Clinical Nutrition*, 73 (2), 158-171.

Grundy, J., Matthews, S., Bateman, B., Dean, T., Arshad, S. (2002). Rising prevalence of allergy to peanut in children: Data from 2 sequential cohorts. *Journal of Allergy and Clinical Immunology*, 110 (5), 784-789.

bibliography



Kleinman, R.E., editor (2004). Pediatric Nutrition Handbook. 5th Edition. Elk Grove Village, IL: American Academy of Pediatrics.

Klesges, R.C., Stein, R.J., Eck, L.H., Isbell, T.R., Klesges, L.M. (1991). Parental influence on food selection in young children and its relationship to childhood obesity. *American Journal of Clinical Nutrition*, 53 (4), 859-864.

Hood, E. (2005). Sharing solutions for childhood obesity. *Environmental Health Perspectives*, 113 (8), A520-A522.

Huettig, C., Rich, S., Engelbrecht, J., Snaborn, C., Essery, E., DiMarco, N., Velez, L., Levy, L. (2006). Growing with EASE. *Young Children*, 61 (3), 26-30.

Jain, A., Sherman, S., Chamberlin, L., Carter, Y., Powers, S., Whitaker, R. (2001). Why don't low-income mothers worry about their preschoolers being overweight? *Pediatrics*, 107 (5), 1138-1146.

Kimm, S.Y.S., Obarzanek, E. (2002). Childhood obesity: A new pandemic of the new millennium. *Pediatrics*, 110 (5), 1003-1007.

Larson, R., Branscomb, K., Wiley, A. (2006). Forms and functions of family mealtimes: multidisciplinary perspectives. *New Directions for Child and Adolescent Development*, 111, 1-15.

Marcon, R.A. (2003). Growing children: The physical side of development. *Young Children*, 58 (1), 80-87.

Martoz, L., Cross, M., Rush, J. (2005). Health, safety and nutrition for the young child. 6th edition. Delmar: New York.

Mehta, K. C., Specker, B. L., Bartholmey, S., Giddens, J., Ho, M. L. (1998). Trial on timing of introduction to solids and food type on infant growth. *Pediatrics*, 102 (3), 569-573.

National Network for Child Care (2006). Nutrition and diet. [Online]. Available: http://cyfernet.ces.ncsu.edu/cyfdb/browse_2pageAnncc.php?subcat=Nutrition+and+Diet&search=NNCC&search_type=browse



bibliography

Nicklas, T., Baranowski, T., Baranowski, J.C., Cullen, K., Rittenberry, L. (2001). Family and child care provider influence on preschool children's fruit, juice, and vegetable consumption. *Nutrition Reviews*, 59 (7), 224-235.

Okie, S. (2005). *Fed Up! Winning the War Against Childhood Obesity*. Washington, DC: Joseph Henry Press.

Owen, C.G., Martin, R.M., Whincup, P.H., Smith, G.D., Cook, D.G. (2005). Effect of infant feeding on the risk of obesity across the life course: A quantitative review of published evidence. *Pediatrics*, 115 (5), 1367-1377.

Pate, R.R., Pfeiffer, K.A., Trost, S.G., Ziegler, P., Dowda, M. (2004). Physical activity among children attending preschools. *Pediatrics*, 114 (5), 1258-1263.

Patrick, K., Spear, B., Holt, K., Sofka, D., editors (2001). *Bright futures in practice: Physical activity*. Arlington, VA: National Center for Education in Maternal and Child Health.

Pica, Rae. (2006) Physical fitness and the early childhood curriculum. *Journal of the National Association for the Education of Young Children*, 61 (3), 12.

Rampmeyer, K. (2000). *Appropriate practice in movement programs for children ages three to five*. Oxon Hill, MD: AAHPERD Publications.

Ramsey, M. (2004). Feeding skill, appetite and feeding behaviours of infants and young children and their impact on growth and psychosocial development. Centre of Excellence for Early Childhood Development, *Encyclopedia on Early Childhood Development*. [Online]. Available: <http://www.excellence-earlychildhood.ca/documents/RamsayANGxp.pdf>

Rocchini, A.P. (2002). Childhood obesity and a diabetes epidemic. *New England Journal of Medicine*, 346 (11), 854-855.

Sanders, S.W. (2002). *Active for life: Developmentally appropriate movement programs for young children*. Washington, DC: NAEYC.

bibliography



Sellers, K., Russo, T.J., Baker, I., Dennison, B.A. (2005). The role of childcare providers in the prevention of childhood overweight. *Journal of Early Childhood Research*, 3 (3), 227-242.

Sorte, J., Daeschel, I. (2006). A program approach to fighting obesity in young children. *Young Children*, 61 (3), 40-48.

Stockmyer, C. (2001). Remember when mom wanted you home for dinner? *Nutritional Review*, 59 (2), 57-60.

Story, M., Holt, K., Sofka, D., editors (2002). *Bright futures in practice: Nutrition*. 2nd Edition. Arlington, VA: National Center for Education in Maternal and Child Health.

Story, M., Kaphingst, K.M., French, S. (2006). The role of child care settings in obesity prevention. *The Future of Children*, 16 (1), 143-168.

Taveras, E.M., Scanlon, K. S., Birch, L., Rifas-Shiman, S.L., Rich-Edwards, J.W., Gillman, M.W. (2004). Association of breastfeeding with maternal control of infant feeding at age 1 year. *Pediatrics*, 114 (5), e577-e583.

United States Department of Agriculture (2006). *Mypyramid.gov*. [Online]. Available: <http://www.mypyramid.gov> .

United States Department of Agriculture Center for Nutrition Policy and Promotion (2001). Report card on the diet quality of children ages 2 to 9. *Nutrition Insights*, 25.

University of Idaho College of Agricultural and Life Sciences. Feeding young children in group settings is more than just getting food into children. [Online]. Available: <http://www.ag.uidaho.edu/feeding/index.htm>

Washington State Department of Health (2005). Nutrition and physical activity: A policy resource guide. [Online]. Available: www.doh.wa.gov/cfh/steps/publications/nutrition_activity_policy_guide_final.pdf.



bibliography

Weight Realities Division of the Society for Nutrition Education (2003). Guidelines for childhood obesity prevention programs: Promoting healthy weight in children. *Journal of Nutrition Education and Behavior*, 35 (1), 1-4.

Young, L., Anderson, J., Beckstrom, L., Bellows, L., Johnson, S.L. (2003). Making new foods fun for kids. *Journal of Nutrition Education and Behavior*, 35 (6), 337-338.