

Picky Eating Books

Books for parents:

- **“Child of Mine; Feeding with Love and Good Sense”** By Ellyn Satter
- **“Deceptively Delicious”** By Jessica Seinfeld
- **“The Sneaky Chef: Hiding Healthy Foods in Kids Favorite Meals”** By Missy Chase Lapine
 - Focuses on using pureed vegetables and fruits within baked foods.
 - Information can also be found at www.thesneakychef.com
- **“Just Take a Bite: Easy, Effective Answers to Food Aversions and Eating Challenges”** By Lori Ernsperger and Tania Stegen-Hansen
- **“Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, Food Aversion, and Feeding Disorders”** By Katja Rowell and Jenny McGlothlin

Books for students:

- **“I will Never Eat a Tomato”** By Lauren Child
- **“D.W., The Picky Eater”** By Marc Brown
- **“Prince Peter the Picky Eater”** By Lada Adamic
- **“Daniel Tries a New Food”** By Jason Fruchter
- **“Cami Kangaroo has too Many Sweets”** By Stacy C. Bauer
- **“How Did that Get in my Lunchbox?: The Story of Food”** By Chris Butterworth