

Children's Health Clinic

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Overweight Child: Resource List

Books for Children

Ages 4 to 8

- *Let's Talk About Being Overweight*; by Melanie Gordon; PowerKids Press, 2000

Ages 9 to 12

- *Extreme Elvin*; by Chris Lynch; Harper Trophy, 2001

Books for Adults

- *The Can-Do Eating Plan For Overweight Kids and Teens: Helping Kids Control Weight, Look Better, and Feel Great*; by Michelle Daum; Avon Books, 1997
- *Feed Your Kids Well: How to Help Your Child Lose Weight and Get Healthy*; by Fred Pescatore; John Wiley & Sons, 1999
- *Healthy Snack & Fast Food Choices*; by Mary Turck; Lifematters Press, 2001
- *Helping Your Child Lose Weight the Healthy Way: A Family Approach to Weight Control*; by Judith Levine; Birch Lane Press, 1996
- *Helping Your Overweight Child*; National Institute of Diabetes & Digestive & Kidney Diseases, National Institutes of Health, 1997
- *Helping Your Overweight Child: A Family Guide*; by Caroline Cederquist; Advance medical Press, 2002
- *If Your Child is Overweight*; by Susan Kosharek; 2nd ed; American Dietetic Assn, 2002
- *Understanding Childhood Obesity*; by Clinton Smith ; Univ. Press of Mississippi, 1999

Other Resources

TOPS (Take Off Pounds Sensibly) Club
<http://www.tops.org>▶

Weight Watchers
1-800-651-6000

<http://www.weightwatchers.com/>▶▶

NIDDK Weight-control Information Network
1 WIN Way

Bethesda, MD 20892-3665

Phone: (202) 828-1025 or 1-877-946-4627

<http://www.niddk.nih.gov/health/nutrit/pubs/helpchld.htm> ▶▶

The Food and Nutrition Information Center

National Agricultural Library

10301 Baltimore Avenue, Room 304

Beltsville, MD 20705-2351

Phone: 301-504-5719

<http://www.nal.usda.gov/fnic/>▶▶

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