



Selection Criteria for Nutrition and Physical Activity Books:

- Nutrition and physical activity information is accurate and presented in an age and developmentally appropriate manner.
- Nutrition and physical activity recommendations are based on up-to-date, scientifically valid information such as the 2005 U.S Dietary Guidelines and MyPyramid.gov recommendations.
- Nutrition and physical activity messages promote positive approaches for developing healthy habits and are presented in a balanced manner. This means that the information is not overly heavy handed on the side of control (such as you should never ever eat...) and does not use scare tactics or negative practices like shaming a child to achieve the desired outcome.
- Materials provide simple explanations of appropriate nutrition and physical activity principles, and photos and illustrations consistent with written messages.
- Materials promote general healthy food and activity categories and are not focused on marketing of a particular brand, product or service.
- Children and families depicted in these materials represent a wide cross-section of ethnic backgrounds and cultural practices.

Selection Criteria for Cookbooks:

There are many cookbooks written specifically for children, however, few of them address choosing and cooking healthy and nutritious foods. All books on the 'Recommended Lists for Children' meet the nutritional criteria below. There are also additional books included in the CNC Database that meet the nutritional criteria below, but may focus more on cultural recipes for tasting in a classroom setting rather than hands-on cooking in the kitchen by young children.

- Cookbooks are intended for use by children and includes age appropriate recipes and guidelines for recipe preparation.

- The majority (> 75%) of recipes promote and support the development of the healthy dietary habits outlined by the 2005 U.S. Dietary Guidelines:
 - ✓ Make half your grains whole
 - ✓ Vary your veggies: eat more colors
 - ✓ Focus on fruits: eat a variety every day
 - ✓ Go lean with protein: choose low-fat and lean
 - ✓ Get your calcium-rich foods: go low-fat or fat-free
 - ✓ Fats and sugars – know your limits:
 - Limit solid fats as well as foods that contain them
 - Choose foods & beverages low in added sugars
 - ✓ Find your balance between food and fun: move more
 - Aim for at least 60 minutes every day or most days
- Recipes limit simple sugars and saturated fat, and eliminate trans fats according to the 2005 U.S. Dietary Guideline Recommendations.
- Recipes promote the use of fruits and vegetables and whole grains.
- Recipes emphasize healthy meals and snacks in appropriate portions rather than focusing on “fun” sweets and desserts.