ADDITIONAL RESOURCES

Books:
SuperSized Kids, by Walt Larimore, MD and Sheri Flynt, MPH, RD, LD
Choices: Quick and Healthy Cooking, by Cheryl Thomas Peters
More Choices, by Cheryl D. Thomas-Peters & James A. Peters

Websites:
www.sperizedkids.com
(a family plan to help your child control their weight and strengthen family ties)
http://childparenting.about.com/od/recipestips/a/healthyeaters_2.htm
(Children and healthy eating website)
www.kidshealth.org/parent/nutrition_fit/nutrition/habits.html (Ideas on helping kids eat healthfully)
www.nlm.nih.gov/medlineplus/vegetariandiet.html (Information about a vegetarian diet)
www.mypyramid.gov/tips_resources/vegetarian_diets.html (Information about a vegetarian diet)
www.cancerproject.org (Online resource for those wanting to change their diet to prevent cancer or maximize their treatment by making dietary changes)
www.drmcdougall.com (Access to a large number of resources and educational experiences focusing on the dietary treatment of chronic diseases)
www.sdachip.org (Coronary Health Improvement Project in the church site. Training events and certification for those wanting to run a program in their church)
www.chiphealth.com (Coronary Health Improvement Project website run by Hans Diehl. The health of the whole town of Rockford, Illinois was changed by this program – books and DVD-based program available)

Songs to Inspire Good Nutritional Choices:
Living Water (Hymn)
Breathe (Praise and worship)
Smart & Tasty (CD-songs for children)
Bon Appetite (CD-songs for children)
Groovin' Foods (CD-songs for children)
Smart Fruit & Veggie Songs (CD-songs for children)
Anyway (Martina McBride)
Yes, I Believe (Point of Grace)
Singin' in the Rain (The Ruppes)
ADDITIONAL RESOURCES

Chronic Disease Resources:

*The McDougall Program for a Healthy Heart*, by John McDougall M.D.

*Reversing Diabetes*, by Julian Whitaker M.D.

*30-Day Diabetes Miracle*, by House M.D., Seale M.D., Newman

*The China Study*, by T. Collin Campbell PhD

Other Resources:

Vita-Mix Whole Foods Mixer: A wonderful kitchen assistant! [www.vitamix.com](http://www.vitamix.com)

When you’re eating mostly fresh, whole foods, you can say good-bye to dieting. Fruits and vegetables allow you to eat more. You’ll look and feel better too. Eating freely of whole foods such as fruits, vegetables, beans, whole grains along with a moderate amount of nuts and seeds, is truly the dietary key to physical, emotional and spiritual health.

Vita-mix offers the following: FAST 60 SECONDS to scrumptious, fiber-full whole food juice. 4 MINUTES to hot, home-made soup from scratch. 30 SECONDS to rich-tasting, low-fat frozen treats. 90 SECONDS to whole grain flour for homemade bread. This really is healthy fast food! Source: [www.vitamix.com](http://www.vitamix.com)
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