

Food and Nutrition Books for Children

List compiled by Community Health Promotion Specialist, Emily Clyatt

Eat the Rainbow Books

Red - [I Will Never Not Ever Eat Tomato](#)

Orange - [Pumpkin Pumpkin](#)

Orange - [Little Sweet Potato](#)

Yellow - [Bananas Make Me Wanna Dance](#)

Green - [Little Pea](#)

Blue - [Jamerry](#)

Purple - [Go, Go, Grapes!](#)

General Fruit and Vegetable Books

[Eat Your Colors](#)

[Fruits in Suits](#)

[Up, Down, and Around](#)

[Tractor Mac Farmers' Market](#)

[Edible Colors](#)

[A is for Artichoke: A Foodie Alphabet from Artichoke to Zest](#)

[Happy Veggies](#)

[Tops and Bottoms](#)

[The Very Berry Counting Book](#)

[Dragons Love Tacos](#)