



**The Good Clean Nutrition Podcast
Episode 30 Show Notes**

Episode 30: Beyond Mac & Cheese: Plant-Based Eating for Kids with Dr. Yami Cazorla-Lancaster, DO, MPH, MA, FAAP

In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN, speaks with Dr. Yami Cazorla-Lancaster, DO, MPH, MA, FAAP, a pediatrician, health coach, author and speaker who champions a plant-based nutrition lifestyle. Tune in as they explore nutrition for children from fostering a healthy relationship with food, to creating good habits, to plant-forward eating.

In this episode we'll cover:

(5:44) Biggest Health Challenges Kids Face Today

(7:55) Dr. Yami's 5 Pillars of Healthy Eating

(12:22) How to Talk to Kids About Nutrition

(19:00) Plant-Based Eating for Kids

Links:

- Connect with Dr. Yami on [Instagram](#), [Facebook](#) and [YouTube](#), and visit her [website](#).

About Dr. Yami Cazorla-Lancaster:

Dr. Yami Cazorla-Lancaster, DO, MPH, MA, FAAP is a board-certified pediatrician, author of *A Parent's Guide to Intuitive Eating: How to Raise Kids Who Love to Eat Healthy*, host of the Veggie Doctor Radio Podcast, and champion of plant-based nutrition for the prevention of chronic disease. She provides a fresh approach to feeding children - beginning at pregnancy and continuing through the teen years. As a pediatrician, mother, and health coach Dr. Yami aims to reassure, support and guide parents by teaching the principles of intuitive eating for children

About host Mary Purdy, MS, RDN:

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

Additional Links:

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Without regular access to nutritious food, children face a world out of focus, experiencing poor memory, receiving lower test scores, and not learning essential social skills at a critical stage in their development. Today, 1 in 8 kids are going to school hungry. You can help Orgain unlock kids' full potential by using the Food for Focus filter to create an unfocused selfie and post on social media before September 30th and we will donate \$5 to FoodCorps to help bring nutritious meals to schools. To learn more, visit Orgain.com/FoodForFocus.

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