



## The Good Clean Nutrition Podcast

### Episode 2 Show Notes

#### **The Power of Family Mealtime: Barriers, Benefits and Strategies for Eating Together with Jill Castle, MS, RDN**

Welcome to *The Good Clean Nutrition Podcast*, hosted by Mary Purdy, an integrative dietitian based in Seattle, WA. In this podcast, healthcare professionals and health minded consumers are provided with practical and helpful nutrition information on current trending topics from subject matter experts. In this episode, Mary is joined by premier childhood nutrition expert and member of the Orgain Nutrition Advisory Board, Jill Castle, MS, RDN to discuss family mealtime – the barriers, benefits and strategies for eating together.

Jill's interest in childhood nutrition goes back to her dietetic internship, where she spent two weeks on a pediatric rotation at a hospital. What struck her was that like adults, children are able to experience most medical problems, but unlike adults, they also still have to grow. She loved working with kids to help them develop their tastes, skills, and knowledge around nutrition. She has now focused her attention on parents because she realized that is how to effectively help children learn more about good nutrition. Her two most common questions she receives from parents are: 1.) What is a healthy snack? and 2.) How do I get my child to eat? Jill says it's important to nourish not just the child's body, but their mind and body image as well.

There are incredible benefits to family mealtime. Assuming the environment is positive, we see many social emotional benefits like communication, cohesiveness, and connectedness amongst the family. Family meals encourage kids to eat more fruits and vegetables, get better grades, and make them less likely to engage in risk-taking behaviors. Jill explains that the family meal doesn't have to be dinner, and it also doesn't have to be incredibly long or gourmet. Families can focus on having 20-to-30-minute mealtimes together, three to five times per week.

In her work, Jill teaches diplomatic feeding that includes a structure for mealtime, and then maintaining space between those times. You have to have a strong boundary like closing the kitchen between mealtimes, and having kids ask an adult in the home before they get a snack or meal. Now that her children are grown, Jill says they remember those mealtimes as positive memories from their childhood.

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Watch Jill's Orgain Professional Education Webinar, [Pediatric Nutrition Breakthroughs: 5 Advances Every Practitioner Should Know](#), available on-demand with CPEU credit available for registered dietitians.



Learn more about Jill Castle and her work on her websites, [TheNourishedChild.com](http://TheNourishedChild.com) and [JillCastle.com](http://JillCastle.com).

Listen to Jill's podcast, [The Nourished Child](#).

Connect with Jill on [Instagram](#), [Facebook](#), [Twitter](#), [YouTube](#), and [LinkedIn](#).

Check out her books [Eat Like a Champion](#), [Try New Food](#), [Fearless Feeding](#), and [The Smart Moms Guide series](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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