



**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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