

Jill Castle, MS, RDN



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I'm a registered dietitian specializing in childhood nutrition. For over 26 years, I have worked with children and families in a variety of settings, including private practice, coaching, and online education. Formerly a clinical dietitian at Massachusetts General Hospital and Children's Hospital in Boston, I started my private practice in 2008, while simultaneously growing an online influence in childhood nutrition.

As an award-winning, sought-after childhood nutrition expert and author, I engage the public through speaking, writing, and online education. I've been quoted in a myriad of publications and have appeared on television and radio. I work with companies that align with my nutrition values to help promote their brand and products, and collaborate on new products and program creation.

I live outside of New York City with my husband, four children and two dogs.

Monthly Statistics

64,025

pageviews

54,082

unique visitors

3,100+/9,500+

Facebook/Twitter

3,600+

newsletter subscribers

My Audience

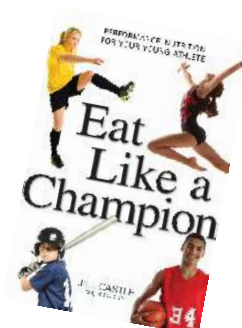
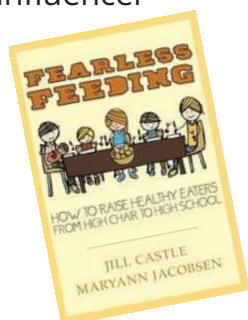
Parents of infants, toddlers, children and teens.
Nutrition and other healthcare professionals.
Topics: childhood nutrition, growth, food and nutrients, feeding, youth sports nutrition, ADHD, food allergies, and managing the challenges of raising healthy eaters.

My Platform

I reach many parents (& professionals) through my various platforms: blogger, podcaster, online educator, speaker, and media influencer.

My Services

Speaking
Brand and product spokesperson
Brand ambassador & influencer
Brand consulting
Sponsored posts
Freelance writing
Educational content



Selected Collaborations

Mott's Teachable Tastes
Once Upon a Farm
1,000 Days/Wee Feed
USA Swimming
US Rowing
Bundoo
About.com