



# JILL CASTLE

CHILDHOOD NUTRITION EXPERT  
REGISTERED DIETITIAN  
NUTRITIONIST

Jill Castle is a childhood nutrition trailblazer, known for her ability to help healthcare, company and policy leaders identify and implement initiatives for children to lead healthier lives - and inspire parents to incorporate nutrition knowledge and balanced eating into their parenting styles so their children can grow and develop a healthy relationship with food. Drawing on over 25 years in the field of pediatric nutrition, Jill's talks are impeccably researched and evocatively inspiring, as she shares stories that serve as both a welcome wake up call and garner feedback such as "Jill was amazing and I wanted her to speak longer."

*"Jill Castle is a very dynamic, highly informative speaker. She engages her audience and presents information that is highly relevant and can be immediately implemented. Her positive approach and real-life practicality appeal broadly to attendees. Jill's presence on the faculty of any conference will ensure its success."*

**DIANA WEST, BA**

IBCLC INTERNATIONAL BOARD CERTIFIED LACTATION  
CONSULTANT

SIGNATURE KEYNOTE & WORKSHOP

## The Nutrition Prescription for Healthier Kids

In this content rich, relatable keynote, Jill blends passion and research with her personal story of nourishing her own child - to illustrate that creating a nation of healthy kids requires a systematic nutrition education program for parents, and must incorporate a trifecta of food, feeding, and childhood development. Jill imparts the revelatory message that focusing on food alone will not change the health of our nation's children. Audience members walk away inspired to integrate a new, innovative solution that incorporates education about food, feeding, and child development into their programs, policies and practices, along with concrete applications, and the inspiration to act immediately on what they've learned.

*"Thank you for sharing your wisdom and experiences... Your presentation was jam-packed with relevant, timely and practical nutrition information... You rock!"*

**KAREN MCGRAIL, MED, RDN**

DIRECTOR OF THE JOHN STALKER INSTITUTE,  
FRAMINGHAM STATE UNIVERSITY

To book Jill for your conference, company or organization, please  
contact [jill@jillcastle.com](mailto:jill@jillcastle.com) with your booking request.

# Nourished: A New Model for Raising Healthy Kids

Parents tend to look to popular diets and trendy foods as a guaranteed solution for raising a healthy child - but a sole focus on food does not nourish the whole child. This lively, experiential, inspirational workshop blends food, nutrition and feeding kids with a sprinkle of what to expect during different stages of childhood.

Attendees will:

- Learn about the changing nutritional needs of childhood
- Understand that feeding practices have as much influence on eating habits as what is fed
- Recognize the importance of child development in educating kids and building autonomy

Participants will be challenged to think differently and implement Jill's creative strategies and solutions to help families nourish and raise healthy children from infancy through adolescence.

## Other Popular Topics

A Thoroughly Modern Approach to Childhood Nutrition in the 21st Century

Feeding Styles and Practices: What is the Influence on Children's Eating?

Introducing Solids to Baby: The Pros and Cons of Modern Feeding

Feeding Baby & Toddler: Using a Nutrient-Adequacy Approach

Healthy Strategies for Helping Kids Eat Well

Young Athletes: What's In, What's Out, & What's Essential

The Extreme Picky Eater: Evidence-Based Approaches for Nutrition Care in the Office Setting

ADHD: Weighing the Evidence and Promise of a Healthy Diet



## Meet Jill

Jill Castle is the nation's premier childhood nutrition expert. Known as a paradigm shifter who blends current research, practical

application and common sense, Jill inspires audiences to think differently about feeding kids. From babies to teens, Jill takes a unique, "whole-child" approach to showcase food, feeding and childhood development as the secret ingredients to raising a healthy child.

A sought-after speaker, advisor, and media contributor, Jill has inspired TEDx, American Academy of Pediatrics, WIC, university groups, and a range of nutrition, medical, government and parent audiences. Jill is on the Board of Advisors of *Parents Magazine*, and is scientific advisor to a handful of privately held child nutrition companies.

She is the author of *Eat Like a Champion* and co-author of *Fearless Feeding*. She pens *The Nourished Child* blog, interviews experts on her podcast, and regularly contributes to *US News & World Report's* For Parents blog. She has appeared in *The New York Times*, *WebMD*, *Fast Company*, *USA Today*, *CNN*, *the Wall Street Journal*, *NBC-CT*, and *Parents Magazine*.

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