

Jill Castle is one of the nation's premier childhood nutrition experts. 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, healthcare, government and parent audiences. Jill is on the Board of Advisors of Parents Magazine, and is an advisor to a handful of privately held child nutrition companies.

She is the author of *Eat Like a Champion*, *Try New Food*, *The Smart Mom's Guide to Starting Solids*, and co-author of *Fearless Feeding*. She pens The Nourished Child blog, interviews experts on her podcast of the same name, 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, Fox and Friends, and Parents Magazine.