



The Children's Hour

kids public radio

Eating Well

TCH CREW: Why did the cucumber find herself in a pickle?

TCH CREW: I don't know why.

TCH CREW: Because she went on a date with Dill.

TCH CREW: It's time for the children's hour. Kid's public radio.

[MUSIC, Cheese, Peas, Pickles and Bananas, Nora O'Connor & Steve Frisbie]

[00:03:07]

KATIE STONE: That's from the Bottle Let Me Down, an oldie but goodie, with Nora O'Connor and Steve Frisbee doing Cheese, Peas, Pickles and Bananas. You're listening to the Children's Hour, I'm Katie Stone, delighted to be with you. Today's show is a little different. We're going to be joining the kids crew at a place called Three Sisters Kitchen. It's a commercial kitchen, meaning it's licensed and approved and all that kind of good stuff for making things you could sell to other people. But we're going to be using this kitchen to meet with Sarah Robbins from Kids Cook. Kids Cook is an organization here in New Mexico that goes into schools and teaches children about nutrition and how to cook cool things, and that's exactly what we're going to be doing with her today, although I think we're cooking hot things. And we're also going to meet with a pediatric dietician, Jill Castle. A pediatric dietician is somebody who is trained in nutrition for children. We're going to learn about how we can not only eat right, but eat well. And that

means eating the things we love and things that provide great nutrition for our bodies in order to make us as strong and healthy as possible. Let's learn more together, but first we're going to hear from Cielito Lindo. They're a family band that used to be from here in New Mexico but are now in Chicago. You're listening to the Children's Hour. Stick with us, we're eating well.

[MUSIC, No Tortillas, Cielito Lindo]

[00:08:15]

KATIE STONE: Today in the Children's Hour we're cooking with Kids Cook, and one of the things we're thinking about as we're cooking is what is healthful for kids to eat and what isn't. The foods we're cooking today with Sarah Robbins from Kids Cook are masa tortillas, so corn tortillas with black beans on top and a delicious looking fresh salsa fresca.

Sarah Robbins: So we've made the masa. We have a big ball of dough, but we need 16 tortillas from that, right?

KATIE STONE: That's not a very big ball of dough for 16 tortillas. I'm just saying. They must be pretty thin.

Sarah Robbins: How would you take one ball and get it into 16 pieces?

TCH CREW: You'd cut it into halves, then fourths, then eighths, and then you can cut it into sixteenths.

Sarah Robbins: Absolutely. So that's fractions.

TCH CREW: So you cut all the halves in half, and then cut those quarters in half, and just keep them.

Sarah Robbins: Right? So you guys are doing math all while you're cooking. Did you guys know that?

KATIE STONE: Gaby's brought us some fresh hot tortillas right off the griddle. It looks like things are happening. We're at Three Sisters Kitchen with The Children's Hour and Cooking with Kids Cook. We're going to come

back to Three Sisters Kitchen in a little bit after we talk with Jill Castle. This is Lucky Diaz and the Family Jam Band from Adelante.

[MUSIC, Cuantos Tacos (The Taco Song), Lucky Diaz and the Family Jam Band]

[00:12:07]

KATIE STONE: You're listening to the Children's Hour, and today on the show, we're talking about our nutrition. Our guest is Jill Castle. She's a pediatric dietician based in Boston, Massachusetts. I'd like to start with a simple question. What is a dietician?

JILL CASTLE: So a registered dietician helps people eat a nutritious diet so they have the best health that they can have. We also help people who have health problems, like diabetes or attention deficit, hyperactivity disorder, or food allergies. And what we do is help them change their diets so we can keep them healthy. For example, if a child has ADHD, we know that some children might have a harder time focusing in the classroom or paying attention. And so when I work with those children, I'm very concerned and interested in helping them eat three meals a day, possibly one or two snacks a day, so that their brain is always getting nutrition so it's easier for them to pay attention and focus.

KATIE STONE: And how did you realize you wanted to be a dietician?

JILL CASTLE: I came to nutrition through a desire to be a doctor. And when I got into college and I started studying all the different science classes, I was not in love with chemistry and that sort of was a stopper for me. So I went on this little journey of what else can I learn about that I like? And so I took a nutrition class. I really was fascinated with the connection between how food and nutrients can support our health. After I graduated with my nutrition degree, I did an internship and I had a pediatric rotation. And so I spent two weeks working with children who were hospitalized and helping them either recover from surgery or manage celiac disease or cystic fibrosis. I took care of kids who had newly diagnosed diabetes. And what was fascinating about children, and I still am very fascinated about

this, is that children have all the same health conditions that adults have, except the big difference is they're still growing. And so there's this whole element of helping them have better health, but at the same time, helping them grow taller, develop, and reach their full physical potential.

KATIE STONE: Now, speaking of kids with certain diseases, like diabetes, who might see a dietician like you, that's a really common condition. Many of us even know friends or family members with that issue. So what is happening in a person's body when they have diabetes, and how is that related to what they eat?

JILL CASTLE: There are two types of diabetes, type one and type two, but in both types, generally what is happening is the pancreas, which is an organ inside our body, is not working properly. It's either not making any insulin, insulin is a hormone that regulates our blood sugar. So in type one, the pancreas isn't making any insulin. In type two, the pancreas is making so little insulin that it's not doing the job it needs to do to regulate our blood sugar. So when children or even adults' blood sugars run high, it can cause them to be very thirsty, it can cause them to be very hungry, can cause them, the whole condition is not a healthful condition. It can be a dangerous condition. So the food that we eat, we have to break it down and our tummies break it down into sugar basically. Everything we eat turns, breaks down into an energy source for our body called sugar. And that sugar floats in our blood. So that's why we call it blood sugar. And blood sugar is energy for our body, and we need that sugar to go into our cells of our organs so that our body gets the energy it needs so our organs can work, so we can have energy. Insulin is like a buddy for blood sugar. They hold hands and they go into the cell together. And when there's not enough insulin there, then the sugar can't get into the cells. And when the sugar can't get into the cells, our organs and our body doesn't get the energy that it needs. So insulin's very, very important. In children who have type 1 diabetes, they have to take insulin from an outside source. So they take it like in a shot, or they take it through an attachment or a device that attaches to their body and it gives it to them. Children with type two might not have to take insulin, but they might have to watch how much sugar that they eat. Not sugar in

the sense of candy and soda, but carbohydrate, which is the bigger portion that gets broken down into sugar. So like foods like breads and cereals and things like that. It doesn't mean that you have to not eat those foods. It just means that you have to be aware of the balance of your diet.

KATIE STONE: That's Jill Castle. She's talking with us today about our diets and what we eat. We've got so many more questions for her and some great music too. Stick with us. You're listening to The Children's Hour.

[MUSIC, We Are the Vegetables (Dickies and Vans Mix), Parry Gripp]

[00:19:23]

TCH CREW: You're listening to The Children's Hour, Kids Public Radio. We'll be right back.

KATIE STONE: The Children's Hour is produced by the Children's Hour Incorporated, a New Mexico based non-profit organization, supported by listeners just like you. Learn more about us at childrenshour.org. The New Mexico Department of Cultural Affairs supports The Children's Hour. Celebrate diverse cultural communities of New Mexico at nmculture.org. Support for The Children's Hour provided by Electric Playhouse in Albuquerque, New Mexico. More info at electricplayhouse.com. Welcome back to The Children's Hour. I'm Katie Stone. Before the break, you heard Perry Grip. Today we're talking about food, specifically the foods we love, the foods that nourish us and they fuel our bodies. The kids crew are at Three Sisters Kitchen and we're making tostadas. But before we go back to them, our guest is Jill Castle. She's a pediatric dietician and author. And Jill, when you're thinking about putting together a balanced diet, what kind of foods would that include?

JILL CASTLE: So when we think about food, we tend to put them into groups, and they're called the food groups. There are five main food groups, protein, grains, dairy, fruit, and vegetables. The food groups are categorized by nutrients. So when we talk about the food groups, we say all the foods that have lots of vitamin A and are vegetables and have fiber go into the vegetable group. All the foods that have lots of protein, iron and

zinc and maybe omega-3 fats and B vitamins, they go into the protein group. All the foods that have calcium, those are going to go into the dairy group. So we categorize foods by the nutritional content. And the idea is that if you're able to get all five of those food groups on your plate at meal time, you're getting a really nutritious diet.

KATIE STONE: And so when we go to the grocery store, you might find yourself looking on the back of a product for its nutrition facts. And in big bold letters, there's a number for the amount of calories in a serving of that food. But what is a calorie?

JILL CASTLE: A calorie is just simply a unit of energy. So every day we need lots of units of energy to keep our heart pumping, our lungs breathing, and we need more energy to keep our legs moving if we're active. And so everybody needs a certain amount of energy every single day in order to be awake and go do what we need to do, but also to be healthy and for kids to grow. And so when we talk about children, their energy needs are different every year because their bodies are getting bigger every year. Nutrition facts panels are good in that they give you a sense of how much food has this much energy. And the portion sizes also give you a sense of how much protein is in this food. Does this food have vitamin D? Does it have calcium? So it can give you a sense of how much nutrition is in a particular food in a given portion. The thing with calories is that it's a number, right? And I personally, as a pediatric dietician, I don't focus too much on the numbers. I prefer children to really listen to what their body is telling them. And that means, what is your appetite telling you? What does your belly say? Are you hungry? It's really important that we pay attention to what our body signals are telling us in terms of whether we're hungry and whether we're not. And then when we sit down and we eat, what else is our body telling us? Oh, I'm feeling satisfied and I don't think I need anymore because I've had enough. Or wow, I ate a lot and I'm really full. So our body tells us on the inside what it needs. I don't think it's as prescriptive as you have to have this number of protein food groups and you have to have this number of dairy food groups. There's a little bit of that, but for kids who are listening, you don't need to worry about that. You just need to worry about

trying and having as much variety in your diet as you can and let the adults in your lives worry about, does my child get enough dairy in his diet or is my child getting enough vegetables, right? Children really should just enjoy the adventure of trying lots of different food. Never turn down a food until you try it, even if a try is just a lick. Because trying doesn't mean you have to eat it, you're just tasting it, because there's a whole lot of food out there, a lot of food from different cultures, a lot of foods that are very tasty and can really add a lot of joy to your life.

KATIE STONE: Indeed. You are listening to The Children's Hour. That's our guest, Jill Castle, pediatric dietitian and today we're learning about the food we eat. More in a moment. This is Weird AI.

[MUSIC, Weird AI, Eat It]

[00:27:36]

Sarah Robbins: All right. Tostadas. Good job. All right, since I have three of you guys right here, what we're going to do, we're going to grate cheese.

KATIE STONE: Well, what do you guys think?

TCH CREW: I want to do some grating now.

KATIE STONE: Everybody else wants to grate, too.

TCH CREW: That's enough cheese.

Sarah Robbins: All right. So that is probably good. Does everybody here like cilantro?

TCH CREW: Yes.

Sarah Robbins: Yeah? Yeah? Does anybody taste soap whenever they eat cilantro? Yeah, why do some people taste soap when they eat cilantro? That's a good guess. A lot of people guess if you didn't wash it. But it's actually a genetic mutation. And some people just have it and some people don't. So when you taste it, it tastes different or it tastes bad. So from this we're going to get three tablespoons of that. Do you guys know what this

tool is right here, it's a mortar and pestle, mortar and pestle what are they gonna do with it over here?

TCH CREW: It's used to grind things usually hard solids.

Sarah Robbins: Yeah so this is this is cumin have you guys ever had cumin before?

KATIE STONE: Yeah I think cumin is the spice that like makes tacos smell like tacos and taste like tacos.

Sarah Robbins: Cumin is actually in a lot of different cuisines, to be honest. It's in Mediterranean and Indian and it's like in curries and all sorts of different - do you guys want to take one and you can smell it? And then Egypt. They think they think it's native to Egypt. So this is the seed of the fruit. Do you guys want to smell the cumin whole? So smell it whole, smell the cumin whole, and then smell it after they've crushed it, and see if you can smell a difference. There is jalapeno there. One jalapeno. So do you guys like to make your own salsas? Yeah? So this is like a pico de gallo or a salsa fresca. So it's just chopped up pieces of whatever you wanted to put in there, just makes pico de gallo, pico de gallo.

TCH CREW: What's in the salsa fresca?

TCH CREW: So there is some tomatoes, some jalapeno, some onion. There's also some cilantro and, did I say tomatoes?

KATIE STONE: Onion, cilantro, jalapeno.

TCH CREW: Some lime juice. And if you want, you can add salt to taste.

KATIE STONE: You're listening to the children's hour. We're cooking today with Kids Cook at Three Sisters Kitchen. We're learning about nutrition. There's a lot more coming up. Stick with us. Who's hungry?

[MUSIC, Pico de Gallo, Trout Fishing in America]

[00:32:40]

KATIE STONE: Trout Fishing in America right here on the Children's Hour. I'm Katie Stone. Today we're talking about nutrition with Jill Castle. She's a pediatric dietician and we've talked about the food groups and the importance of getting lots and lots of different nutrients in our diet, but not all foods have the same amount of nutrients in them. A lot of times we hear about foods being good or bad for us. How do you approach that, like good or bad food idea?

JILL CASTLE: The truth is there's a lot of gray area and there's a big spectrum of food and being more open-minded about food and teaching our children to be curious and adventurous and open-minded about food serves them better as they're growing up and learning in terms of their brain development and cognition than teaching them from the age of three that candy is bad for you. Because what happens when they grow up and they eat candy and they like it? They might sneak it. They might feel guilty about eating it. They might feel bad about themselves because they like it. And so we have to think about how we talk about food with children because it can really set them up for struggles with themselves and perhaps how they feel about themselves and food, of course.

KATIE STONE: So how do you like to talk with families about diet?

JILL CASTLE: It's a great question. And I feel like I've been 32 plus years in my career trying to crack this code. And I keep making it more and more simplified. I just look at food through a nutrient lens, and I pretty much categorize food in three main groups, highly nutritious. So like the food groups we talked about, highly nutritious, decently nutritious. Those might be foods that are in a box or a bag, but when you turn them over and look at the nutrition facts panel. They have a lot of nutrients.

KATIE STONE: Like a box of highly fortified cereal, right? That's what I'm thinking of for that.

JILL CASTLE: And then you have minimally nutritious foods. And those are foods that are like sweets and treats and soda, candy, cookies. They're high on satisfaction and low on nutrition. But you'd probably tell us we

should always have the highly nutritious category, right? We can have all three kinds of foods in our diet. It's a matter of what is the balance. So if you have a lot of minimally nutritious foods in your diet, you're gonna be lacking in nutrients. If you have mostly highly nutritious foods and decently nutritious foods, you're probably gonna get all the nutrients that your body needs to grow and be healthy. we can have minimally nutritious foods in the diet, especially if we have lots of decently and highly nutritious foods present as well. As adults, when we promote total avoidance for children, that backfires. The science tells us that children tend to get more fixated on the foods that we're restricting. They get more, quote unquote, obsessed with food, and they have poor eating regulation when they actually get exposed to those foods. For example, if you're a child who lives in a house where there are no sweets allowed, then you go to your friend's house and they have M&M's on the counter and they get to have cookies for snack and you can't control yourself. You get super involved in eating those foods because you never get them at home. So total avoidance for most kids does not work. a balance, a strategy with sweets. How are you gonna balance them? And that's gonna be different for every single family, but that's really the path towards making sure children get nutritious diets, but also enjoy those minimally nutritious foods that are enjoyable.

KATIE STONE: Mm, and we can all imagine what those are for ourselves. Yum. You're listening to The Children's Hour. We're learning about nutrition and health with author and pediatric dietician, Jill Kassel. You can see links and find a lot more information at childrenshour.org. Look for this episode, Eating Well.

[MUSIC, Yupster Food Song, Louis and Dan and the Invisible Band]

[00:38:56]

KATIE STONE: You're listening to The Children's Hour and that was Lewis and Dan and the Invisible Band. Today on the show, we're learning about nutrition. Our guests are Sarah Robbins from Kids Cook. We've also got Jill Castle, a pediatric dietician and the author of many books. You can find

links and pictures and so much more at childrenshour.org. Look for this episode, Eating Well.

TCH CREW: You're listening to the Children's Hour Kids Public Radio. We'll be right back.

KATIE STONE: Thanks to the Outpost Performance Space in Albuquerque, New Mexico for hosting the Children's Hour. Support for the Children's Hour is provided by United Way of North Central New Mexico. Support provided by the City of Albuquerque and the Urban Enhancement Trust Fund. Bernalillo County is a proud supporter of the Children's Hour. Many thanks to the users at tokenibus.org who direct funds to the Children's Hour every week. You're listening to The Children's Hour. I'm Katie Stone, and today on the show, we're learning about eating well. Pediatric dietician Jill Castle is our guest. I've heard you use this one phrase in your writing in talks on nutrition. You say, health at every size. That's the model you use when you're working with families, and many people in your field use it, too. Could you tell us a little bit more about what that phrase, health at every size, what that means?

JILL CASTLE: It means that your body can be healthy no matter the size. And because I work with children, I interpret that as your body can be healthy if it's larger, if it's smaller, or if it's midsize. It really emphasizes that your body is functioning well versus at a certain size or at a certain weight or at a certain BMI. The book that I have coming out next August called Kids Thrive at Every Size, How to Nourish Your Small, Big and In-Between Child for a Lifetime of Health and Happiness focuses on building physical health and emotional well-being. And it really is taking the medical model that focuses so much on, what's your weight? What's your BMI? It takes that model and it takes the health at every size model and combines them together. Because we know in children who are growing, too much body fat can start to make them unhealthy. But where is that threshold for every child is going to be different? We also know that the tendency to carry extra body fat is genetic and it's also environmental. Are you eating three meals a day with your family? Are you getting enough sleep? Are you on screens all day long? Do you move your body every day? We know that the

environment we can modify to create healthy habits in children. We know that while we focus too much on weight, size, BMI, that it starts to make children feel bad about themselves and their emotional well-being can suffer. That also then affects your physical health. For children who are growing up petite or larger, they have a harder time in our society today. They have a harder time feeling good about themselves, being happy. And I think it's on us as adults and caretakers and parents to change that for them. And so how do we do that? Personally, I believe that the focus should be on their habits. And this is an area where parents can really have a lot of influence over their children. To be more specific about health habits, I have what I call eight pillars of wellness. The eight pillars of wellness include everything from family culture, like what is the culture you're building in your own family, in your own home, and how can you protect your child, especially if they have a larger body or a smaller body. To sleep, screen time, self-care, food, eating, feeding, children, movement. Studies say up to 40 to 50% of what we look like in terms of our appearance or shape or size is determined before we're even born. It's in the chromosomes. And so achieving health is doable through the habits.

KATIE STONE: Well, what are your favorite nutrition-dense foods versus foods with less nutrients?

JILL CASTLE: Oh my goodness. Okay. Well, my favorite minimally nutritious food are chocolate chip cookies and sometimes the occasional lemon head candy. My highly nutritious favorite foods would be, I have Greek yogurt and berries almost every morning for breakfast, and a close second would be salmon. Love salmon.

KATIE STONE: Mmm, those all sound really good. You're listening to The Children's Hour. That's the voice of Jill Castle. She is a pediatric dietician, and you can learn a lot more about her. Visit childrenshour.org. Look for this episode, Eating Well. We've got links to her site where there's lots of information for families. This is the Formidable Vegetable Sound System, right here on The Children's Hour.

[MUSIC, Eatin' Weeds, Formidable Vegetable]

[00:47:37]

KATIE STONE: You're listening to the Children's Hour and today on the show, we've been learning about nutrition and eating well. One of our guests is Jill Castle, she's a pediatric dietician. Jill, I wanted to ask you about something that a lot of families face and kids face, which is a reluctance to try new foods. How do we get kids to try new foods, especially when they're picky eaters?

JILL CASTLE: So for children who are picky eaters, the goal is to help them branch out and try new foods, and to figure out, on my end, why are they not trying new foods. There can be a medical condition. There can be a problem with tonsils. There can be a gastrointestinal problem where they're not digesting and they don't feel good when they eat. There can be texture issues. There are children who are more sensitive to the characteristics of food, like the smell of food or the way it looks or how it feels in the mouth. And so my job is to figure out what is holding this child back from trying different foods. And once I figure that out, it's about helping that child trust that they can try things without eating it. Because a lot of times when we tell children, hey, try this food, what they hear is, oh, I have to eat it. It can be kissing food, it can be touching it, it can be licking it, it can put it in your mouth, take it out, not eat it. The goal really is to help children be more confident with trying new foods and removing all pressure to try and to eat foods and to really let them build some self-trust knowing that they can try something and not like it and everything will be okay.

KATIE STONE: You're hearing the voice of Jill Castle. She's a pediatric dietician and the author of *The Nourished Child*. We've come to the end of our time together, but before we let you go, Jill, do you have any parting words for our listeners?

JILL CASTLE: I just think I might just share, you know, a word about food shaming and body shaming. It's very culturally acceptable to do that. And what I would say for parents is that's a big no-no. And the work needs to start in the home ASAP. I cover a lot of that in the book. What is tolerated in the home or aligned with as an adult trickles down to our kids. And whether

you have a child who is mid-sized and doesn't have a problem or is large or small and does have health problems. Food shaming and body shaming hurts us all. And if kids can hear that it is unacceptable to say anything about my body and can maybe go and say to another child, that is not acceptable to talk to me about my body. My body is mine. Tell your child they can say, mind your own body.

KATIE STONE: That was Jill Castle. She's a pediatric dietician and the author of *The Nourished Child*. This is Jay Mankita from a release called *10 Great Songs About Food*, right here on *The Children's Hour*.

[MUSIC, New Food Attitude, Jay Mankita]

[00:54:13]

KATIE STONE: You're listening to the *Children's Hour* and today on the show we've been cooking with *Kids Cook* and now we've finally come to the great moment where the plates are in a stack and all the food is coming together in a row, and we get to try what we've been cooking. Find the recipe we made at ChildrensHour.org. Look for this episode, *Kids Cooking*.

Sarah Robbins: Okay, we are done. So, who wants a tostada?

TCH CREW: Me!

Sarah Robbins: Okay, so I'm gonna have you guys kinda step back that way, just, because I have to take these beans over here.

KATIE STONE: Come over here, everybody!

Sarah Robbins: Okay, so there's a couple things that we do whenever we sit and eat. When you're at home, what do you guys do whenever you sit down to eat at your table? Do you just start eating? Good idea. We use our manners. We have a napkin, a fork, a spoon, whatever the utensil is. Now do you say anything before you eat? You can say a prayer. All of that stuff. In *Kids Cook*, we wait until everybody is served, okay? And then we count to three and we say, *Bon Appetit*, it's time to eat. And I'll get you guys napkins. Who else needs one? Oh, I'll grab one for you, okay? On the

count of three, we're gonna say, Bon Appetit, it's time to eat. One, two, three.

TCH CREW: Bon Appetit, it's time to eat.

[MUSIC, Tacobel Canon, Christine Lavin & The Mistletones]

[00:56:50]

KATIE STONE: The Taco Bell cannon is Christine Lavin and friends. You've been listening to the children's hour. I'm Katie Stone. We'll catch you next time.

TCH CREW: The children's hour is produced by the Children's Hour Incorporated, a New Mexico non-profit. You can find photos, links, learn-along guides, and more about us at childrenshour.org.

KATIE STONE: Today's show was produced by me, Katie Stone, with help from our senior producer, Christina Stella and Anne Maria Wadd. Chad Shear recorded us at Three Sisters Kitchen, and we want to thank our guests, Jill Castle and Sarah Robbins.

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