

MERYL: Hello, everyone. Welcome back to the Rebel Nutritionist podcast. We are gonna go with round two here with Amanda, because we have so much to talk about. Yes. And really we, I wanted to make this a second, second parter, because I think this conversation about how do we handle **the kids when we're really trying to empower them, educate them and support them along a health journey.**

Right? I mean, we want our kids to be healthy and unfortunately the obesity epidemic and the levels of anxiety and imbalance in our kids is so it is so devastating to see the state of the health of our young population. And it's and it's adolescence it's even, you know, it's young kids, it's teenagers, you know, I, **I will say anybody under 18 really seems to be just insurmountably impacted, not just by COVID, but just really with the state of our food supply and the expectations and the demands that are placed on them.**

And so I feel like we need to address a podcast about **how do we support our kids.** You know, yours are really young, mine are a little older, and I think it's, it'll it, it's a nice kind of back and forth though. Okay. Here's what we do with, with the younger generation. And I've talked often about my kids, but I think it's a good dichotomy here to be able to ping back and forth of.

Okay, well, here's what you do with the, you know, the younger kids. Here's how, as a mom, we deal with it and, and be able to support our, our listeners and the audience out there. Who's, who's dealing with both of it. So, you know, thank you again for, for, for doing this second parter and I'm gonna let you take it away with, you know, your experience with, with your family and dealing with your son, James who's four and, you know, as a mind of his own now and, and wants what he wants.

AMANDA: so, I mean, I. **It has always been a priority for me to expose James to, you know, a healthy lifestyle. And that involves food.** You know, he's always, from the time he was little been in the kitchen with me. So cooking was a part of his everyday life. So important, so important because when he's 10 or 15, I need him to be able to go make himself a sit.

No, no, but I just want him to have the foundation that you know, so many of us are lacking and, and, you know, that's for many reasons, but, um, you know, even from my own childhood, like being in the kitchen, I didn't even learn how to cook until I was in my twenties. and I wanted to eat healthy and I didn't even know where to start because it wasn't a part of my life and, and what I had learned.

And so for me, it was a priority to kind of instill that foundation in our home for James, so that he knew his way around the kitchen and he knew these spices and he knew these vegetables and he, and, and doing that. He's an amazing eater. he has a wide variety of food that he's been exposed to since the time he was little.

And I really wanted that to just be a part of his everyday life, eating healthy is not like, oh, I need you to eat those vegetables. Like he eats the vegetables because that's what he's

always had.

MERYL: Yes. And I think that's, I don't mean to cut you up, but I think that is so, so, so important because how do we create a good food foundation?

It has to be by experience. Totally. It has to be by seeing what goes on in the house. Yeah. **It's not just do as I say because I say it, it's gotta be do as I say because I do it too.** And, and kudos to you. I mean, that's how I was also, right. Yeah. I mean, but I did grow up in a house where, you know, my, my mom did cook it wasn't, you know, we didn't have like.

Traditional meals all the time. Mm-hmm in terms of, you know, her, her mom and, you know, what were we cooking? But she did cook and I learned, I learned earlier. Yeah. That's great. So I think that was a big piece of it. Right. You learned from the people that are teaching you in your house, so, sorry, go ahead.

AMANDA: Well, and I think something I really was. Focusing on too, was that I didn't create like a kid's menu for him. he's never grown up thinking that kids eat something different than he does. Like he doesn't, I don't think he's ever had boxed Mac and cheese in his life. Yeah. You know, he's never had frozen.

I'm like doing a happy dance, chicken nuggets or hot, like he doesn't eat kid food. And, you know, he eats food that we all eat in our house as a family, as adults that we are making for ourselves that he eats. That's just always been what we've done in our home. And as a result, I mean, he literally is an amazing eater.

we go every, anywhere we go to eat, he's eating what we're eating. We don't eat. Like, I think. And in an American culture, you know, we've gotten accustomed to this kid menu mentality. Yeah. You go and it's like a treat for them, but it's like, why should kids be eating crap when we're eating salad? That doesn't make any sense.

MERYL: No, it doesn't. It's I always call it the brown diet. They're eating the processed brown diet. Yeah. Beige beige brown diet, which is devoid of every possible nutritional, you know, vitamin and mineral they could ever, ever have. But yes. Yeah.

AMANDA: It infuriates me. It makes me so angry.

So, um, yeah, that's just been kind of the foundation of like, Our household and, and how we, um, how I create the meals in our home. **I wanted to just be normal that he eats, you know, real whole food.** and not everything comes from a box and, you know, I know that a lot of people, they don't have the foundation in the kitchen, but there's like no better time than now to start.

Right. You know, whether your kids are smaller or grown, right. Especially if they're small.

MERYL: Right. Especially. Yes. Yeah. I look, there's a lot of, like you said, there's a lot of reasons why, I mean, so many of the clients that we see don't cook. Yeah. Never cook. Didn't like cooking. **I think they don't like cooking because their parents didn't cook.**

Right. It's that perpetuation of that, of that mentality. So look, we can't change a whole, whole world as much as I'd like to. Well, one by one, I think we are, but yeah. You know, um, that is, that's just a bigger topic. How do you, I mean, so now, right? He's so it was easier. He is younger. He wasn't around like all these kids now who have a totally different way yeah.

Of eating probably than he does. What's your experience now that he's getting into school and now he's seeing the kids that have all this stuff

AMANDA: that is tricky. I am still navigating this world and I wanna do it in a way. **It is healthy for him that he doesn't feel like he's different or that he can't go to the birthday party and eat the cake** or the, you know, the pizza.

And, uh, yeah. So I'm navigating that now. I still, I don't know. What did you do when your kids were at birthday parties or at school events? Did you let them eat that?

MERYL: I mean, I did. They ate the cake. Yeah. And, you know, again, it's, **how do you find balance?** How do you, the more you instill in them, the healthy habits exactly.

And the healthy foundation and, and find moderation. Yeah. Because again, you don't wanna raise kids that are gonna go and rebel and you know, exactly eat the pantry in someone else's house. Yeah. Even though they did that a little bit, um, So, so there has to be some balance and, and some moderation, but I feel like as long as the conversation is still, you know, here's what we eat.

Here's why we're eating it. And I think that's important. It's not just eat it because I say so it's eat because there's a reason and you feel better eating it, like you said, right. Yeah. As an adult in our last conversation, like you feel better. Yeah. Um, and so, and it was always a push and a pull look, we, yeah.

I still hear stories now that I'm divorced. Um, and I'm totally throwing my ex-husband under the bus and, and he's gonna listen to this, but you know, the kids will be like, mom, you know, dad would take us out and he'd give us all this candy and we'd have de before we got home for dinner. And then that's why we didn't really eat dinner.

Cuz we were all so full, and I'm like, oh, now I get to hear these stories and I wanted to kill 'em. Right. But, um, but so, you know, listen that went on in my own house. Yeah. The sabotage right. But what I can say is the consistency with which we did it and more importantly than anything else. And I, and the thing that the kids talk about today still is **the idea that we ate dinner as a family, we communicated. So it was really, we came around the table, not just for food, but to communicate and connect.** And I talk about this all the time in terms of the

work that we do, finding connectedness and a sense of community and, um, and, and people to support us and, and what better people than our family. And if you go back and look at the cultures that are the most successful on this planet, in terms of passing on their lineage, it is those cultures that have a tribal sense of community.

And yet we are so disconnected in this country. and in this society from each other, from ourselves, And for, so for me, the family meal was tremendously important as, as the kids grew up. And even to this day, when they come home, it's like, mom's making dinner. We know we're gonna get together and have a, have a meal with, you know, together.

And, so it is part of the entire process, right? Yeah. It's, it's not just saying, like we talked about in the last, uh, episode, **it's not just about the food, it's about the environment.** Totally. And, um, and so finding the balance, right. The long winded answer. Yeah. Is what did I do? I mean, there had to be that balance.

Yeah. But I will tell you to this day, I just had a conversation with Jason who is 25 and in med school, and he's got a really, really rigorous curriculum and he's working his ass off. And he finally said to me a few weeks ago, a couple weeks ago, he is like, all right, I can't eat out anymore. I'm not feeling well.

I just don't feel like myself. I put on some weight, I can't do this. So for the past two weeks, he's been really making a point. To go to trader Joe's and get his food and cooking his meals. I said, oh, we have to do a podcast on that so that we could teach people or a video. Yeah. But he said to me a few days ago, he's like, you know what, I've lost some weight.

I feel better than I've ever felt like I gotta keep doing this. Yeah. So, so thank God I instilled those things in him when he was young. Right. Yeah. So I always say the light at the end of the tunnel is that that'll be a reward. Yeah. That, that the effort that you're putting in now and that, you know, and that it's hard.

Right? Yeah. It's hard to say no to them and it's hard to be the bad guy. Right. Um, sometimes. Yeah. And it's hard to stand your ground sometimes. Yeah. But finding that balance for them and for yourself, does pay off because they do get it. Yeah. You know, and even the girls at home, they're cooking now, you know, if I don't wanna make dinner, like, you know, my daughter Ashley's like, oh, I got it.

You know, or Lindsay, the other night was like, okay, I'm gonna do taco night. Right. So it does, there is a tremendous payoff, not just for you. but for them ultimately, you know, but it, it is hard. To really, to really stand your ground. It is. Um, and how are you dealing with your friends and stuff? Like what do you, what does that look like too?

Because I know you've actually, I want you to talk about, you've created sort of this blog for yourself

and, you know yeah.

AMANDA: So when I was home with James for those three and a half years, that I'm so grateful that I was able to be home with him. I was wanting to put something out there because I would have a lot of moms reach out to me, friends or just people that I connected with on the on Instagram, on social media.

And, you know, people would always ask me like, oh, do you have a healthy recipe for this? And so **I created this little blog, healthy mom Amanda and I started sharing recipes**. And, um, it's been amazing. I get a lot of feedback from it and it's so rewarding to have people message me and say, oh my God, I made these pancakes.

They were amazing. Or, um, you know, it's, **I just want people to know like that you can still have the yummy food that you love and your kids can be excited about, but that just had real whole food ingredients**. And, you know, James will always, James will, you know, make comments like, oh my mommy, you know, she doesn't let me eat.

He unhealthy food, but I remind him all those yummy baked goods and all the food that I make you is healthy, but guess what? It tastes good. And you love it. He's like, oh, you're right. Okay. so, um, so yeah, that's kind of what sparked my, my drive to, create that blog. And now I'm working on, you know, a little recipe ebook so that, you know, I can continue to give recipes and provide, you know, information to other moms that are in the kitchen, not knowing what to make for their kids.

And that they're saying, you know, I feel like there's this, this, um, **this myth out there about healthy eating, not tasting good or being bland. Yes. And I really wanna debunk that because I really think that you can make nutrient dense food taste delicious** mm-hmm and that's kind of why I create these recipes.

It's like take a traditional pancake recipe, but let's swap out the flowers. Let's take out the refined flowers, let's take out the, you know, white sugar and, um, you know, the more inflammatory ingredients and let's put some more nutrients in there. Yes. And that's kind of the, the basis behind, you know, this ebook that, um, I wanna put out there and I'm working on it.

And, and even the recipes that I share on the blog, I just, yeah, I, I don't know. I'm so passionate about it and I want other moms to feel. It's, they're not like doomed because their kid is a picky eater. Like we can play with food and make it taste good. But still be healthy. Yes. And I think that is such an important message because people say that to me all the time as well.

MERYL: Right. Like, or if I'm making something and they're at my house and they're like, how is this healthy? Because it tastes so good. Exactly. And like, well, if you use real ingredients, it still goes back to eating real food. Yeah. Right. And but people say, oh, well, butter is bad. Well, butter is not bad if you're not using a tub of it.

Right. Yeah. You use it for flavor. Yeah. Same thing. If you're making, I make pancakes too, we should swap pancake recipes, right? Yes. We make a healthy, protein pancake. Yeah. And pancakes. And one of my favorite things to eat. Right. It's like people, you know, same thing. Well, can you eat French toast? Well, you can eat French toast.

Depends. If you need to stay away from the gluten. Right. But you use real maple syrup. Exactly. You use fruit on your pancakes. No need to throw whipped cream and oodles of like Nutella that they throw on pancakes. I mean, on French toast. So it, it's not like healthy. Is is, uh, bland. And I always say like, sawdust, right?

it, it really is real food. Yeah. How do we get, we really need to get, and the message should be **getting back to eating real food, not food that comes out of a box**, not food that comes out of the package because that's really where the issue is, right. it's the food marketing it's that these foods are devoid of any nutrients.

And if these kids are not eating food that has any nutritional value, then how is their body operating? I always say our bodies, our operating system, the only language it understands is food. Right. The vitamins and minerals and nutrients. All of those things that we talk about **vitamins are vital to our body's operating system.**

if we don't have foods that have vitamins in them and minerals and, and the antioxidants and all these things that support life, and we're just eating chemicals, then how are we going to ask these bodies to function? How are we going to ask their brains to function? And I think this is so important.

And again, like when I go back to genetics and nutritional genomics and we see. Now, I feel like every child under the sun is being diagnosed with ADD and ADHD, right? Some form of that. And yet when I go back and look at genetics and genomics and predispositions for these things, mm-hmm , and that in order to make our brains work properly, you need vitamins.

You need B six, you need B12, you need animal fats. You need, you know, we need all of these things. And none of the foods that they're eating have these basic building blocks to support them. And yet all they're eating is sugar and processed fats. And then we wonder we scratch our heads and go, but why are they like this?

AMANDA: Well, and the problem is, is like, I mean, for example, I took him to the pediatrician for his four year old checkup and **the nutritional guidelines that I was given are so outdated.** They're still recommending low fat milk and milk every day and juice. Oh, they can have, you know, like a half a cup of juice per juice has no, like what nutritional benefits does juice have, unless you're juicing it yourself.

But even then you're still spiking your, you know, your insulin and your glycemic index is high on that. But, you know, it's like, we're still giving that nutritional guideline to people. **And that's why**

everybody is so confused. Mm-hmm they don't know what to feed their kids. Yes. And I think that's why it goes back to real whole food.

Like, it's so simple, but it's been so complicated.

MERYL: Yes. I, I **say we have taken what should be a simple act of eating food and have made it so darn complicated.** Um, and it really, it it's, you know, people feel very lost and frustrated because they just don't know what to do. And that's why, you know, even when we just show them the plate and we say basic, this is the basic ingredients for a plate.

Like half your plate should be vegetables. A quarter of it should be, you know, some good healthy carb and a quarter of it should be some good, healthy protein, and people are like, huh? that's it. I'm like, yeah, it's that easy, you know? And, um, yeah. And then I, you know, they keep coming back at me.

Oh, well, can I have a banana? Can I have an orange? I'm like, look, nobody ever got at least nobody that I know within the context of eating healthy. Right. Got fat off of eating too many bananas. It just doesn't happen. Of course. If you're diabetic, that's a whole other story, but yeah, but for the most part, right.

yet we are so afraid to give our kids real food and, and, and we don't know how sometimes. Yeah. And so that's really, it, it becomes this conundrum for those of us that are, that are trying to do it and, and spread the message and spread the words exactly on it. Um, and I love the idea. I mean, we, we're gonna have to push this ebook and get that out sooner rather than later, and support all these people.

But again, you know, we keep talking about creating this sense of community and I think the more we can do that and look, we'd love to hear from you guys, our audience on, you know, how we can really help support you, because I do think raising kids now, when, if you know, how do we get into the kitchen?

How do we get them into the kitchen if we're not in the kitchen? Exactly. And because I always say, **if you can get the kids into the kitchen they will eat the food they cook.** Totally.

They're excited about it. Yes. They're proud of it. So they wanna try it.

Yes. So we gotta get 'em into the kitchen. Yep. Um, what else, in terms of, you know, in, in, as far as in your cohort group, your, you know, your friends, your kids' friends, like what, what else are you hearing out there?

Now, you know, I'm so far removed from that age group that, um, you know, it would be interesting to hear what that conversation is like for you with them.

MERYL: I think it's still kind of probably similar to when you were raising kids. It's my kids are picky eaters. Right. And I think it's because a lot of the time the parents are picky eaters and they're only exposing the kids to the things that they like.

And that's unfortunate because, you know, you're not really allowing them the opportunity to determine whether or not they do like it. You know? And so that was something I kind of made, um, a conscious decision about, you know, in our house is like, I didn't eat olive, but guess what? James was eating olive lips from the time he was six, you know, what, not six months old, however old.

He was a year old. And now I like olives. Yeah. Because I've been exposed to that. Yeah. And that's the thing it's like, **you have to keep exposing it and put it on the plate, whether they touch it or not.** Yes. You know? And so, um, that's kind of been something I've always done and, you know, I always tell parents, like, there's always ways to sneak it in, we're like clever and more clever than they are.

Yes. You know, you can, so we think right. As they get older, they get a little more clever. Oh, I'll tell you a story about that in a second, but yeah. but at four and a half, I'm still more clever than yes, exactly. We'll see how long it lasts, but you know, there's always ways to incorporate real whole foods in the diet.

Even if they're picky kids throw it in a smoothie. There's so that's like the best way I think, to load it up, uh, with new load, their diet with nutrients and you know, do little by little. You know, it doesn't have to be a complete transformation

MERYL: nor should it, because that's, that's gonna be, that's gonna really backfire face.

Exactly. Right. It does have to be little by little. And like you said, right, there were. I think I, you look, you can sneak just about anything into a red sauce, right? That's my favorite grace zucchini.

Yep. All this stuff. Yes. Yeah. I think I, I, uh, you know, I had grated mushrooms and I did the Zini thing, um, you know, for a while.

So my daughter, I think my daughter, my middle one, Lindsay has trust issues to this day because I used to, I used to bread my own, you know, when I made chicken nuggets, it was, it was the real, I made them. Yeah. It wasn't, you know, out of the box, sometimes it was don't get me wrong. I, you know, on a busy night, but happens most of the time.

It was my own, you know, chicken nuggets. So, um, we weren't, the kids didn't love, love fish. So I used to make fish and tell them it was chicken. And so Lindsay to this day is like, I don't trust you because you know, it was fish and I, and I hate fish. So, uh, you know, I got caught on

that one of one too many times, but, um, But even that, you know, when I made my breadcrumb or when I, I would try, if I, if I got breadcrumbs, I would add flax seeds to it.

Right. How do you add in little things and that, that do make it yeah, a little bit more nutritious? But again, it does go back to **where does it start in the house, right? Yeah. And it always has to start with the parents.** And so if you're a parent that's listening and you know, you're wondering why it's a struggle to get the kids to eat a little more healthfully.

Maybe it's time to take a step back and say, oh, well, what am I doing? Yeah. And it is true. You do have to expose the kids to the food. Over and over and over. And I also, like, you never made separate meals for the kids. Yeah. It wasn't like it was the kids' meals and it was the adult meals. Yeah. It's I, I think the parents who are doing the short-order cook thing are really not only doing, first of all, it's exhausting.

and second of all, they're doing their kids a big disservice, right. Kids are not born to eat just macaroni and cheeses. Yeah. And chicken fingers and French fries. And I don't know, whatever else is on the beige diet. Right? Um, they do need to eat foods that are nutritionally going to do something for them.

So, You know, having, having a planning out a, a meal plan, that's gonna be good for everybody I think is, is crucial in that. And look, no, my kids did not always eat broccoli nor did they eat kale or brussel sprouts or whatever, but I'd make that stuff and I'd put it out. Yeah. And I'd keep putting it out.

And I'd keep putting it out. And, you know, I eventually they took a bite and eventually I'd make it a different way. Yeah. And I'd find another way to, you know, introduce it that after, you know, many, many, many exposures. It's not people say, oh, well, like after it's like 10 or 12 exposures, I'm like, it's more like 50

Yeah. You know, they gotta keep seeing it over and over and over to the point where like, all right, if I can't beat 'em join them kind of thing. And I, I don't know if you're finding that too. Yeah. Well,

AMANDA: and I think the other thing is too, I think a good takeaway is that. um, or a good thing to, to think about.

Like, I, I feel like oftentimes parents will say like, oh, well my kids really like the unhealthy food. How can I make the change? Still make those foods just make 'em healthier. Right, right. Like,

MERYL: or, or pull them, or, or try and, you know, make them less frequently and add in the healthier stuff.

AMANDA: Yeah. But I just feel like there's always a way to boost, make something healthier.

Yes. Like if you love burgers, make the burgers, just use grass, fed beef, get a nutritionally dense bun. If that even exists, I don't know. Or do it without the bun. Right. Make you love fries, bake the potato, roast them drizzle in avocado oil. Like just use real whole food. Still eat the food you love. Yes.

Just make a healthier version. Yeah. And your kid you'll be.

MERYL: That's the thing. I think we have this preconceived idea of what we're supposed to do. Yeah. That a burger is supposed to have a bun. Yeah. Okay. Maybe it is. Yeah. But right. When I make burgers, I don't generally do it on a bun. Yeah. Um, and I actually, I probably have a picture of like, I did a burger and I had a salad and then I did make like the waffle fries for the kids, the sweet potato ones.

and then we had some other vegetable, right? Yeah. So the plate looks huge. Um, we're doing it on a lettuce bun or, you know, whatever else that you, but if there's enough accompaniments To surround the burger, you don't miss the bun, the bun. And it is it's these little things that I, I think people think it has to be complicated.

Exactly. **And cooking does not need to be nor should it be complicated.** You know, and, and look, kids should be kids and **there should be those sweet indulgences yeah. And sweet treats, but it should be the exception and not the norm.** And the other thing I do think, and then we can end on this is the snacking, because **I feel like kids are incessantly and endlessly, snacking, and then they're not eating real meals.**

AMANDA: Yep. If I could put a lock box or something to seal that snack pantry clothes, because that boy, as soon as he gets home from school and on the weekends, all he wants to do is snack. So yeah, I mean, listen, he's, he's a little kid he's growing. And to me I'm like, if he's gonna snack, I just provide healthy snacks.

Right. You know, we do like fruit, he'll have, you know, snack on some apples and nut butter, you know, I try to control the snacks. I do it to the best of my ability. Of course, of course. You know? And, and when it's close to dinner time, no, you can't have a snack at 4 15, 4 30, cuz we're eating at five. The kitchen is closed.

Like I do have to say these things

MERYL: well, and I think kids are just more used to snacking because it's just a social thing. Yeah. And then they're bored. It's and they're bored. Yeah. Right. I, **it goes back to like, what are your hunger cues?** Yes. You know, really teaching kids, I think. And that's the, the, **the travesty of the whole snacking thing is that we are getting kids accustomed to eating when they're not.**

Intuitively hungry. Totally. Right. We still have to go back to, are you eating when you are hungry? Are you stopping when you're satisfied? And if I could tell you how many people look at

me cross side, like, what do you mean you're supposed to eat when you're hungry and stop? When you're satisfied? Like we just eat.

Hmm. Right. So I think really teaching kids early on, like, are you eating? Is your belly hungry? Is your belly saying you're

hungry? Or is it that it looks nice? You know, these companies make the packaging look beautiful. Yeah. And it smells good and whatever. Right. So I feel like. Doing the behavior thing. And the habit thing about this on the snacking part is, is part of our job as parents.

AMANDA: Well, and if they're, and the other thing is, is what are they snacking on? Right? So if they're snacking on processed food, full of natural flavors, like there are literally food scientists creating natural flavors to hijack your taste buds mm-hmm so that you are literally addicted.

So you cannot actually put it down. Right. So it's like **they can't even listen to their hunger cues because it's their tongue, their, their, um, taste buds are hijacked.** Yes. So if they're snacking on real food, more than likely they're gonna be full and stock. Right. You know? Right. So that's another thing to think about absolutely.

MERYL: And, and I don't think, you know, there's the, um, Oh, there's a bunch of books. Well, the new one *metabolical* by Robert Lustig is amazing. And if you guys have not seen that, it's called *metabolical* and it's about the food industry, you know, uh, Michael Moore, was it who's there was, I think Michael Moore also wrote *sugar, salt, and fat* many, many years ago. that also talks about the food industry and how they are really designing foods, like you just said. Yeah. To hijack your taste buds. Yeah.

AMANDA: The Dorito effect is another really good one. Oh, tell us. I feel like you need to read it. It's it just talks about,

MERYL: Right. It's just right. Concept. Yeah. Yes. That, that these food company, that there are people out there getting paid that it is their job and they're getting paid millions of dollars to hijack your and your children's taste buds. So, you know, it, it, the food industry is not as altruistic as we may think they are. so the food industry is definitely not our friends for sure.

No. So, um, yeah, I think that covered it all. Look, I I'm sure we can go on and on about our experiences with all of this and our frustrations as well. But I think we get the point across that, uh, you know, we really, our best intentions are, are to feed our kids real healthy food and get them to grow up healthy.

Totally. So we're not dealing with all of these, uh, you know, diseases that we're seeing at younger and younger ages. And, you know, I mean, I think the saddest statistic to date is that our children's lifespan will not be as long as ours. Wow. I think it was something like five, five to seven years.

less than, than ours. And so, because of, because of disease among the young kids and the, yeah. That's so it's, it's pretty disheartening. And I don't wanna end on that. I do want people to realize that, you know, yes, we want kids to be kids, but in this day and age, we also really need to be parents

And know that we really need to nourish our kids in the best way possible so that they can thrive and flourish. As adults. Any, any parting words? I

AMANDA: think that was it. I think you summed it up. Great. Awesome. Awesome.

Thank you for having me. It's awesome.

MERYL: This is so much fun. And, I do wanna see those, right.

We are gonna get those recipes out there. Yeah. And, and, uh, share all that good stuff cuz you know, those of us that enjoy cooking definitely always enjoy the new recipes. And I do need that recipe for that cookie. Amanda made me this cookie for my birthday was amazing. So I definitely need that because my kids loved it.

Yes on it. So yes, on that note, uh, thank you for listening as always send us, your thoughts, your questions. We love hearing them and the feedback. This is your Rebel Nutritionist signing off. Make it a great day, everybody.