

Jess Dang: Hi there, you're listening to episode number 17 of the Cook Smarts podcast. I'm Jess Dang the Founder of Cook Smarts and I'm here to help you become a more confident and organized cook in the kitchen. Today we are talking to Kacie Barnes who is a toddler nutritionist better known as Mama Knows Nutrition and Kacie is a Cook Smarts Meal Plan member, and I've also been stalking her Instagram for the last few months because she has such great mini infographics that breakdown so many of the questions and concerns parents of toddlers have around their kids' eating routine. Because, unfortunately toddlers are not always the most cooperative people especially when it comes to food.

Jess Dang: Like the other day, I was wondering if I should start curbing the amount of cow's milk my daughter drinks because that girl loves her cow's milk and I found a post addressing that exact question on Kacie's Instagram. So before we even dive into my chat with her, make sure you're following her Instagram, which is mamaknows\_nutrition. Okay, so now if you're listening to this episode, you're probably a busy parent of a toddler. So let's go ahead and dive right in.

Jess Dang: Kacie, it's so wonderful to have you on our podcast. I have so many questions for you. Before I bombard you with all the things I and many in the Cook Smarts community, want to know about toddler nutrition? Can you just introduce yourself to our audience and tell us how you got specifically into this field of toddler nutrition?

Kacie Barnes: Yes, well, I'm excited to be bombarded because I love talking about this stuff. I'm a registered dietician and I'm a mom of two. My kids are four and almost two years old. We live in Dallas and nutrition is actually a second career for me. I started in a completely different field and always really wanted to do this. So I went back to school and the reason that I really focus on toddler nutrition is because one, as a mom, I think toddler age is tough because you've all of a sudden got these personalities to deal with and figuring out how do you parent?

Kacie Barnes: So it's just a really crucial time in their development in so many ways and I really love being able to help parents navigate that and be able to set up healthy habits that can last them for a lifetime.

Jess Dang: Oh, that sounds so great and that's totally true what you just said, it's definitely a challenging time. You see your sweet baby becoming a person and there's a lot of great things that are happening, like they're becoming more independent, but there's also a lot of nos. And of course there's a lot of challenges around food because we have to feed our kids multiple times a day and it's just something we can't avoid. So tell me, when parents reach out to you, what are the most common issues you see?

Kacie Barnes: I'd say that a lot at this age revolves around picky eating just because that's what comes up. A lot of times you have a great eater as a baby, they're trying a lot of new foods and then you hit this toddler age and suddenly everything changes. And what I try to really make sure parents understand is, in general

what their role is in feeding versus their child's role. And this really comes into play in those toddler years when they are getting more independent. So our role as a parent is to decide what and when we feed our little ones and they decide if and how much to eat. And that can be a challenge to wrap your mind around if that's new for you because a lot of us, as babies we're thinking about how much milk do they need and we're on a schedule and all of that. And then putting more control into their hands of deciding how much they eat can be scary.

Jess Dang: Oh, totally I think that once your kids get to a certain age really it's just about letting them be. And I think that's so hard for a lot of parents to do, especially in those toddler's years that you mentioned are packed full of physical, mental, social development. And I think that's why we get so stressed about trying to do everything right. But what I love about you and your Instagram account is that you're just so laid back about giving all this great advice to people, and you give folks options and show that there's more than one way to raise a healthy toddler, and we can all probably like worry a little bit less than we do.

Jess Dang: So tell me what are the big picture things we should be really focused on? Like the general guidelines for toddler nutrition, so we're not so down in the weeds of controlling every little thing that we're trying to get our toddler to eat or not eat?

Kacie Barnes: Yeah, absolutely. I do want parents to think of more of that big picture thing. And so when we think about serving balanced meals, they're not always going to eat a balanced meal or we can't control what they put in their mouth, but we can aim to serve a balanced meal. And before I even talk about what we're going to put on the plate, I'd say the thing that people ask me a lot about is portion sizes. And the guidance that I give on that is to think about starter portions. Meaning that if you're plating out your young child's food, it's going to be about a tablespoon per year of age for each food item. And that's usually like a helpful visual to say how much we can put on the plate.

Jess Dang: Got it. So you're saying if I have a three year old, I should put in three tablespoons, if I'm serving three different things on their plate that day, I should put in three tablespoons of each of those things?

Kacie Barnes: Exactly. And they can always have more and as they get older, you're going to want them to start learning to serve themselves like around that three to four years old range is a great time for them to start doing that and you can guide them. But so when we think about what we're going to be serving, we always want to have a fruit and or a veggie. It doesn't have to be both, but I do want to see at least one of those served at each meal. And that doesn't always have to be fresh either, but make sure you've got it in there.

Kacie Barnes: Then we're talking about complex carb options, and I'll give some examples of that in a minute. But at their age, carbs are really important for not only their

physical, they're running around and playing and they need that, but their bodies are growing and their brain is developing and we really need to make sure that they have a good source of carbohydrates. So beyond the fruit and vegetables, they have some carbs, but we want to think about some more starchy carbs as well. And then for protein, again we're looking at that one tablespoon per year of age, so they're likely not going to eat a whole hamburger and that's totally fine. Don't get discouraged when they have just a few bites of meat or beans or something like that because that's totally normal.

Jess Dang: So I guess if you're thinking about a toddler plate and we've all seen those plates that have nice compartments to them there's just one big one and then two smaller ones. What should the big one be comprised of?

Kacie Barnes: Yes. Oh, I know. I think in our minds we want to put the protein there. I think that's what people want to do but I would say that that side would be more for ... it can depend on what you're serving, but I normally would put my carb or starch or fruit, something like that in that bigger section and then have the protein in a smaller section.

Jess Dang: Got it. And then you mentioned complex carbs. I think for so many parents of toddlers, carbs make up a big part of their diet because like you said, that's what they enjoy more probably because their body is telling them that carbs are good for me, because I'm growing and all of that. But I think that we tend to do the white foods like plain pasta or maybe white rice. So what are the other things we should be thinking about and are those things like the white rice or even like gold fish are they okay? And how do we really balance what our kids want to eat versus like what we think might be better for them?

Kacie Barnes: Yes, it's okay. It's all about proportion and variety. So more often we want to be serving things like wild rice, brown rice, quinoa, oats, whole wheat bread or sprouted grain bread and then put some vegetables too like potato, sweet potato, winter squash. Those are all great carb options. So it's really just about the balance you don't have to feel like you can never serve them the things that they like the most, the more refined types of carbs but try, and stick to these ones more often. And the other thing that we don't want to forget at all is making sure that fat is present at all meals, especially if your little one is under two years old, you don't want to place any restrictions on fat. It's really important for their developing central nervous system. So always making sure that either you're cooking something in an oil or butter or serving something with fat along with the meal is a great thing to remember.

Jess Dang: So that pasta with Parmesan cheese and butter, totally okay?

Kacie Barnes: Yes.

Jess Dang: That's why it's on those restaurant menus under the kids' menus. So what you're saying really is most of their plate should be made of up complex carbs

and some of that can come from vegetables as well. And then from a fruit or veggie, I love that it's like fruit or a veggie or both because I think folks tend to feel like they have to serve both or that the kids are not getting as much from fruits, but it seems like that's not necessarily the case.

Kacie Barnes: Yes. I'm so glad you brought that up because a lot of parents can feel like they're failing if their kids don't want to eat vegetables. We get into feeling like we have to force it and all of that. And really all the nutrients that they get from vegetables are present in fruits too. Most younger kids prefer that and that's totally fine. And when we think about proportion, 50 to 60% about of their diet should be carbs. So that's fruit and those complex carbs we talked about. So it's really normal for that to be a bulk of what they're eating.

Jess Dang: And then the remainder? How does the rest of it play out within protein and fat and all of that?

Kacie Barnes: So we're looking at around 30% fat and then protein is going to be more in the 5 to 15% range.

Jess Dang: Okay. So that is I think a lot lower than most people think because just the way that adults eat or even restaurants serve things. It's really always very heavy in protein, vegetables and fruit tend to be a very small part, but it seems like protein it doesn't have to be as big of a part?

Kacie Barnes: Right. Yeah. When you're looking at a kids' menu and you get chicken fingers or something, it's like these huge chicken fingers and they really don't need that much. Same with adult plates. That's one of my little pet peeves about restaurants. I'm like, "I want some veggies and stuff too, not just like a giant piece of meat."

Jess Dang: I totally agree with you. I think people think that they're getting their money's worth because they're given this huge slab of meat and then you have to order an additional salad to get any vegetables, you know? So yeah, I find that to be really frustrating too. I find the whole concept of a kids' menu to be quite frustrating because it is very again, heavy in the fried meats, fried protein type of thing. So probably not your healthy fats. They're probably not fried in avocado oil or something. And honestly some of that stuff is great every once in a while, it's a lovely treat and nice aberration from your routine. But I do not totally endorse the idea of kids' menus for your meal every day.

Kacie Barnes: Yes. I totally agree. I know I saw one, where was I? I don't know, but the kids' menu, it was like I think a grilled cheese with a side of french fries and there was another fried carb, I can't remember what it was. But I was like, "Oh my goodness, this is just too much." But yeah, once in a while totally fine every day, no.

Jess Dang: Yeah, no, we were at a place where I was so excited because on the kids' menu it was like fish tacos with fries and broccoli, it said. And I was like, "Oh great. That's like, you know, at least like they'll get their fries, which they enjoy, but there'll be broccoli" And then they bring it out, and it's this huge fish tacos that I could have eaten them in full on and a huge pile of french fries and then one piece of steamed broccoli.

Kacie Barnes: For garnish.

Jess Dang: Yeah, exactly. But they're probably like this is what the kid is going to eat if they're given also french fries. So I get that. So Kacie, one of the things that we are so excited about in our community, I told them we were having a toddler nutritionist on the Podcast, and they wrote me with all these different questions, but mostly a lot of it was just worries that they had, and I wanted to get you to weigh in on a few of them. Like should these parents be worried and what can we do to help them?

Jess Dang: One of them says, "Some days my child eats nothing, and the next day they eat more than I do. Is that normal to have such wide fluctuations from day-to-day?"

Kacie Barnes: Yes. That's totally normal, and a concern I hear a lot. Again, we're worried about them getting enough and them getting what they need, but only their body knows what they need each day. So our job is to honor that and allow them to listen to what their body needs and what their body is telling them. If we force them to eat more than their body asks for, they can lose touch with those signals. But it's very typical for the toddler years, and we often then mistake it for picky eating when they're eating a lot one day or eating nothing the next day. And we think they're being picky, and we start offering them different foods until they say, "Okay, yeah, I'll eat that." But it's very normal, and I say try to relax about it. Know that you're offering them plenty of opportunities to eat. So if they're hungry, they will eat. If they're not, then that's okay too.

Jess Dang: Yeah, it definitely seems like kids are much more intuitive eaters than adults are.

Kacie Barnes: Absolutely. We're all born with it we just lose it.

Jess Dang: Yeah, I feel like this whole letting your kids be responsible for what they eat, how much they eat. Ellyn Satter and the Division of Responsibility has been around for a while, but I feel like it's becoming more and more the norm in terms of actual practice and hopefully this generation of kids growing up, will keep that level of intuition more than adults do.

Kacie Barnes: Yeah, I agree. I hope so. I know she's been preaching this for a while, but it's just becoming the thing to do now so

Jess Dang: Yeah, no, I find myself to be like a very healthy eater, but I do find myself craving for snacks when I know I'm not really hungry and a lot of it is just due to boredom or just to have something to do. Yeah, I definitely get in that habit.

Kacie Barnes: Right. And kids are exactly the same way. I hear so many parents saying like, "My kid is whining at the pantry." And a lot of times you just need to redirect them to something else.

Jess Dang: Yeah. Oh, so when you say that like whining up the pantry, do you mean like outside of times that you are offering them food or just in general?

Kacie Barnes: Yes. Like I want snacks all day. That's a parent's day especially in the summertime. Their kids just want a snack all day long.

Jess Dang: Yes. I find that to be ours too especially on the weekends when they're not in school or they don't have that routine. It's just like they get bored after an activity even though they just had like a very healthy breakfast and just wanting a snack, and I say like, "Oh, there's still more of healthy breakfast left." And they like, "No I want like snack food." That's something we're working on ourselves is getting out of the idea, that snack foods are the fun foods and the meal foods are the things that they don't want to be eating.

Kacie Barnes: I know it is really a struggle for us as parents because the snack food stuff is exciting. It looks cool, it's in a little package, they get to open it, it's crunchy, it tastes good. They've developed those recipes perfectly so that we want more of them. So I don't blame them, it puts us in a tough spot because we're like, "No, this other food is like perfectly good." Yeah, it is tough.

Jess Dang: So what are your thoughts on solving for that? Do we just not have any of these kinds of foods in our pantry at all? Sometimes you just have to have them for convenience, so what is the best way to introduce them in a way that they're there but not always coveted all the time?

Kacie Barnes: Absolutely. It's hard. You have to strike that balance between, you don't want to never serve it because then when they do get their hands on it, they're going to go crazy around it or they're going to be asking for it all the time. There are healthier options, so that's part of it as well is finding some of them. I do have a Healthy Toddler Snack Guide available on my website, in my shop and I give some of my more favorite items. So it's like still fun for them but when you think about something like a Larabar, it's just fruit and nuts. It's something that we can feel good about giving them as well and especially for that convenience factor, because it's true, so much of our lives is just running one place to the next, on the go and we need those convenient items.

Kacie Barnes: So looking for the ones that are healthier and still give them that satisfaction and fun factor can really help. And then also just being mindful of serving it along with other normal foods as well. Making it just a food we eat some times

and not like, "Oh my goodness, now we get to have this special snack." And make such a big deal about it. Just don't make it a big thing.

Jess Dang: Yeah, no, that's so true. But I definitely think that there are times when we make it a big thing because it's like bribery. We've used it for bribery. So when we are looking at processed snacks, what should we be looking for on a nutrition label? Because it feels, it's just so hard. I feel like these days there's now all of these companies that have snack foods that I feel like are masquerading as health foods, just through marketing, they seem healthy. But when you look at the nutrition label you're like, "Huh, I don't know how great this is." So what should we look for?

Kacie Barnes: Yes, I definitely recommend looking at the label. I'm totally fooled by this stuff too and this is what I do for a living, but things can look healthy and look really great and then there's not all that much nutrition in them. So what I would recommend looking at the label to see. First, look at the added sugar and this is going to get easier for us, but right now a lot of labels still don't separate out added sugar versus natural sugar and we can talk about that more in a second. But if it does have added sugar, I like to keep that to like five grams or less, which is possible. It's not easy, but there are options out there. And then I also like to make sure that there's at least two grams of fiber or protein. Both is great, but at the very least I want to see at least two grams of fiber or protein. So we know that it's a little bit more filling of a snack and not just like crunchy air.

Jess Dang: Got it. And is there anything from an ingredient standpoint, like the long list of ingredients some of these things have, even though they say they're healthy, are there any things that we should call out as red flags to try to avoid?

Kacie Barnes: Usually when they're really long a lot of times that might be a sign that there's something not so great about it. But in general I would say look at the ingredients and see if sugar or another name for sugar is in the first couple ingredients. And then you know like, "Okay, this is like a dessert, not a healthy snack."

Jess Dang: Yeah. Well this is the perfect segue because I want to talk to you about sugar because it is everywhere. I know as a kid for me, we were not a big sugar household, but every once in a while my parents would give us soda or juice and it's not till I was an adult and started reading nutrition labels that I realized I was basically drinking sugar water. There's like absolutely no nutritional value in this. And I know you have this book, it's ebook called No Sugar, Still Sweet. So can you just break down sugar for us and how we should handle it as parents?

Kacie Barnes: Yes. So sugar is not the devil. Some people get real extreme about it and it's just the problem is how does it fit into our diet and what else is it crowding out? So it's not a necessary nutrient, it's empty calories basically. So it's not giving our kids' bodies what they need from a nutritional standpoint and can crowd out



what they do need if they're eating too much sugary foods versus other stuff. Another problem is that it can lead to tooth decay. Like you said, drinking the sugar water, yes that does lead to cavities and then we know that excess sugar, excess calories in general can lead to health problems down the road like type two diabetes and other stuff that we don't want our kids to have to deal with. The other thing is that they are setting their taste preferences when they're young. So if they're eating a lot of really sugary stuff when they're younger, it can actually make them want that and prefer that later on. So if we're able to temper that and not serve those foods all the time, it's going to help them down the road.

Jess Dang: Yes, definitely. And is there a recommendation for how much sugar is okay? Like you said, it's not something we need, but what is the limit that we should not be crossing?

Kacie Barnes: Yes. So for natural sugars, which are found in fruit and milk or yogurt, there's not a limit on those. Those are healthy foods that have vitamins, minerals, antioxidants, fiber, milk has protein. So there's all that good stuff in there. But as for the added sugar, everything else, meaning maple syrup, honey, coconut sugar, all of that, we like to keep that to ... the official recommendations are 25 grams, which is six teaspoons or less a day. And that's for kids age two and up, so it really does add up fast though like if you have a granola bar or a flavored yogurt that can easily have 10 to 15 grams of added sugar, and you're already halfway to the days' maximum.

Jess Dang: And so you just said two and up. So that was interesting to me in the sense that you could be a two year old or a 14 year old and it's the same sort of sugar limit or recommendation for you.

Kacie Barnes: I know it's kind of crazy that it's a blanket like that. I think that probably in a couple of years from now we might have better recommendations. They do say no added sugars for under two and I would say that for a two to six year olds that I really like to keep it to maybe not even count out the grams, but try to keep the foods that we're eating regularly to not have added sugar in them. So when they do have a sweet treat, it's like a once in a while thing and they're not getting that amount every day.

Jess Dang: Got it. So what do you do in your household, so it sounds like there's just not a lot of sugar, but what are other things that you've been doing to keep that taste, the preference for sugar at a lower?

Kacie Barnes: We rely on fruit a lot for sweetness and in my No Sugar, Still Sweet book, there's over 20 recipes that are sweetened only with fruit instead of sugar. So I find that kids, they really are fine with that subtle sweetness of fruit as long as we don't expose them too often to more sweetened things. A lot of times we think like, "Oh, the kids' yogurt is for kids, so I'll get them that." But it's really sweet. So if instead we get them used to just plain yogurt or maybe plain yogurt with some



mashed berries in there, something like that, then it can help to avoid having to go overboard. If my kid has a drizzle of honey on something, that's special. It's not something we do all the time.

Jess Dang: Got it. And so what you were saying earlier too about things like honey, maple syrup, those are all the same. So I think like again, we see so much health marketing around, coconut sugar, it's the new paleo sugar or whatever it is. So at the end of the day, it's all sugar, right?

Kacie Barnes: Yeah. I wouldn't say don't choose those options just because there are some benefits, like honey does have some health benefits to it and maple syrup is going to be less refined than your regular white sugar. So it's not bad to choose those options but at the end of the day, yes, it's still sugar.

Jess Dang: Got it. And so yes, I'm super excited to dig into your ebook No Sugar, Still Sweet, start using some of these recipes but for the most part we have a very, very healthy diet but it is nice to have some of these other recipes that feel like treats but are not full of sugar. So where can people get that?

Kacie Barnes: It's on my website @mamaknowsnutrition.com/shop that's where you can find my ebook.

Jess Dang: All right, so folks just head to the Kacie's website and then look for the shop link and you can get that ebook and a bunch of other things too.

Kacie Barnes: Yes I have a snack guide, I also have a healthy packed lunch guide, which is brand new for this back to school season. I just really want to make things easier for people, so that's really my goal, to simplify it and make it easy to feed your kids healthy.

Jess Dang: Oh, I love it. All about doable tips and your Instagram is also just full of that, and I love that as well.

Kacie Barnes: Thank you.

Jess Dang: Okay, so before we wrap, I wanted to do a little rapid fire round with you if that's okay.

Kacie Barnes: All right.

Jess Dang: All right. Your most important kitchen tool?

Kacie Barnes: I have a chef brother, so he has taught me the importance of a really good chef's knife.

Jess Dang: Yes. Your go-to-breakfast?

Kacie Barnes: Whatever is leftover from what my kids didn't eat.

Jess Dang: You have 15 minutes to make a meal. What is it?

Kacie Barnes: No doubt, eggs, over medium eggs is my favorite. Buttered sourdough toast that I keep in the freezer and maybe some fruit.

Jess Dang: Oh, that's basically my breakfast as well I love it. What's one meal you never get sick of?

Kacie Barnes: Salmon. I just love salmon. Salmon with mashed potatoes and a veggie.

Jess Dang: Oh, that sounds just so comforting. One ingredient you always have in your pantry.

Kacie Barnes: I just bought like a ginormous Costco bag of brown rice, so I will probably have that for the next five years.

Jess Dang: Good complex carb, it sounds like?

Kacie Barnes: Yes.

Jess Dang: Guilty pleasure food or not?

Kacie Barnes: The bachelor.

Jess Dang: Oh yes. Your favorite life optimization or organization app?

Kacie Barnes: I love in our house that we use every day, YNAB, You Need A Budget, that app it's like the only way that we can stay organized with our finances.

Jess Dang: That's awesome to hear because we just did a partnership with them because so many of our members also love YNAB.

Kacie Barnes: Yes. It's the best.

Jess Dang: Hardest thing you've done?

Kacie Barnes: Battling postpartum anxiety.

Jess Dang: Oh, I'm so sorry to hear that, but it's definitely something I know a lot of a lot of moms and dads I've heard go through.

Kacie Barnes: Yes, I just think it's important to be aware of this stuff and talk about it, so I always share.

Jess Dang: Yeah. And you're also now in a role that you're helping people just make parenting a less anxious-filled experience. So that's great. The proudest thing you've done?

Kacie Barnes: Having my kids, I just love them.

Jess Dang: Last book you loved?

Kacie Barnes: Educated, the memoir. It's by Tara Westover it so good.

Jess Dang: I read that too this year it was so good. Such a page turner.

Kacie Barnes: Yes.

Jess Dang: Last TV show you loved?

Kacie Barnes: I really binge-watch the show Younger have you heard it?

Jess Dang: Yes. I love it.

Kacie Barnes: Yes it's great.

Jess Dang: It's such like a snackable speaking of snacks, a very snackable TV show. Okay, so it was so good to have you on. Thank you so much for sharing all this wonderful information and I just love what you're doing, helping parents in such an actionable way and just making it feel like this whole world of toddler nutrition isn't as complicated as it has to be. But before we say goodbye, can you tell everyone where they can connect with you and get more information?

Kacie Barnes: Sure. The best place is Instagram. I'm @mamaknows\_nutrition and my website as well, but I'm on Instagram all the time and I give those really simple, easy to digest tips. So it's a great place to get started.

Jess Dang: Yes, please follow Kacie on Instagram she always has great stories and I promise any question you've had about your toddler and food she has answered and broken it down with a really simple actionable mini infographic and that if you do want to grab Kacie's guide to picky eating, please visit our show notes [@cooksmarts.com/podcast/17](https://cooksmarts.com/podcast/17). And thanks Kacie for making toddler nutrition and the strange things that our toddlers do, a little bit less mysterious and scary.

Kacie Barnes: Absolutely. It was a pleasure to be here, I am a huge Cook Smarts fan. It definitely makes my life easier, so it was a joy to talk to you as well.

Jess Dang: So I hope that you feel a little bit more informed and maybe even a little bit more relaxed after hearing my interview with Kacie. I sure learned a lot even though I'm on my third kid and probably should have known a lot of these

things by now. Like apparently all those carbs that they were eating are just fine and if they refused the broccoli, but then had a good helping of fruit, that's also totally fine. It's so normal for us to feel worried about our kids especially when they're young, and we're trying to help them establish a healthy foundation. But we're all probably doing a great job even if it doesn't always feel that way, and we might not be getting that feedback from our kids.

Jess Dang: My biggest takeaways from Kacie is, what to look for when we do buy packaged snacks and that our kids need a lot less protein, and a lot more carbs than we think, and I'm also really excited to dig through her No Sugar, Still Sweet ebook, which you can grab on her site [mamaknowsnutrition.com](http://mamaknowsnutrition.com). And for me personally, even though I care a lot, a lot about what my kids eat. I've also been kind of relaxed in this area. Sure there are things I could be doing better, but the big picture is that my kids get offered three home cooked meals every single day and that even if something like processed or sugary sneaks in here or there, I know that they're mostly getting a wide variety of whole foods in their diet.

Jess Dang: If you also want to be offering your kids more home cooked meals without the stress head to [cooksmarts.com](http://cooksmarts.com) and grab a free 30 day trial to our Meal Plan Service. You'll be doing your job of giving your kids nutritious options every day and then it's really their job to decide what and how much they want to try. Okay, so before we wrap up, I want to thank KyeByron7 for their review on Apple podcasts. "I've using this Meal Plan for over five years now and it's completely infiltrated into our everyday routine, we are never eating the same meals week to week and the kids are more and more opening up to adapt to all the different flavors and types of food. This podcast is a great compliment to the Meal Plan but also a great podcast for anyone looking for some real life easy tips and ideas around cooking. Jess is a driven business woman and mom evident to me as a longtime customer, highly recommend diving in."

Jess Dang: Thank you KyeByron7 for the kind words, I try to be a driven business woman and mom when I'm not too tired from being a driven business woman and mom. We've got a colorful Cook Smarts Tote Bag waiting for you, so email us at [hello@cooksmarts.com](mailto:hello@cooksmarts.com) to claim it. If you want to hear your review read in a future episode and win a Tote bag as well, please leave us a review on Apple podcast. Just open up your Apple podcast app or iTunes if you're not already there and search for In The Kitchen With Cook Smarts and you can of course always help us spread the word by just telling a friend.

Jess Dang: If you've got questions you want us to answer, comments about a previous episode or just want to say hi and share some love. We've got a new phone number, so give us a call at (650) 386-0290 and leave us a voicemail. You just may hear your voice on a future episode and I'll make sure to put the number in the episode description as well. Okay with that thank you for letting us join you in your kitchen or wherever you're listening to this podcast, and until next time, happy cooking from your kitchen cheerleader.

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