



pediatrics • plant-based health expert

Veggie Fit Kids

Dr. Yami opens engaging conversation centered around health and wellness for the whole family. She empowers all, as a woman, mother, physician, entrepreneur, and public speaker.

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about the veggie doctor

Dr. Yami Cazorla-Lancaster, DO, MS, MPH, FAAP is a board-certified pediatrician and mother to two active and healthy boys. She is a passionate promoter of healthy lifestyles, especially the power of plant-based diets for the prevention of chronic disease. To assist parents and other health care providers, she founded VeggieFitKids.com where she provides information on plant-based diets for children including recipes, videos, and tips on nutrition and lifestyle. She is also the host of the podcast Veggie Doctor Radio. She obtained a certificate in plant-based nutrition from the T. Colin Campbell Foundation in 2013. In addition, she is a certified Food for Life Instructor through the Physicians Committee for Responsible Medicine and a Wellcoaches certified health and wellness coach. She has been teaching live cooking and nutrition classes since 2014.

She is a fellow of the American Academy of Pediatrics and a member of the American College of Lifestyle Medicine. Dr. Yami owns Nourish Wellness, a pediatric practice.



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