



Reshma Shah

Adjunct Lecturer, Peds/Quality of Life and Pediatric Palliative Care

Bio

BIO

Dr. Reshma Shah is an Adjunct Lecturer at Stanford University in the Department of Pediatrics / Quality of Life and Pediatric Palliative Care in the School of Medicine. She previously served as an Affiliate Clinical Instructor at Stanford University School of Medicine and has over 20 years of experience in academic and clinical pediatrics.

Dr. Shah's work focuses on pediatric nutrition, plant-based dietary patterns, and family-centered approaches to health and well-being. She is the co-author of the award-winning book *Nourish: The Definitive Plant-Based Nutrition Guide for Families* and a contributing author to the American Academy of Pediatrics' textbook on pediatric nutrition.

She holds a Master's in Public Health and has additional training in plant-based nutrition. Dr. Shah is dedicated to integrating evidence-based nutrition guidance into pediatric care to support the health of children and families.

Most Sundays, you can find her at her local farmers market, where she finds inspiration for nourishing meals and meaningful family connections.