



Key Nutrients and Foods for Brain Health with Maggie Moon MS, RD (ep – 56)

In this episode, host Ginger Hultin speaks with renowned brain health dietitian, Maggie Moon about the MIND diet. They discuss the importance of polyphenols, antioxidants, and several other nutrients essential for optimizing brain health. Maggie provides practical tips, including recipes and advice on incorporating the MIND diet into everyday life, even for those with specific dietary preferences such as those on a plant-based diet.

In this episode, we'll cover:

04:13 Importance of Polyphenols and Antioxidants

05:21 Essential Nutrients for Brain Health

08:38 Cultural Adaptations and Recipe Ideas

13:49 Oils and Fats in the MIND Diet

17:54 Common Questions and Misconceptions

24:30 Smoothies and Protein Sources

About Ginger Hultin, MS, RD, CSO:

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist with a master's degree from Bastyr University, where she currently serves as adjunct faculty teaching clinical nutrition. She has been in practice for over 10 years using a personalized, holistic nutrition approach. She runs a full-time virtual private practice, [Ginger Hultin Nutrition](#) where she helps clients with complex health problems improve their health through nutrition. In addition to being the host of The Good Clean Nutrition Podcast, she is an author of two books, Anti-inflammatory Diet Meal Prep and the How to Eat to Beat Disease Cookbook. Ginger is also currently pursuing her doctorate in clinical nutrition.

Connect with Ginger on [Instagram](#), [LinkedIn](#) or her [website](#).

About Maggie Moon, MS, RD:

Maggie Moon, MS, RD, is a registered dietitian, best-selling author, and health communications expert. Maggie Moon was awarded a Bachelor of Arts degree in English Literature from U.C. Berkeley, then went on to earn a Master of Science degree in Nutrition and Education from Columbia University Teachers College. She completed her clinical training at New York Presbyterian Hospital of Columbia and Cornell. She began her career as an adjunct lecturer in the Department of Health and Nutrition Sciences at Brooklyn College. She also developed and implemented nutrition curricula for NYC public schools. She then led health and wellness initiatives for America's leading profitable online grocer, FreshDirect.com. For 10+ years, she was an executive at The Wonderful Company where she was the top thought leader, subject matter expert, and spokesperson on health & nutrition for the Wonderful Company's portfolio of healthy CPG brands. Currently, Ms. Moon is a strategic consultant to better-for-you brands and commodities, as well as a writer and speaker on nutrition for brain health.

Connect with Maggie on [Instagram](#), [LinkedIn](#) or her [website](#).

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