



## **Developing a Plant-based Palate with Vandana Sheth, RND, CDE (ep – 35)**

In this episode, registered dietitian nutritionist Vandana Sheth shares how a plant-based diet can have positive health impacts and still be culturally relevant for anyone looking to make changes to what they eat. Vandana grew up in India and moved to the U.S. as an adult, more than 30 years ago. She shares what she learned from her mom's healthy cooking and how she adapted that practice to life in the U.S. She and host Ginger Hultin also discuss specific plant-based swaps to increase nutrition, the importance of fiber and meal prep strategies for families where everyone doesn't eat plant-based.

### **In this episode, we'll cover:**

- 00:00 The Power of Plant-Based Nutrition
- 00:25 Introducing Vandana Seth: A Journey to Plant-Based Living
- 00:34 Common Misconceptions and Mistakes in Plant-Based Diets
- 02:38 Vandana's Personal and Professional Journey in Nutrition
- 03:55 Cultural Identity and Plant-Based Eating
- 08:29 The Benefits of Plant-Based Diets Explained
- 13:47 Making Plant-Based Eating Accessible and Enjoyable
- 17:53 Navigating Cultural Foods in a Plant-Based Diet
- 20:51 Meal Prepping and Grocery Shopping Tips for a Plant-Based Diet
- 33:07 Staying True to Cultural Preferences While Eating Healthy
- 34:51 Wrapping Up and Looking Ahead

### **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 Vandana Sheth, RDN, CDCES, FAND:**

Vandana Sheth, RDN, CDCES, FAND is a Certified Diabetes Care and Education Specialist and Intuitive Eating Counselor with over 20 years of experience. Vandana grew up in India and moved to the U.S. as an adult, more than 30 years ago. She has become a best-selling author for her book [My Indian Table: Quick & Tasty Vegetarian Recipes](#). Vandana helps her clients build healthy relationships with food through inspiration and motivation from a place of fear, anxiety, low self-esteem, to feelings of joy, happiness, increased confidence, and energy. She focuses on plant-based nutrition, diabetes, eating disorders, weight management, and traditional Indian diets. In addition to her private practice, she currently is a Media Spokesperson for the Association of Diabetes Care & Education Specialists and Medical Expert Reviewer for U.S. News & World Report.

Connect with Vandana on [Instagram](#), [Facebook](#), [Twitter](#), [LinkedIn](#), [YouTube](#) or her [website](#).

**Resources mentioned in the episode:**

The ingredient Vandana mentioned to put in your beans and lentils to help with digestion: Asafetida.

Plant-based resources: [Academy of Nutrition and Dietetics](#) and PCRM ([Physicians Committee for Responsible Medicine](#)).

**Additional Links:**

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