



From Genes to Plate: Personalizing Nutrition with Ahmed El-Sohemy, PhD (ep – 54)

In this episode, host Ginger Hultin, an integrative registered dietitian nutritionist, speaks with Dr. Ahmed El-Sohemy, a world-renowned expert in nutrigenomics. They delve into the nuances of nutrigenomics, explaining how nutrition interacts with genetics to impact health outcomes. Dr. El-Sohemy discusses the non-invasive testing methods used to gather genetic information and how this data can inform personalized dietary recommendations. They also address the benefits and protections of receiving this information through healthcare professionals, and the potential for nutrigenomics to transform health management over the long term.

In this episode, we'll cover:

03:36 Nutrigenomic Testing Explained

05:28 Practical Applications and Benefits

10:46 Provider Adoption and Training

18:52 Legal Implications of Genetic Testing

20:19 Future of Nutrigenomics in Medicine

21:53 Current Research

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 Ahmed El-Sohehy, PhD:

Dr. Ahmed El-Sohehy is a Professor and Associate Chair and held a Canada Research Chair in Nutrigenomics at the University of Toronto. He is also the founder of Nutrigenomix Inc., serves as the company's Chief Science Officer and is Chair of the company's International Science Advisory Board. Dr. El-Sohehy obtained his PhD from the University of Toronto and completed a postdoctoral fellowship at Harvard. He has published in the top scientific and medical journals with almost 200 peer reviewed publications and has given more than 300 invited talks around the world. He is currently Editor-in-Chief of the journal Genes & Nutrition, serves on the editorial board of 10 other journals, and has served as an expert reviewer for more than 30 different scientific and medical journals and 12 research granting agencies. He has been a member of international expert advisory panels and scientific advisory boards of several organizations. Dr. El-Sohehy is the recipient of several awards for excellence in research by the American College of Nutrition, the Canadian Society for Nutrition and the American Nutrition Association.

Connect with Dr. El-Sohehy on [X](#), [LinkedIn](#) or the University of Toronto [website](#).

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