



Host Ginger Hultin discusses the importance of protein intake with Kelly Jones, a fellow registered dietitian and sports nutrition specialist. They debunk myths around protein requirements, highlight discrepancies in media reports, and emphasize the significance of individualized protein intake needs. The conversation delves into protein requirements for athletes, pregnant and postpartum women, and everyday active individuals.

In this episode, we'll cover:

03:47 Understanding Protein Needs and RDA

05:26 Balancing Macronutrients: Protein, Carbs, and Fats

08:40 Practical Tips for Busy Lifestyles

10:07 The Importance of Protein Timing

15:29 Quality Protein Sources and Combining

18:10 Plant-Based Proteins and Their Benefits

32:03 Protein Needs During Pregnancy and Postpartum

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 Kelly Jones, MS, RD, CSSD, LDN:

Kelly Jones is a board-certified specialist in sports dietetics, and owner of Kelly Jones Nutrition. She began her career as an associate professor of nutrition and exercise physiology, while building her sports nutrition practice. As a nationally recognized nutrition expert, Kelly is regularly featured in outlets such as Well + Good, Runner's World, Men's Health, Insider, and more. She regularly appears on broadcast television, often representing brands who align with her values to showcase the ease of incorporating nutrient dense, plant-based foods, into a busy and active lifestyle. Kelly is passionate about empowering athletes and highly active individuals to optimally fuel their busy lives. Based on well-accepted scientific evidence on physical and mental health, Kelly practices with a plant-based sports nutrition approach. As a board-certified sports dietitian, mom, and former division I athlete who still loves to compete in races, weight train, and practice yoga, Kelly helps others integrate new nutrition habits with their training schedule in a realistic way.

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

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