



Red Flags, Food Fear, and Fact-Checking with Melissa Joy Dobbins (ep – 65)

When it comes to finding evidence-based health information, going online can feel like a battlefield. With an overwhelming amount of content, conflicting opinions, and little guidance on separating fact from fiction, digital health literacy has never been more essential. In this episode, Dr. Ginger Hultin is joined by her friend and fellow registered dietitian nutritionist, Melissa Joy Dobbins. As the founder of the Sound Bites podcast and a leading expert in science communication, Melissa joins the show to unpack the rise of health misinformation, how it spreads, and the impact it has on wellbeing. Together, they explore how to approach misinformation with empathy, expanding on how they talk about health trends with their clients. They dive into red flags to watch for, the dangers of one-size-fits-all advice, and why personalized nutrition matters more than ever. From the role social media plays in shaping body image to the responsibility of content creators, Ginger and Melissa reflect on how healthcare professionals can balance short-form content with deeper education. If you are looking for a guide to online health literacy, this episode is a must-listen!

In this episode, we'll cover:

00:34 Busting the Seed Oil Myth

03:23 Melissa's Journey into Misinformation

07:07 Starting Sound Bites Podcast

09:29 How Food Fear Shows Up

13:44 Responding to Health Myth Pushback

15:19 Challenges of Short-Form Nutrition Content

19:03 Social Media's Role in Misinformation

22:39 Body Image & Comparison Culture

29:41 Tips for Sharing Credible Info Online

About Dr. Ginger Hultin, DCN, RDN, CSO.

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist who received her Doctorate in Clinical Nutrition from the University of North Florida. She received her 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.

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

About Melissa Joy Dobbins, MS, RDN, CDE

Melissa Joy Dobbins is a registered dietitian nutritionist, communications expert, and the founder of Sound Bites®, a platform dedicated to science-based nutrition communication. With a passion for helping professionals improve their messaging, she specializes in making complex nutrition topics more accessible to the public. As an experienced podcaster and engaging speaker, Melissa is committed to tackling misinformation and empowering individuals with credible, science-backed insights. Through Sound Bites®, she bridges the gap between evidence-based nutrition and everyday understanding, ensuring that accurate information resonates with audiences.

Connect with Melissa Joy Dobbins on [Instagram](#), [LinkedIn](#) or [Website](#).

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To find a transcript of this episode plus more information about The Good Clean Nutrition Podcast, please visit: <https://healthcare.orgain.com/podcast>.

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