



Simple & Smart Nutrition Strategies for Growing Teens with Beth McCall RD, CSSD (ep – 83)

How do you help fuel your active, busy, and growing teenager? We're glad you asked, because The Good Clean Nutrition Podcast is here to answer.

In this episode, Dr. Ginger Hultin is joined by sports nutrition expert Beth McCall, who has made it her mission to help teens and young athletes fuel their bodies for both sport and everyday life. Together, Beth and Ginger explore how nutrition needs change during adolescence, the role macronutrients play in the bigger picture, and how calories can be understood as a helpful tool for meeting energy needs rather than something to restrict. They also share simple, practical tips for feeding active teens, whether at home or on the go, and dig into the more emotional side of nutrition — including how to approach under-fueling and the emergence of restrictive eating patterns compassion.

If you're looking to build sustainable nutrition habits with your teen in mind, this episode is a great place to start.

In this episode, we'll cover:

[00:00:01] Why fueling teens needs a different approach

[00:02:36] Beth's story: under-fueling, injury, and what led her to this work

[00:04:25] Growth, puberty, and the rising nutrition needs of teen athletes

[00:08:10] Reframing calories as fuel and what "eating enough" can look like

[00:09:19] Why snacks matter and how to build balanced options that work

[00:15:15] Flexibility, food relationship, and moving away from weight-focused thinking

[00:18:22] What under-fueling looks like and the early signs to watch for

[00:22:05] Supplements, recovery, and Beth's final practical takeaways

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 Dr. Ginger Hultin on [Instagram](#), [LinkedIn](#) or her [website](#).

About Beth McCall, MS, RD, CSSD, RYT

Beth McCall, MS, RD, CSSD, RYT, is a Certified Specialist in Sports Dietetics, Registered Dietitian, and Registered Yoga Teacher with over a decade of experience fueling athletes across all levels of sport. She is the founder of Purposeful Fueling, where she blends evidence-based sports nutrition with functional movement and yoga to support performance, resilience, and long-term health. A former competitive volleyball and softball athlete, Beth later transitioned to NCAA Division I cross country and track—an experience that shaped her deep understanding of both optimal fueling and the consequences of underfueling. Professionally, Beth has worked extensively in collegiate athletics and with professional, Olympic, and high school athletes, most recently serving as Director of Sports Nutrition at Duke University, with prior roles at UCLA and Florida State University.

Connect with Beth McCall on [Instagram](#), [LinkedIn](#) or [website](#).

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