



What Protein, Gut Health, and GLP-1s Mean for Weight Health with Ashley Koff, RD (ep – 88)

Would you believe that nutrition for weight health is not about following the strictest diet, cutting the most calories, or chasing one perfect macro?

For Ashley Koff, RD, acclaimed weight-health expert, it is about understanding what your body needs to function better. In this episode, she sits down once again with Dr. Ginger Hultin to unpack what nutrition really looks like when the goal is supporting weight health. Together, they explore why better nutrition goes beyond diet labels, calorie counting, or one-size-fits-all advice. Ashley shares how timing, quality, digestion, and total nutrition all play a role, while exploring today's biggest conversations around protein, fiber, GLP-1 medications, liquid nutrition, and food satisfaction.

If you've ever wondered what to eat for weight health, this episode offers a more personalized and nuanced way to think about nutrition.

In this episode, we'll cover:

[00:02:34] Ashley's four pillars of "Better Nutrition"

[00:03:53] How to navigate popular diet trends

[00:07:17] Fiber, GLP-1 medications, and why timing and amount matter

[00:13:10] GLP-1 side effects and the nutrients most at risk

[00:16:33] Why liquid nutrition can be a game-changer for GLP-1s

[00:17:16] The role of food enjoyment and satisfaction in your health journey

[00:21:54] How to successfully transition off GLP-1 medications

[00:23:33] Understanding protein and getting back to what your body needs

[00:26:32] Ashley's book and her approach to weight health

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 *How to Eat to Beat Disease Cookbook*.

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

About Ashley Koff, RD

Ashley Koff, RD, is the USA Today bestselling author of *Your Best Shot* and founder of The Better Nutrition Program. An acclaimed weight-health expert and practitioner for more than 25 years, Koff is leading a transformative movement in personalized nutrition, turning “better, not perfect” choices into practical, sustainable strategies that deliver real outcomes. *Your Best Shot* introduces weight-health hormones (GLP-1, GIP, CCK, PYY) as the regulators of weight health, offering the first-ever assessment of their function and a personalized optimization system. A trusted expert featured across major media and a sought-after educator for health professionals, Ashley has been recognized as one of CNN’s Top 100 Health Makers and featured in *InStyle* as “Hollywood’s Leading Dietitian.”

Connect with Ashley Koff on [Instagram](#), [LinkedIn](#) or [Website](#).

Additional Links:

Additional Links: This podcast is sponsored by [Orgain Healthcare](#). If you're a credentialed healthcare professional, we invite you to join Orgain's Healthcare Ambassador Program. As a healthcare ambassador, you can request free product samples for yourself and your clients, watch webinars available for continuing education credit and obtain resources designed for you. Learn more and sign up for free at [request an ambassador account](#).

Disclaimer: The material presented in this podcast, is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should seek the recommendation of a medical professional regarding a medical condition or treatment or before starting a new nutrition and/or health regimen.

Orgain, LLC is providing these episodes on an "as is" basis and makes no representations or warranties of any kind with respect to the podcast episodes. Orgain, LLC nor any of its directors, employees or other representatives will be liable for damages arising out of or in connection with the use of this document. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and claims of third parties.