



Kids' Nutrition: What Actually Matters Most with Jennifer Anderson, MSPH, RDN of Kids Eat in Color (ep – 93)

When it comes to feeding the kids in our lives, the advice and strong opinions never stop. So how do you know what to prioritize?

In this episode, host Dr. Ginger Hultin is joined by Jennifer Anderson, MSPH, RDN, the registered dietitian and public health expert behind Kids Eat in Color. Jennifer walks through her Health Impact Tiers, a framework built around one important question: what will have the broadest impact on this child's health? Together they move through the tiers, from making sure kids get enough energy, protein, sleep, and movement, to fiber, variety, and micronutrients, all the way to the hot-button topics like food dyes and organic foods.

This episode leaves you with a repeatable, flexible way to confidently filter through the next headline that comes your way.

In this episode, we'll cover:

[00:02:30] Tier one: making sure kids are getting enough energy

[00:04:07] Tier two: protein needs, food reactions, sleep, and movement

[00:06:37] Tier three: why fiber deserves the spotlight

[00:08:42] Sugar-sweetened beverages, juice, and milk alternatives

[00:11:36] Jennifer's new book and giving parents their confidence back

[00:15:15] Tiers four and five: variety, micronutrients, and added sugar

[00:17:16] How to run your own at-home food experiment

[00:18:14] What Red 40 actually is and where it ranks

[00:19:30] Tier six: the identity tier and the hottest topics

[00:21:03] Jennifer's core message

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 Jennifer Anderson, MPH, RDN

Jennifer Anderson, MPH, RDN, is a registered dietitian, mom of two, and the founder of Kids Eat in Color®, a trusted resource helping families feed their children from first bites through picky eating and elementary-aged nutrition. With a Master of Public Health from the Johns Hopkins Bloomberg School of Public Health, Jennifer specializes in picky eating, infant and child nutrition, and practical “nutrition harm reduction” strategies that meet families where they are. Before launching Kids Eat in Color in 2019, Jennifer coordinated youth nutrition programs at a food bank, conducted research in urban food deserts, and consulted on USDA SNAP-Ed initiatives. Today, she and her team translate evidence-based nutrition into realistic, doable tools for parents—reducing mealtime stress and helping kids build a healthier relationship with food, one small change at a time.

Connect with Jennifer Anderson on [Instagram](#), [LinkedIn](#) or her [Website](#).

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