Nutrition for Healthy Aging After 65: Muscle, Bone & Key Nutrients with Katie Dodd, MS, RDN, CSG (ep – 98)

Nutrition needs shift as we age, and appetite, muscle, and bone all change along with them. What does that mean for you, or for someone you care for?

In this episode, host Dr. Ginger Hultin is joined by Katie Dodd, MS, RDN, CSG, LD, FAND, a board-certified specialist in gerontological nutrition who has built her career around helping older adults age with strength. Together, they look at how to adapt your nutrition as you get older, starting with muscle. Katie explains sarcopenia in plain terms, why malnutrition in older adults can show up at any body weight, and which nutrients become more important after 65. The conversation also touches on GLP-1 medications in older adults, hydration, supplements like creatine and collagen, and how quickly a medication list can crowd out room for food.

One theme runs through the whole conversation. Food is bound up with identity and memory, and lasting nutrition changes start with the person, not the plan.

In this episode, we'll cover:

[00:03:50] What's shifting in the body at 65 and beyond

[00:05:52] How aging changes calorie and nutrient needs

[00:07:00] Why food is tied to identity, autonomy, and dignity

[00:08:55] What malnutrition actually looks like in older adults

[00:10:58] GLP-1s in older adults and protecting muscle

[00:12:55] Sarcopenia defined and why it matters at every age

[00:19:11] Katie's six priority nutrients for aging clients

[00:23:15] Hydration and the barriers that often go unnoticed

[00:26:33] Katie's biggest message for caregivers

Research Mentioned In the Episode:

- Prevalence of sarcopenic obesity in the older non-hospitalized population: a systematic review and meta-analysis
- Prevalence and Factors Associated with Sarcopenia in Community-Dwelling Older Adults: A Systematic Review and Meta-Analysis

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 thought 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 Katie Dodd, MS, RDN, CSG, LD, FAND

Katie Dodd, MS, RDN, CSG, LD, FAND, is a geriatric dietitian, writer, speaker, and consultant dedicated to helping older adults age with health, independence, and confidence. A Registered Dietitian since 2008 and a Board Certified Specialist in Gerontological Nutrition since 2013, Katie brings deep expertise in the nutritional needs of the 60+ community. She is the founder of The Geriatric Dietitian, a go-to resource offering evidence-based, easy-to-understand nutrition guidance tailored to older adults. Her work has been featured in the New York

Times, The Washington Post, CNN, AARP, and Fox News, and she served as a reviewer for U.S. News & World Report's Best Diets rankings from 2022 to 2024. Katie is a contributing author for Nutrition Care of the Older Adult, the field's leading geriatric nutrition text, and a Fellow of the Academy of Nutrition and Dietetics. Her leadership roles include President of the Oregon Academy of Nutrition and Dietetics, Chair of the Healthy Aging Dietetic Practice Group, and Commissioner for the Commission on Dietetic Registration.

Connect with Katie Dodd on Instagram, LinkedIn or Website.

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