



Understanding Protein: Evidence-Based Answers for Health's Hottest Trend with Dr. Michael Ormsbee, PhD (ep – 89)

Everyone's talking about protein. Not everyone's getting it right. So the question is: how much of the conversation is science, and how much of it is noise?

Dr. Michael Ormsbee, researcher, endurance athlete, and protein expert from Florida State University, is back with host Ginger Hultin to give protein the evidence-based conversation it deserves. In this episode, they cover how protein actually functions in the body and why hitting your daily protein target matters more than most people realize. Dr. Ormsbee shares what his decades of research reveal about how much protein you actually need, why the recommended daily amounts have recently been updated. They also tackle the plant vs. animal debate, food vs. supplements, and whether protein timing actually moves the needle.

So hit play; your answers are just one click away!

In this episode, we'll cover:

[00:00:04] Why protein is having such a big cultural moment

[00:03:50] How protein works in the body and its role in muscle, metabolism, and recovery

[00:07:35] Resistance training, protein, and preserving muscle during weight loss

[00:09:23] How much protein you actually need

[00:12:30] Plant-based vs. animal-based protein, and food vs. supplements

[00:18:34] Protein timing and how to think about tracking your intake

[00:21:32] Staying intentional about protein without becoming obsessive

[00:23:14] Prioritizing fitness and building sustainable habits

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 Dr. Michael Ormsbee, PhD, FACSM, FNAK, FISSN, CSCS*D

Dr. Michael Ormsbee is the Margaret A. Sitton Endowed Professor at Florida State University and the Executive Director of the Institute of Sports Sciences and Medicine. His research focuses on exercise and sports nutrition, including metabolism, body composition, recovery, protein intake, and performance. A Fellow of the National Academy of Kinesiology, the American College of Sports Medicine, and the International Society of Sports Nutrition, Dr. Ormsbee is widely respected for translating complex science into practical, real-world strategies. He is also the creator of Changing Body Composition Through Diet and Exercise for The Great Courses and brings a unique perspective as both a researcher and endurance athlete.

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