



Escaping the Online Nutrition Echo Chamber with Melissa Joy Dobbins (ep – 66)

How does one find the facts, dig deeper, and uncover evidence-based, science-backed information? In this episode, Melissa Joy Dobbins returns to join Dr. Ginger Hultin for a thoughtful follow-up conversation on digital health literacy in today's online world. With red flags of misinformation now easier to spot, the conversation turns to where reliable information exists and how to navigate cognitive biases to reach it. Melissa highlights the importance of critical thinking as a tool for escaping algorithm-driven echo chambers. From identifying the right dietitian to diversifying content sources and assessing credibility, she offers practical strategies for evaluating health claims. Together, Melissa and Ginger also examine how to interpret sensational headlines, understand updated ethical sponsorship guidelines, and engage with nutrition science as an evolving field. Finally, they bust countless myths and misinformation circulating today, covering everything from diabetes and weight loss medications to the great debate over bananas, carrots, and sweet potatoes. Get ready to walk away asking the right questions and feeling new confidence in your search for the truth.

In this episode, we'll cover:

00:00 The Rise of Nutrition Misinformation Online

01:48 How Confirmation Bias Shapes Our Health Beliefs

03:40 Spotting Red Flags in Health and Nutrition Content

07:04 New FTC Guidelines for Ethical Product Promotion

10:39 Tips for Finding Reliable Nutrition Information

13:30 Why "Show Me the Study" Should Be Your New Mantra

16:35 The Truth About GLP-1 Medications and Food Noise

20:11 Debunking Diabetes Myths and Sugar Misconceptions

24:57 Final Takeaways on Digital Health Literacy

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

About Melissa Joy Dobbins, MS, RDN, CDE

Melissa Joy Dobbins is a registered dietitian nutritionist, communications expert, and the founder of Sound Bites®, a platform dedicated to science-based nutrition communication. With a passion for helping professionals improve their messaging, she specializes in making complex nutrition topics more accessible to the public. As an experienced podcaster and engaging speaker, Melissa is committed to tackling misinformation and empowering individuals with credible, science-backed insights. Through Sound Bites®, she bridges the gap between evidence-based nutrition and everyday understanding, ensuring that accurate information resonates with audiences.

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