



In this episode, host Ginger Hultin talks with registered dietitian nutritionist Vandana Sheth, to unpack the truths and challenges of diabetes management. Vandana shares her personal connection to diabetes, which has fueled her passion and specialization in the field. Together, they demystify the condition, discussing the differences between Type 1 and Type 2 diabetes and the importance of early intervention, nutrition and lifestyle changes.

In this episode, we'll cover:

- 00:28 The Power of Nutrition in Managing Diabetes
- 05:02 Understanding Diabetes: Types, Management, and Misconceptions
- 06:34 The Importance of Early Diagnosis and Proactive Management
- 13:39 Navigating Diabetes with Technology and Medication
- 18:51 Supporting Loved Ones with Diabetes
- 21:31 Nutrition Speed Tips: Debunking Myths and Empowering Choices
- 29:36 The Role of Physical Activity in Diabetes Management

About Ginger Hultin, MS, RD, CSO:

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist with a 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*. Ginger is also currently pursuing her doctorate in clinical nutrition.

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

About Vandana Sheth, RDN, CDCES, FAND:

Vandana Sheth, RDN, CDCES, FAND is a Certified Diabetes Care and Education Specialist and Intuitive Eating Counselor with over 20 years of experience. Vandana grew up in India and moved to the U.S. as an adult, more than 30 years ago. She has become a best-selling author for her book [My Indian Table: Quick & Tasty Vegetarian Recipes](#). Vandana helps her clients build healthy relationships with food through inspiration and motivation from a place of fear, anxiety, low self-esteem, to feelings of joy, happiness, increased confidence, and energy. She focuses on plant-based nutrition, diabetes, eating disorders, weight management, and traditional Indian diets. In addition to her private practice, she currently is a Media Spokesperson for the Association of Diabetes Care & Education Specialists and Medical Expert Reviewer for U.S. News & World Report.

Connect with Vandana on [Instagram](#), [Facebook](#), [Twitter](#), [LinkedIn](#), [YouTube](#) or her [website](#).

Resources mentioned in the episode:

<https://vandana-sheth.teachable.com/p/jumpstart-from-diagnosis-to-immediate-action-take-back-control-of-your-blood-sugars>

Additional Links:

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