



In this episode of The Good Clean Nutrition Podcast, host Ginger Hultin, MS, RDN, CSO, sits down with our producer and gets personal. Ginger talks about the life experiences that led her to become a dietitian and she shares her work and exercise goals for 2024. Throughout their conversation, Ginger gives guidance for how to make sustainable changes in your life and what the research says about aging and longevity.

In this episode, we'll cover:

- 00:20 Journey to Becoming a Registered Dietitian
- 01:49 Experience in the Restaurant Industry
- 02:16 Role and Misconceptions of a Dietitian
- 03:02 Transition from Personal Trainer to Nutritionist
- 03:49 Understanding the Difference Between Nutritionist and Dietitian
- 04:56 Pursuing a Doctorate in Clinical Nutrition
- 05:55 Navigating Contradictory Nutrition Information
- 06:57 Specialization in Oncology Nutrition
- 08:03 Discovering and Partnering with Orgain
- 08:51 Dietitian Practice Beyond Oncology
- 09:21 Tips for Sustainable Lifestyle Changes
- 12:46 Importance of Inclusive Eating
- 13:22 Foods to Add to Your Diet for Better Health
- 16:09 Adapting to Changing Nutrition Science
- 17:34 Approach to Aging and Longevity
- 18:58 Following a Plant-Based Diet
- 19:54 New Year's Resolutions and Looking Forward
- 20:51 Closing Remarks and Future Plans

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 *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](#).

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