



What's on Your Plate Impacts the Planet with Chris Vogliano, PhD, RDN (ep – 37)

Host Ginger Hultin talks with Chris Vogliano, a PhD and registered dietitian with a global perspective on food systems. Together, they dissect the deep-rooted connections between our dietary choices, health, environmental sustainability, and the profound impact of our food systems on climate change. They explore the role of diversity in our diets, specifically the importance of incorporating plant-based foods for both personal and planetary health. The dialogue sheds light on pressing issues such as food waste, malnutrition, and the role of sustainable food systems in combating climate change.

In this episode, we'll cover:

04:03 The Impact of Food Choices on Climate Change

09:49 Exploring the Power of Legumes for Health and Environment

12:12 The Global Challenge of Food Waste

14:40 Sustainable Practices: From Canned Foods to Recycling

18:43 Prioritizing Actions for Environmental and Nutritional Health

27:07 Food and Planet: Advocating for Sustainable Food Systems

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 Chris Vogliano, PhD, RDN:

Chris Vogliano, PhD, RD is a food system sustainability expert. As a registered dietitian he received his PhD in Public Health Nutrition & Food Systems from Massey University. He is currently a Technical Advisor of Food Systems with the United States Agency for International Development – Advancing Nutrition and the Technical Nutrition specialist for the Global Diet Quality Project. Doctor Vogliano is the Co-founder and Director of Research at Food+Planet. He has worked to promote equity and sustainability across the food system, including designing policies and program interventions to improve food security for low-income populations and consulting with Fortune 500 brands on sustainability initiatives. He's given over 80 academic presentations both domestically and internationally, published numerous peer-reviewed research publications, and has served as a research fellow for The Academy of Nutrition and Dietetics and Bioversity International.

Connect with Chris Vogliano on [Instagram](#) or [LinkedIn](#).

Resources mentioned in the episode:

<https://www.stilltasty.com/>

Additional Links:

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