



Host Ginger Hultin talks with Chris Vogliano, a PhD and registered dietitian with a global perspective on food systems. They deep dive into the intersection of nutrition, sustainability, and the future of food systems. They explore how dietary diversity, the power of legumes, and technological innovations like lab-grown meat can contribute to a more sustainable global food system. The conversation covers the triple bottom line of people, planet, and profit, the impact of food choices on biodiversity, and practical advice for individuals to make more sustainable food choices.

In this episode, we'll cover:

06:43 Dietary Diversity and Its Impact on Health and the Planet

13:10 Lab-Grown Meat: Innovations and Ethical Considerations

20:53 Sustainable Seafood and Aquaculture Insights

21:22 The Power of Bivalves in Your Diet

23:53 Seaweed: The Superfood of the Sea

37:07 Innovations in Food Waste Reduction

39:49 Predictions for the Future of Food

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, RD:

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, PhD, RDN on [Instagram](#) or [LinkedIn](#).

Resources mentioned in the episode:

<https://www.seafoodwatch.org/seafood-basics/sustainable-healthy-fish>

Additional Links:

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