



The Good Clean Nutrition Podcast Episode 14 Show Notes

Episode 14: Exploring the Benefits of Dietary Collagen for Skin, Joints & Overall Health

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy! Each episode provides healthcare practitioners and health-minded consumers expert information on current and trending topics. Today, Mary welcomes guest Molly Kimball for a conversation all about collagen!

Molly Kimball, RD, CSSD is a Registered Dietitian, Board Certified Specialist in Sports Dietetics, and works as a nutrition journalist and practitioner. Molly has been the go-to nutrition expert for New Orleans' ABC affiliate WGNO since 2009, with weekly TV segments on WGNO's Good Morning New Orleans, Get Fueled with Molly, and is regularly featured as a nutritional expert for national news stories including outlets such as *Vogue*, *The New York Times*, *Newsweek*, *Shape*, *Health*, *Fitness*, *Runner's World*, *Wine Enthusiast*, *Cosmopolitan*, *WebMD*, and *CNN.com*. She is also the founder of Ochsner Eat Fit, author of the *Eat Fit Cookbook*, and host of the podcast *FUELED wellness + nutrition with Molly Kimball*.

Molly is a proponent of supplementing with collagen and has been taking dietary collagen for over fifteen years. She shares that she initially reached for collagen as a runner for potential joint health benefits, noting that there was limited research about collagen at the time she began taking it. She shares personal anecdotes about the benefits for her skin, hair and nails she felt while taking collagen.

The benefits associated with dietary collagen supplements are support for joint health, healthy hair, skin and nails, and gut health. Molly clarifies that collagen supplements will not offset damage to joints caused by damaging behavior and recommends considering collagen as part of a larger pursuit of whole-body health or as another layer of support on top of activities like physical therapy and stretching.

Collagen is a protein found in our own skin and in the cartilage, ligaments, and tendons of meat, fish and poultry. People may also get collagen from animal sources, though these sources (including things like hoofs and tendons/ligaments) are not typically consumed in the US, so Molly suggests choosing collagen peptide powder from a reputable brand. Those interested in incorporating collagen into their diets should aim for 10g-20g per day. For those wanting to use a collagen powder, Molly explains common ways to consume the powder, from smoothies and certain kinds of baked goods to a "collagen cafe frappe."

As the conversation wraps up, Molly offers advice on getting started with collagen intake by layering it into life with consistency. She also shares about the Eat Fit initiative and its efforts to bring healthy options to restaurants, chefs, and festivals!

Links:

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Connect with Molly Kimball on [Instagram](#), [Facebook](#) and [LinkedIn](#) and visit her [website](#).

Learn more about [Ochsner Eat Fit](#) and their locations: [Eat Fit Shreveport](#) , [Eat Fit Baton Rouge](#), [Eat Fit Acadiana](#), [Eat Fit NOLA](#), [Eat Fit North Shore](#) and [Eat Fit Monroe](#).

Check out Molly's podcast, [FUELED | wellness + nutrition](#).

Research referenced in this episode:

- Skin Elasticity: <http://www.ncbi.nlm.nih.gov/pubmed/23949208>
- Wrinkle Reduction + Dermal Matrix Synthesis: <http://www.ncbi.nlm.nih.gov/pubmed/24401291>
- Osteoarthritis: <http://www.ncbi.nlm.nih.gov/pubmed/24852756>
- Athletes & joint health: <http://www.ncbi.nlm.nih.gov/pubmed/18416885>

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