



**The Good Clean Nutrition Podcast  
Episode 23 Show Notes**

**Episode 23: Dietitians Discuss: Reframing “Healthy” & Eating From Our Roots with Maya Feller, MS, RD, CDN**

This National Nutrition Month, registered dietitians Maya Feller, MS, RD, CDN and our host Mary Purdy, MS, RDN discuss today’s top nutrition trends, what it means to eat “healthy” and their thoughts on this month’s theme, “Fuel for the Future.”

**In this episode we’ll cover:**

- (3:32) Maya’s journey to becoming a registered dietitian
- (6:54) Thoughts on today’s top nutrition trends
- (10:33) What it means to eat “healthy” (and how to talk about it with patients)
- (16:45) Connecting to your culture of eating and food
- (22:10) Discussing “Fuel for the Future” and advocating for planetary health
- (32:19) Maya’s new cookbook, *Eating From Our Roots*

**About Maya:**

Maya Feller, MS, RD, CDN, of Brooklyn-based Maya Feller Nutrition is a nationally recognized registered dietitian nutritionist. She received her Master of Science in Clinical Nutrition at New York University. Maya shares her approachable, real-food-based solutions through regular speaking engagements, writing in local and national publications, and as a nutrition expert on Good Morning America. Maya is also the author of two cookbooks, including her newly released cookbook, *Eating From Our Roots*.

Connect with Maya on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).  
Check out Maya’s new cookbook, [Eating From Our Roots: 80+ Healthy Home-Cooked Favorites From Cultures Around The World](#).

**About host Mary Purdy, MS, RDN:**

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

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

**Links:**

We want to hear from you! Take our survey to inform future episodes of this podcast:  
<https://www.surveymonkey.com/r/8CG3NL2>.



This podcast is sponsored by [Orgain Healthcare](#).

If you're a credentialed healthcare professional, we invite you to join Orgain's Healthcare Ambassador Program. As a healthcare ambassador, you can request free product samples for yourself and your clients, watch webinars available for continuing education credit and obtain resources designed for you. Learn more and sign up for free at <https://healthcare.orgain.com/welcome-kit-request>.

*Disclaimer: This podcast is for informational purposes only and is not intended to be medical advice. The material discussed on this podcast, and displayed on the associated webpage, is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health regimen.*