

Ginger Hultin, MS, RDN

Using Nutrigenomic Testing to Drive Healthy Dietary Choices

Ginger Hultin, MS, RD is a nationally recognized media Registered Dietitian. A nutrition and health writer, she owns Seattle-based concierge nutrition practice, Champagne Nutrition® PLLC where she helps clients solve complex health mysteries with an integrative approach. She specializes in vegetarian/plant-based diets, ketogenic diets, integrative/holistic nutrition, oncology nutrition, supplements, alcohol and health, and nutrigenomics.

Ginger currently serves as adjunct clinical faculty at the Bastyr Center for Natural Health teaching master's level students. She serves as Vice-Chair for the Member and Student Advisory Committee at the Academy, President of the Seattle Dietetic Association, past President for the Chicago Academy and past chair of the Vegetarian Nutrition Dietetic Practice Group. She was awarded Emerging Dietetic Leader in Washington, 2020.

Description:

Nutrigenomics testing is a growing area of practice and emerging science in the field of nutrition. This session will explain what it is and how it can be incorporated into client care as well as some of the current limitations and areas of future growth within the field. It will also examine the practical applications of nutrigenomics testing, the available evidence of its efficacy in eliciting health and behavior change, and how dietetics professionals can use it to guide their clients towards balanced, healthful diets.

Objectives:

- Determine how to use nutrigenomic direct-to-consumer testing in your practice to benefit client behavior change.
- List the limitations in current genomic research.
- Identify the additional training you may need before utilizing genomic testing.