We have many choices regarding our health, but when it comes to deciding what to eat, do we have the information to make the best choices? On this episode of Kentucky Health, Dr. Wayne Tuckson discusses diet and nutrition, the ‘halos and horns of food,’ with registered dietician Ms. Marianne Smith Edge on.

Kentucky Health: Diet and Nutrition
KET Sunday, Dec. 18 • 12:30pm/11:30 am
KET2 Monday, Dec. 19 • 2/1 pm
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Kentucky Health is a KET production, produced by Shelby McCuddy.

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