



‘Kentucky Health’ discusses diet and nutrition, the halos and horns of food

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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

Stream at KET.org and the PBS Video app

Kentucky Health is a KET production, produced by Shelby McCuddy.

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