‘Kentucky Health’ discusses myths, misconceptions and truths about diet and wellness

FOR RELEASE: Feb. 3, 2026

On a new episode of *Kentucky Health,* host Wayne Tuckson, MD, talks with Karen McNees, RD, Ed.D., about dietary options. A 2026 KET production.

Kentucky Health
KET Sunday, Feb. 8 • 1:30/12:30 pm
KET2 Monday, Feb. 9 • 2/1 pm
Watch on-demand at KET.org and the PBS App

Kentucky Health is a KET production, hosted by retired Louisville surgeon Dr. Wayne Tuckson and produced by Christie Dutton.

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