

Collaboration Among Colleges. Diverse Expertise. Inspiring Student Success.

APPLIED NUTRITION & CULINARY MEDICINE

At the University of Kentucky, we ignite the passion within you and inspire your path forward to success. You'll find a community that supports you as you challenge yourself to bigger possibilities.

Through collaboration among the **College of Agriculture, Food and Environment, College of Health Sciences and College of Medicine** our faculty bring a wide-array of expertise to this 100 percent online program.

Meet Dr. Jean Fry, Assistant Professor in the Department of Athletic Training and Clinical Nutrition.



100% ONLINE | 12 CREDIT HOURS

Faculty spotlight

Jean Fry, PhD, RDN

Assistant Professor

Department of Athletic Training and Clinical Nutrition

Dr. Fry's

Courses

Nutraceuticals & Function Foods in Health and Disease Prevention CNU 501

Discover the impact on health and disease from functional foods and nutraceuticals, including isoprenoids, isoflavones, flavanoids, carotenoids, lycopene, omega 3 fatty acids, sphingolipids, vitamin E, antioxidants and more.

"In this course, practitioners build their nutrition base knowledge while learning more about non-nutritive bioactive food components and functional foods."

~ Dr. Jean Fry

Nutrition for Health Professionals CNU 503

Explore an interdisciplinary/interprofessional approach to applied and medical nutrition therapy and its role in primary, secondary, and tertiary health care delivery. This course covers the fundamental principles and concepts of nutrition science as applied to the human life cycle.

Discover what's wildly possible in Applied Nutrition & Culinary Medicine at uky.edu/ukonline.

College of Health Sciences

Background

BS and MS in Nutritional Sciences

PhD in Exercise, Nutrition and Preventive Health

Culinary Education Experience

- Developing recipes and teaching cooking classes
- Contributing blogger for FitnessRx Magazine

Dr. Fry has developed and implemented a continuing education symposium, Exploring Culinary Medicine on Earth and Space, featuring chefs, nutritionists and nutrition scientists from NASA.

For additional information contact:

Dr. Sara Police

Director, Online Graduate Certificate in Applied Nutrition & Culinary Medicine

Nutritional Sciences College of Medicine

Email: sara.police@uky.edu | Phone: 859-218-1741



College of Agriculture, Food and Environment
College of Health Sciences
College of Medicine

An Equal Opportunity