

APPLIED NUTRITION AND CULINARY MEDICINE

Introduction to Culinary Medicine (DHN 599)

Course Description

This course will introduce students to the field of culinary medicine, which involves using both evidence-based nutrition and medicine knowledge and culinary skills to assist healthcare providers and nutrition professionals in supporting patients and their families in achieving and maintaining optimal health and wellness through diet. Students will learn key food preparation and food science principles and how those can be translated to modifying recipes for optimal health and provided as appropriate evidence-based educational resources for use in patient care. Students will apply this knowledge to prepare healthy, flavorful and delicious snacks and meals that are appropriate for individuals with chronic health conditions such as food allergies, Celiac disease, gastrointestinal disorders, heart disease, diabetes, hypertension, cancer, and obesity.

Course *Schedule*

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| Module 1 | Basic principles of food preparation, food safety and meal planning <i>"Cook Together, Eat Together"</i> |
| Module 2 | Applying MyPlate recommendations to food preparation, food additives, GMO's, and defining "organic" foods <i>"Plate It Up, Kentucky Proud"</i> |
| Module 3 | Weight control: Focus on modifying diet for healthy weight loss or healthy weight gain <i>"Weight the Reality Series"</i> |
| Module 4 | Food allergies, lactose intolerance, and Celiac disease: Meeting nutritional needs on restricted diets |
| Module 5 | Cardiovascular disease: Focus on fats - limiting saturated and trans fats and replacing with healthier fat options |
| Module 6 | Hypertension: Focus on sodium and meeting DASH recommendations |
| Module 7 | Diabetes: Focus on healthy carbohydrates, limiting added sugars, and understanding alternative sweeteners <i>"Dining with Diabetes"</i> |
| Module 8 | Healthy aging: Focus on modifying food choices as one ages due to changes in one's dental health, mind, energy level, and more! |

Nutrition and Chronic Diseases (NS 689)

Course Description

Selected topics in nutritional sciences related to health and chronic diseases, e.g., autoimmune conditions, cardiovascular disease, obesity and cancer. This course will explore the pathophysiology of chronic diseases influenced by nutrition and discuss the mechanisms underlying nutritional approaches for prevention and intervention.

Course *Schedule*

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| Course Launch | Week 1: Pre-course Checklist & Navigation Review: Course Overview |
| Module 1: Autoimmune diseases | Week 2: Intro to Autoimmune Conditions & Gastrointestinal Disease Week 3: Multiple sclerosis / Rheumatoid arthritis/ Lupus Week 4: Thyroid Disorders (Grave's/ Hashimoto's) |
| Module 2: Eating Behaviors and Lifestyle | Week 5: Obesity Week 6: Metabolic syndrome Week 7: Eating disorders Week 8: Alcohol & smoking |
| Module 3: Cardiovascular disease | Week 9: Introduction to cardiovascular disease (CVD) & atherosclerosis Week 10: Dyslipidemia Week 11: Hypertension |
| Module 4: Cancer & Bone Health | Week 12: Cancer Week 13: Osteoporosis & Bone Health Week 14: Review, Reflect & Course Evaluation |

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