**APPLIED NUTRITION AND CULINARY MEDICINE**

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### 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.

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### Course Schedule

| Module 1 | Basic principles of food preparation, food safety and meal planning  
"Cook Together, Eat Together" |
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| Module 2 | Applying MyPlate recommendations to food preparation, food additives, GMO’s, and defining “organic” foods  
"Plate It Up, Kentucky Proud" |
| Module 3 | Weight control: Focus on modifying diet for healthy weight loss or healthy weight gain  
"Weight the Reality Series" |
| 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  
"Dining with Diabetes" |
| 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! |

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### 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.

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### Course Schedule

| Course Launch | Week 1:  
Pre-course Checklist & Navigation  
Review: Course Overview |
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| 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 |

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For additional information contact:  
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