

NUTRITION (NUTR)

NUTR 240. Principles of Nutrition

Credits: 3

Typically Offered: FASPSU

This course offers a survey of how nutrition works in the human body and the medical implications. The course will include macro and micro nutrients, digestion, fluid and electrolyte balance, antioxidant function, bone and blood health and metabolism. Nutrition through the life cycle, chronic disease and obesity are a focus as well as healthy meal planning.