

Nutrition (NUT)

NUT 110. Nutrition. 3.0 Credits. Class-3.0. Clinical-0.0. Lab-0.0.
Work-0.0

This course covers basic principles of nutrition and their relationship to human health. Topics include meeting nutritional needs of healthy people, menu modification based on special dietary needs, food habits, and contemporary problems associated with nutrition. Upon completion, students should be able to apply basic nutritional concepts as they relate to health and well being.