

# HEA201 : Nutrition

Principles of nutrition are discussed in detail and related to many different settings. Topics of discussion include: My Pyramid; nutritional labeling; the (6) nutrients and how each is ingested, digested, metabolized, and transported throughout the human body; nutritional counseling of many different types of patients, such as the cancer patient, geriatric patient, infant, child, and adolescent patient; and food safety. An introductory course for individuals interested in pursuing a Dietetics major.

**Credits** 3

**Prerequisite Courses**

[BIO109: Survey of Biology](#)

**Semester Offered**

Fall

Spring

Summer