

# NUT122CR: Nutrition

**Credit Hours:** 3

**Clock Hours:** 45/0

This course covers the functions and food sources of proteins, carbohydrates, and fats, and identifies current recommendations for intake of each. A discussion is included on the changes in nutrient needs throughout the life cycle and suggestions to ensure adequate nutrition during each stage of life. Students are introduced to standard diets and modifications of diets for disease processes. A student who fails NUT122CR will be withdrawn from the co-requisite course.

**Prerequisites:**

VN101CR, VN102CR, VN103CR, MATH110CR, AP110CR, PHARM110CR;

**Co-Requisites:**

VN125CR