What should you eat? How much should you eat? When should you eat it?... It depends! Everybody's needs and desires are different. This class won't tell you what to eat, but it will provide you with the knowledge to make your own healthy decisions. We'll learn about the chemistry and physiology of nutrition, the macro and micronutrients, recommendations to prevent chronic disease, the "ins and outs" of energy balance, health-at-every-size, critical thinking skills to analyze nutrition headlines and research, sports performance concepts, food policy issues, and more!

Requirement filled for Arts & Sciences: Natural Sciences