

# NUTRITION (NUTRITION)

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## **NUTRITION 218 Nutrition Therapy: Diet and Disease (2 Units) Fall, Winter**

*Instructor(s):* Cynthia Belew

*Prerequisite(s):* None.

*Restrictions:* None.

*Activities:* Web work

In this course, students will analyze and discuss nutrition policy and research to understand the profound impact of diet on health and disease. They will learn about the impact of the microbiome and mitochondria on health and how to identify and correct nutrient deficiencies to promote optimal health in both the prevention and management of disease.

**School:** Nursing

**Department:** Family Health Care Nursing

**May the student choose the instructor for this course?** No

**Does enrollment in this course require instructor approval?** No

**Course Grading Convention:** Letter Grade, P/NP (Pass/Not Pass) or S/U (Satisfactory/Unsatisfactory)

**Graduate Division course:** No

**Is this a web-based online course?** Yes

**Is this an Interprofessional Education (IPE) course?** No

**May students in the Graduate Division (i.e. pursuing Master or PhD) enroll in this course?** Yes

**Repeat course for credit?** No