

# NUTR 200 Nutrition for Today

MWF 4:30-5:20, plus quiz section

4 Credits, NW, no prerequisites

SLN 18528



## In this course, you'll learn about:

- Different nutrients found in the foods you eat and why they are important for health
- How food is broken down and the nutrients get to your tissues
- Why diet and lifestyle can either prevent or promote chronic diseases
- How physical activity and age change nutrition needs
- Food labels and how to use them
- How individuals can achieve the body size that is right for them

**Instructor:** Elizabeth Kirk, PhD, RD

**Questions:** Contact [ugnutr@uw.edu](mailto:ugnutr@uw.edu)

**Autumn 2015**

**Register now!**