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## **Nutrition (NUT)**

## NUT 001 Basic Nutrition (3)

Class Hours: 54 Lecture Advisory(s): ENG 051A Transfers to: UC/CSU

**Basic Nutrition** 

NUT 001 is an introductory course emphasizing the basic nutrient needs of the human body and the body's use of these nutrients. Concepts of nutrition and diet planning are applied to specific life situations.