This 3 credit hour non-lab science will give you a practical look at the INS and OUTS of Nutrition; Teaching you basic tools to lead a healthy physical and mental lifestyle- touching on the myths and truths of Carbs, Fats, and Protein. Specific course topics will include:

- How to read a food label
- Energy Balance/Weight Maintenance
- Eating to improve your body composition
- Where your food comes from

Instructor: Abbie Smith, Department of Health & Exercise Science
Email: abbiesmith@ou.edu

Join me for a few weeks of fun!