

# NUTR 207. NUTRITION AND HEALTH.

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Credits: 3

Offered by: Human Nutrition (Faculty of Agric Environ Sci)

Terms offered: Fall 2025

[View offerings for Fall 2025 in Visual Schedule Builder.](#)

## Description

Provides students who have a basic biology/chemistry background with the fundamental information on how macronutrients, vitamins and minerals are metabolized in the body, followed by application to evaluate current issues of maximizing health and disease prevention at different stages of the lifecycle.

- Fall
- 3 lectures
- Corequisites: FDSC 230 [for students that have not taken the CEGEP equivalent OOXV].
- Prerequisites: AEBI 122 or BIOL 112 or CEGEP equivalent OOXU
- Restriction: Not open to students who take NUTR 200 or EDKP 292
- Restriction: Science students in physical science and psychology programs who wish to take this course should see the Arts and Science Student Affairs Office for permission to register.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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