

**Common Course Outline**  
**HLTH 160**  
**Plant Based Nutrition**  
**3 Credits**

**Community College of Baltimore County**

**Description**

**HLTH 160 – 3 credits – Plant Based Nutrition** presents a critical analysis of the current scientific, epidemiological and clinical research on the health benefits of plant-based foods and dietary phytochemicals. This course provides information for understanding the sources of dietary and supplementary phytochemicals, their interactions with nutrients and drugs and possible adverse effects of consuming them. Students are guided in developing a personal nutritional assessment.

**3 credits**

**Prerequisite: ACLT 052 or ACLT 053**

**Overall Course Objectives**

Upon successful completion of this course students will be able to:

1. explain the importance of nutrition in regulating personal health;
2. identify common health problems that arise from poor nutrition;
3. explain the role of plant foods in preventing chronic disease;
4. identify intake recommendations for major plant food groups including fruits, vegetables, legumes, nuts and seeds, and whole grains;
5. explain the unique contribution of cruciferous vegetables;
6. discuss the potential health benefits and safety concerns of coffee and tea;
7. identify the role of phytochemicals in prevention and treatment of certain disease processes;
8. differentiate between healthy fats and those which promote disease;
9. analyze the difference between the nutrition benefits of whole plant foods vs. processed foods;
10. identify plant sources of specific phytochemicals;
11. develop realistic nutrition goals based upon assessments and develop a strategy to achieve those goals;
12. compare and contrast healthy and unhealthy nutritional habits;
13. examine the physiological adaptations and changes that occur as a result of adopting a plant based nutrition program;
14. explain the lifetime benefits of a plant-based whole foods nutrition program; and
15. identify healthy alternatives to fast food.

## **Major Topics**

- I. Phytonutrients
- II. Role in disease prevention and treatment
- III. Nutrient interactions
- IV. Intake recommendations
- V. Metabolism and bioavailability
- VI. Biological activities
- VII. Safety: dose, adverse effects, toxicity and drug interactions

## **Course Requirements**

Grading/Exams: Grading procedures will be determined by individual faculty member but will include:

- A minimum of two exams
- A minimum of two homework assignments
- A minimum of one written paper
- Personal nutrition assessment

Students are required to utilize appropriate academic resources.

## **Other Course Information**

This course may not be offered every semester.

Date Revised 10/1/13