Course Title: Nutrition, a Personalized Approach
Course Code: Science 12
Instructor: Clyde Wilson, PhD

Course Summary:

This course distills and simplifies the complex science of nutrition down into actionable take-a-ways. In the end, we want to overcome the barriers that inhibit our achieving our nutrition goals by designing effective personalized programs that work, but that also maintain enough of the natural eating pattern we already have to make that it sustainable. It is the overlap between making effective changes, together with eating how we already like to eat, that creates a truly sustainable program. While each person must ultimately find their own personal path to discover what works best for them, including scientific ideas in that process can help inform the process for significantly improved results.

Tentative Weekly Outline:

1. Defining the problem: the complexity of achieving nutritional goals
2. Defining a solution: using the “flow model” to think about carb and protein needs
3. Nourishment: hydration and the quality of your vegetables and dietary fats
4. Dieting: how the various dietary approaches fit into the model
5. Nutrition engineering: creating your personalized nutrition program

Grade Options and Requirements:

- No Grade Requested (NGR): This is the default option. No work will be required; no credit will be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC): Students must complete all homework assignments.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St., Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650