Alternative Nutritional Perspectives investigates popular movements in the field of nutrition, while focusing on the whole foods approach to health. This course delves into the science behind several new and popular diets and discusses the pros and cons of individual programs. The course uses a variety of media to teach the history of nutritional science, how to interpret research statistics, and basic nutritional needs. By the end of the course, students will have learned how to use the information presented to create a sustainable, individualized approach to nutrition and lifestyle for long-term health.