

Human Lactation (HLACT) 322

Same as: NUTRI 321

Nutrition and Biochemistry of Human Lactation

(1 unit)



American River College
4700 College Oak Drive
Sacramento, CA 95841
916-484-8254

find Schedule of Classes,
Application,
& Registration at
<http://www.arc.losrios.edu/>

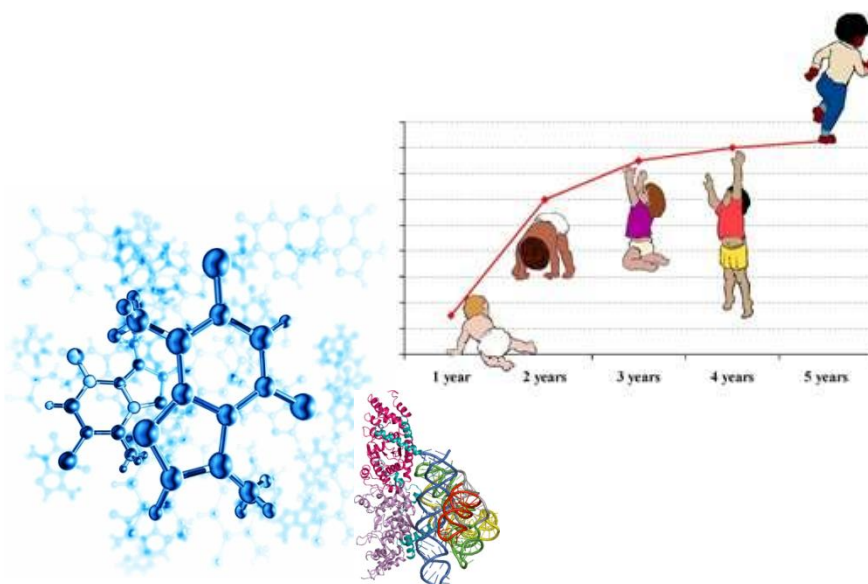
Contact:

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Awards 18 continuing education hours
California BRN Provider No. CEP11603

Prerequisite: NUTRI 300
Advisory: BIOL 102 or higher
Course Transferable to CSU
Hours: 18 hours LEC



Description: This course addresses dietary recommendations for lactating women and for infants and young children with an emphasis on breastfeeding as the evidence-based norm. It also covers cultural and physiologic weaning practices and appropriate complementary foods. Primary topics include comparison of human milk with milks of other mammals and with other products and artificial baby milks, the array of individual biochemical and biological components in human milk, and their multiple nutritional and bioactive functions with a focus on immunologic components. Toxicology and pharmacology related to human milk and lactation are addressed. This course is not open to students who have completed NUTRI 321.

Summer 2017 June 5-15

Day	Time	Instructor	Location	Section #
MTWTh	09:00AM-11:05AM	K.Fox	HeEd 710	10689

Textbook:

Lecture handouts – 3-hole punch; provide own 3-ring binder – Bookstore or D2L

Enrollment Fee for this 1-unit class is \$46; 70% of our students qualify for a BOG fee waiver.