

## Reflection

1. Prior to taking this Nutrition course at SLCC, I spent some time studying nutrition because I was trying to gain muscle at the gym, and I learned that the types of food you eat can have a big effect on body composition and muscle growth. I learned a little about recommended daily macronutrient balance during this time, and I had also learned about vitamins and minerals in school as a child, but this course went into a lot more detail about the chemical makeup of these nutrients and how they function inside our bodies. It was especially enlightening learning about how nutrients such as calcium can inhibit the body's ability to absorb iron, or about how electrolytes such as sodium and potassium help move water in and out of cells.
2. Before taking this course I had a rough knowledge of good nutrition, things like eating plenty of fruits and vegetables, avoiding heavily processed foods, eating "good" fats instead of "bad" ones, getting enough protein for building muscles, but I didn't understand the why behind any of it. I really enjoyed learning the difference between saturated and unsaturated fats, learning why saturated fats are solid at room temperature while unsaturated fats aren't, and learning the chemical structure of trans fats and why they can be so damaging in the body. I also was under the assumption that sugar should be avoided at all costs, but I learned that carbohydrates are all made up of sugars and that our body requires these sugars for fuel. It's sugar that is added to food for sweetness like high fructose corn syrup that should be avoided. When we had to complete the assignment about new laws concerning food labels and were shown that companies need to list added sugar separately, that's when the concepts we had learned about in class really started making sense to me in a real-world application. I admit I also was scared when learning about health conditions that can result due to poor nutrition, so in the future when I "fall off the wagon" with eating healthy, I know I will have additional motivation to return to healthful eating patterns.