

# INTRODUCTION

The goal of this textbook is to provide you with all the tools necessary to allow you to incorporate nutrition education into your wellness programming and serves as the text for the Nutrition Specialist certification.

## *PART 1 - The SCIENCE OF NUTRITION*

- discussion of digestion, absorption, roles and utilization of essential nutrients
- discussion of energy nutrient utilization during rest, exercise, fasting, illness, and stress
- discussion of micronutrients
- discussion of nutrition and disease
- discussion of supplements
- discussion of the Dietary Supplement Health and Education Act and how this act altered the entire supplement industry
- discussion of integrity in science and development of skills to discern bias and unethical practices in the media and scientific journals

## *PART 2 - Incorporating Nutrition*

- discussion of legal considerations, scope of practice and required skills to implement a nutrition program
- outline of client sessions; including discussion of the importance of body composition versus scale weight; calculation of body composition measures; total energy expenditure; analysis of food intakes through case studies; discussion of an appropriate scope of practice when incorporating nutrition while adhering to all state licensure laws and ADA guidelines
- discussion of the obstacles to success including the futility of diets, diet fads, etc.; deceptive labeling practices; deceptive definitions, etc.
- discussion of "The Business of Nutrition" including details of how to generate additional income by adding nutrition services
- discussion of nutritional needs of special populations

# Nutrition for Professionals

## 8<sup>th</sup> Edition Outline

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