



**Nutrition
Coaching
Scope of
Practice**

Webinar Tips

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Agenda

Define scope of practice for Nutrition Coaches.

Compare Nutrition Coaches to Registered Dietician Nutritionists

Discuss the do's and don'ts of nutrition coaching.

Explain how to integrate nutrition coaching into a fitness business.

Introductions

Brian Sutton | MS, MA | CSCS, CNC, CES, PES

- NASM Content and Production Manager
- 20+ years experience
- MS Exercise Science, MA Sport Management

Andrew Payne | MS | NASM-CPT, CNC, CES, PES

- NASM Product Content Developer
- 10+ years experience
- MS Exercise Science and Health Promotion

Scope of Practice:

- The actions, procedures, and processes that a professional is allowed to undertake in keeping with the terms of the professional's license or credential.



WHAT IS A NUTRITION COACH?

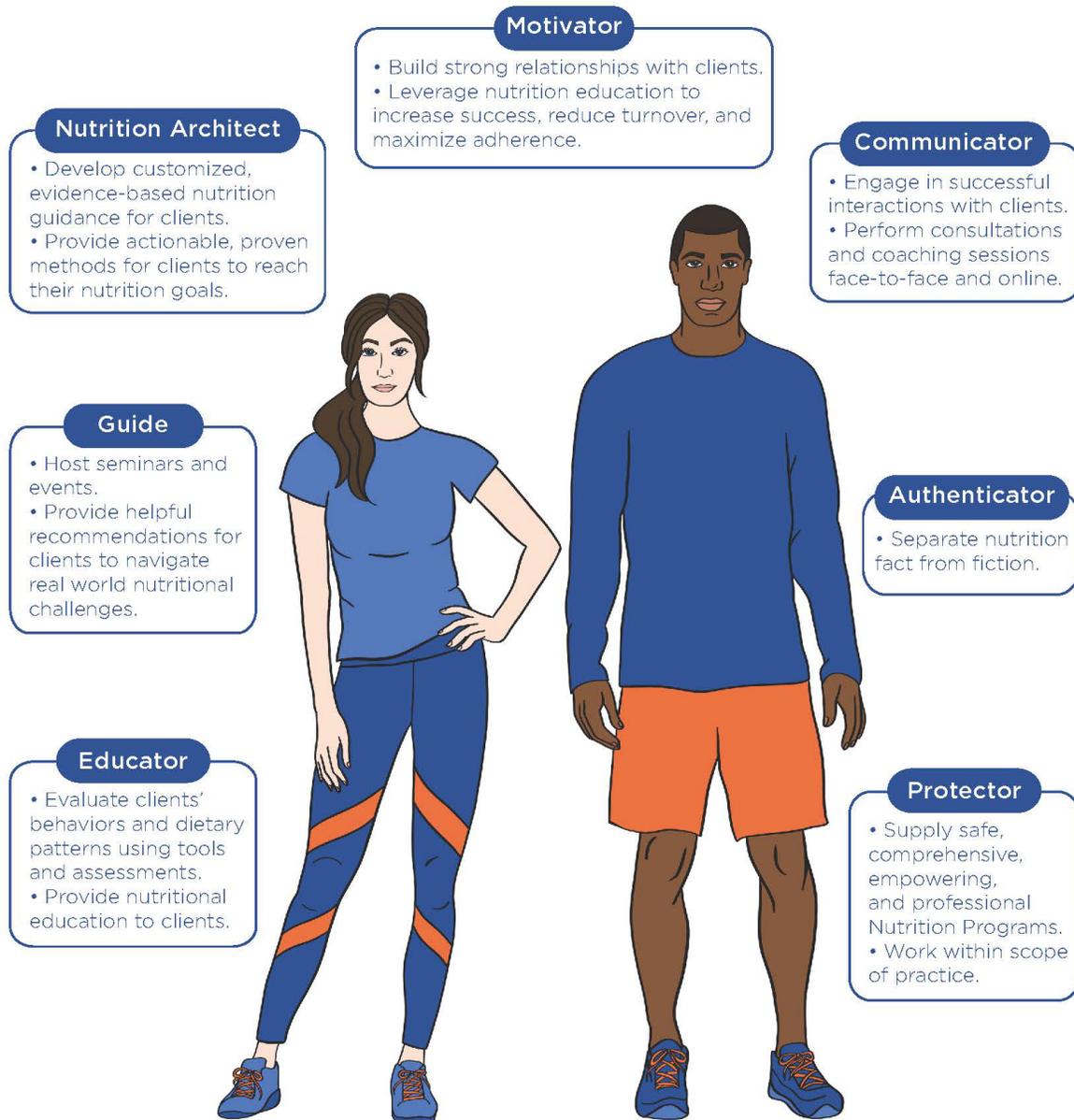


- **What is a Nutrition Coach?**
 - A “tour guide” through the confusing world of food science and behavior change
 - Coaching + Communication + Motivation + Nutrition Science



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PROFILE OF A NUTRITION COACH



- Nutrition Coaches
 - Motivator
 - Nutrition Architect
 - Guide
 - Educator
 - Protector
 - Authenticator
 - Communicator

RDN vs. CNC...the difference is CLINICAL.

*“...RDN or RD whose practice involves **nutrition care, medical nutrition therapy** and related services ...to address health promotion; and **prevention, delay or management of diseases and/or conditions...**”*

RDN vs. CNC...the difference is CLINICAL

- Create diet plans and prescription
- Treat eating disorders
- Provide nutrition-related medications and therapy
- Initiate laboratory tests
- Conduct bedside swallow screenings



RDN Requirements:

- ACEND Required Coursework
 - *Ex: pharmacology, microbiology, organic chemistry*
- Bachelor's Degree
- Dietetic Internship (1200 hours)
- Commission on Dietetic Registration (CDR) Exam
- Continuing Education



CNCs take on the role of **educator**. They work with the general population to improve overall quality of life and facilitate the inclusion of healthy eating behaviors.

Nutrition Coaches do not diagnose, treat, or prescribe...

THEY EDUCATE AND EMPOWER



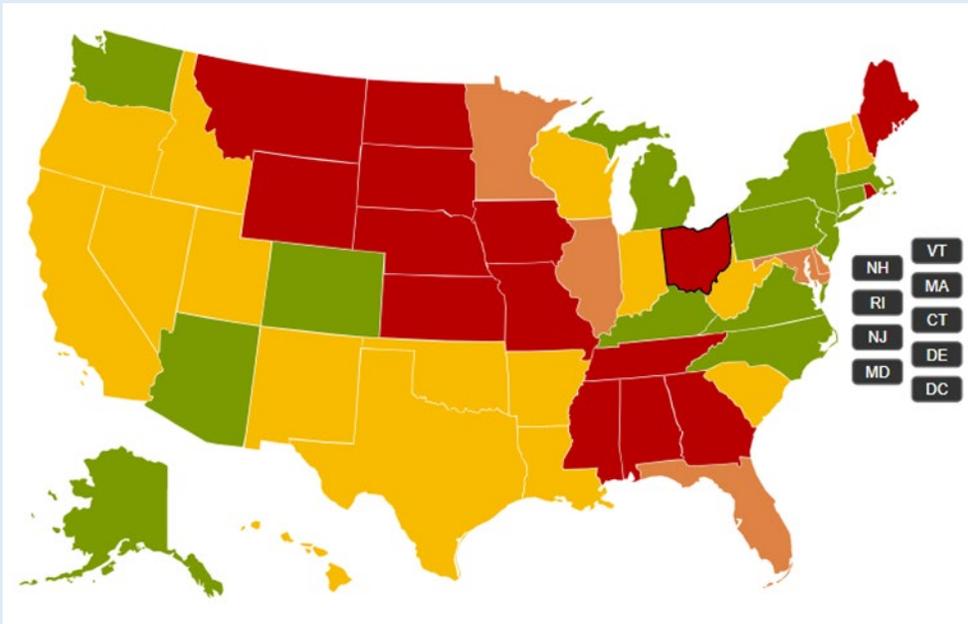
CANNOT

- Provide exercise prescriptions
- Promote or provide medication
- Suggest drastic caloric restriction
- Diagnose or treat an eating disorder
- Create or prescribe specific meal plans
- Conduct psychological counseling / therapy
- Provide “nutritional therapy” to treat disease
- Prescribe extreme practices (detoxes, colon cleanses)
- Go against recommendations of a healthcare professional

CAN

- Calculate caloric needs
- Teach healthy portion sizes
- Teach how to read food labels
- Calculate macronutrient ratios
- Dispel nutrition myths and fallacies
- Teach how to navigate grocery stores
- Discuss the pros and cons of various diets
- Use coaching and communication techniques
- Teach the health benefits of various food groups
- Evaluate eating plans and provide general guidance
- Perform body composition testing and dietary assessments

NUTRITION STATE REGULATIONS



“Practicing personal trainers MUST review the scope of the nutrition law in their state including all exceptions and exemptions to assess whether they are legally able to use nutrition tools in their practice.”

- www.nutritionadvocacy.org

Red: It is illegal to perform individualized nutrition counseling unless licensed or exempt. Effectively only RDs are eligible for licensure.

Orange: It is illegal to perform individualized nutrition counseling unless licensed or exempt. There is a non-RD pathway for licensure. Check for exemptions.

Yellow: It is legal for all to perform individualized nutrition counseling. Effectively, only RDs are eligible for state recognition.

Green: It is legal for all to perform individualized nutrition counseling; there may be restrictions on medical nutrition therapy.

15 states are red.

5 states are orange.

17 states are yellow.

13 states are green.

- No official regulations
- Anyone can practice nutritional services
- The consumer is responsible for selecting a Nutrition Coach
- People can legally design and prescribe diet plans
- Some medical nutritional therapy techniques may still be prohibited



- No official regulations
- Anyone can practice nutritional services
- The consumer is responsible for selecting a Nutrition Coach
- Can legally design and prescribe diet plans
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However...

- Yellow states maintain registries for RDNs
 - Provides a resource for consumers to find credible practitioners



- Illegal to provide nutritional counseling
- Non-RDN paths to licensure exist
- Nutrition Coaches may only act as educators, not clinicians
 - Share research-proven, government-supported nutritional guidance
 - Cannot prescribe diets
 - CAN provide general tips for healthy eating



- Illegal to provide nutritional counseling
- ONLY credentialed RDNs are eligible for state licensure
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It's not illegal, in any state, to give clients tips on eating better to support their health and fitness goals.

No matter what state you live in, a NASM Certified Nutrition Coach credential gives you the power to:

**EDUCATE AND EMPOWER
CLIENTS TO LEAD HEALTHIER,
HAPPIER LIVES**



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Q & A



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