



Scope of Practice and Standard of Care:

Scope of Practice:

- A Nutrition Professional advises individuals, families and groups on how to improve diet, lifestyle and attitude to prevent disease and promote health. They may work with a licensed health provider to help individuals with previously diagnosed illnesses identify biochemical imbalances and toxicities that contribute to poor health. Their advice and support is founded on evidence-based and holistic principles.
 - A Natural Chef teaches clients and groups to eat for health, and provides healthy meals for them.
 - A licensed Health Provider (MD, ND, DO, DC, RN, etc.) may work with a Nutrition Professional to educate patients on the benefits of whole foods, lifestyle improvements and appropriate supplementation relative to their health issue, or provide these services themselves.
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Nutrition Professionals General Menu of Services:

- Diet and Lifestyle Evaluation
 - Teach Healthy Eating
 - Shopping tours
 - Family meal planning
 - Suggestions for improving lifestyle
 - Suggestions for managing stress
 - Meal plans for improved weight, mood and energy
 - Teach classes on wellness and holistic nutrition
 - Advise clients on basic wellness supplementation
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Nutrition Professionals Therapeutic Menu of Services:

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| • Intake | • Advise therapeutic menu and nutrients |
| • Research Issues | • Provide follow-up support |
| • Review Lab Assessments | • Summarize case and group findings |
| • Provide Recommendations | • Teach health professionals and consumers |
| • Consult with practitioner | |
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Holistic Nutrition Professional -Registered Dietitian Contrast:



Holistic Nutrition Professionals are similar to and different than Registered Dietitians.

Similarities include:

- Food based
- Science based
- Work in community and clinical settings

Differences include:

- Whole, organic, chemical-free food emphasis
- Whole Natural Foods vs. USDA Food Pyramid (MyPyramid)
- Individualized programs vs. Association (diabetes, hearts, cancer, lung, kidney) guidelines
- RD's practice Medical Nutrition, we teach Healthy Eating

Holistic Nutrition - From Innovation to Integration:

- Holistic nutrition is viewed as innovation. Its roots are traditional and multi-cultural
- Better than eating packaged, processed foods
- Folks who eat for health become or stay healthy
- We are gathering evidence to document efficacy
- We are teaching an earth friendly approach to nutrition and healing, not a product driven approach
- Media attention is the portal to mainstream access and professional status

Role Delineation:

Our job is to bring non-biased health and nutrition information to friends, neighbors, associates and the media. We educate the public on the cost/benefit of eating unprocessed local, fresh, plant-based foods. There is value in taking quality nutritional products to manage chronic nutritional deficiencies and toxicities associated with lifestyle and environmentally-related health problems.



WE *DON'T*

- Practice Medical Nutrition
- Diagnose and treat disease
- Make unproven health claims
- Misrepresent training
- Use unproven devices, assessments or therapies
- Use network marketing or product sales in lieu of individual client education.

WE *DO*

- We promote active lifestyles
- We teach healthy eating

Distinguishing Features

- Fresh, natural-foods basis
- Educational emphasis
- Client based, not method or product-based
- Refers to doctors for medical conditions
- Highest standard of accountability and integrity
- Uses informed consent and full disclosure forms
- Adheres to NANP practice guidelines and ethics