

DOMAIN I: Principles of Dietetics

Topic A: Food Science and Nutrient Composition of Foods

1. Food science
2. Composition of food

Food Science
Study Guide

3. Principles of normal nutrition
4. Principles of normal human anatomy, physiology, and biochemistry

Normal Nutrition,
Digestion &
Absorption
Study Guide

5. Social determinants of health

Topic B: Education, Communication and Technology

1. Components of the educational plan
2. Education theories
3. Implementation
4. Evaluation of educational outcomes
5. Client information (records, confidentiality)
6. Healthcare and nutrition informatics systems/technologies
7. Public policy advocacy and legislation

Nutrition Care
Study Guide

Topic C: Research Applications

1. Types of research
2. Research process
3. Data collection, analysis, interpretation, and outcomes to make
4. Application of statistical analysis
5. Presentation of research data and outcomes
6. Reporting research findings
7. Use of grading systems and the application of evidence analysis as the basis for practice decisions

Research Concepts
Study Guide

DOMAIN II: Nutrition Care for Individuals and Groups

Topic A: Screening and Assessment

1. Nutrition screening
2. Nutrition assessment of individuals
3. Nutrition assessment of populations and community needs assessment

Topic B: Diagnosis

1. Relationship between nutrition diagnoses and medical diagnoses
2. Data sources and tools for nutrition diagnosis
3. Diagnosing nutrition problems for individuals and groups
 - a. Inferences, prioritizing, differential diagnosing
4. Etiologies (cause/contributing risk factors)
5. Signs and symptoms
6. Documentation

Topic C: Planning and Intervention

1. Nutrition care for health promotion and disease prevention
2. Medical nutrition therapy
 - a. Identification of desired outcomes and actions
 - b. Relationship of pathophysiology to nutrition-related disorders treatment
 - c. Determine energy and nutrient needs specific to condition
 - d. Determine specific feeding needs
 - i. Oral
 - ii. Enteral and parenteral nutrition
 - iii. Integrative and functional care, herbal therapy
 - e. Implementing care plans
3. Implementation and promotion of national dietary guidance
4. Development of programs and services

Topic D: Monitoring and Evaluation

1. Monitoring progress and updating previous care
2. Measuring outcome indicators using evidence-based guides for practice
3. Evaluating effectiveness and outcomes of nutrition interventions for individuals and populations
4. Relationship with outcomes measurement systems and quality improvement
5. Determining continuation and transition of care

All Domain II in

Nutrition Care Study Guide

Overview in MNT study guide

Additional details in

Kidney, Electrolytes, Dehydration Study Guide

Additional details in

Enteral and Parenteral Nutrition Support Study Guide

DOMAIN III: Management of Food and Nutrition Programs and Services

Topic A: Functions of Management

1. Functions
2. Management characteristics

Topic B: Human Resources

1. Employment laws and regulations
2. Employment standards
3. Employment processes

Management
Concepts
Study Guide

Topic C: Financial Management

1. Budget processes and fiscal periods
2. Financial monitoring

Calculations &
Formulas
Study Guide

Topic D: Marketing and Public Relations

1. Marketing analysis
2. Pricing
3. Public relations
4. Marketing mix principles

Topic E: Quality Management and Improvement

1. Regulatory guidelines
2. Process, implementation, evaluation
 - a. Cost benefit analysis
 - b. Productivity analysis
 - c. Program and product analysis
3. Scope of Practice and Standards of Professional Performance
4. Code of ethics

Management
Concepts
Study Guide

Domain IV: Foodservice Systems

Topic A: Menu Development

1. Menu
2. Menu development

Topic B: Procurement, Production, Distribution, and Service

1. Procurement, receiving, and inventory management
2. Principles of quantity food preparation and processing
 - Cooking methods, preservation and packaging methods, modified food preparation
3. Food production control procedures
4. Production systems
5. Distribution and service (service systems, equipment, packaging)

Food Service
Logistics
Study Guide

Food Science
Study Guide

Topic C: Sanitation and Safety

1. Sanitation
 - a. Sanitation practices and infection control – personal hygiene, food and equipment, waste disposal, food handling techniques
 - b. Food laws and regulations
2. Food safety

Food Safety
Study Guide

Topic D: Equipment and Facility Planning

1. Facility layout
2. Equipment
3. Sustainability
4. Emergency preparedness and contingency planning

Food Service
Logistics
Study Guide

Calculations in

Calculations & Formulas
Study Guide