

BOARD EXAM

STUDY GUIDE



Holistic Nutrition Credentialing Board

www.hncb.org • exam@hncb.org • 209-224-0003

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after January 1, 2027**





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Click [HERE](#) to meet the members of the Holistic Nutrition Credentialing Board and our content experts.

The Holistic Nutrition Credentialing Board (HNCB) is the credentialing arm of the National Association of Nutrition Professionals (NANP), a non-profit 501c(6) that was founded in 2003. It is the mission of the HNCB to provide knowledge-based examination and credentialing services to holistic nutrition professionals, thereby promoting a nationally recognized, responsible, and credible body of holistically educated nutrition professionals who serve as the primary holistic and functional nutrition resource for consumers, health care professionals, and the media. Distinct from, but working in an integrative fashion with the allopathic medical community, HNCB certified professionals work to advance the paradigm for creating health by adhering to a holistic perspective and empowerment model of nutrition education and consulting.

Special thanks to the Holistic Nutrition Credentialing Board for their unwavering commitment and many, many hours of dedication to this project. Thanks also to all those who have participated and contributed to the board exam and study guide during the past several years.

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Holistic Nutrition Overview

Philosophy of Holistic Nutrition

The philosophy of holistic nutrition is that one's health is an expression of the complex interplay between the physical and chemical, mental and emotional, as well as spiritual and environmental aspects of one's life and being. Professionals who are trained in holistic nutrition view health and healing from a whole-person perspective. Using education as a primary tool, holistic nutrition professionals emphasize the building of health and disease risk-reduction by approaching each person as a unique individual. This requires fully engaging the individual in his/her health recovery process and honoring his/her innate wisdom by working in an empowering and cooperative manner to chart a course to optimal health.

The services offered by those "Board Certified in Holistic Nutrition®" or by a "Certified Nutrition Professional" are grounded in the following principles:

- Biochemical individuality (everyone is unique and has unique nutritional needs)
- Whole, naturally grown foods are the best source for optimal nutrition
- No miracle nutrients that will cure all ills
- Dietary supplementation as health-promoting when used in the appropriate form, dose, and frequency, and is not a substitute for a good diet.
- Nutritional well-being coming from the balance between a person's health-promoting diet and lifestyle habits, and the nutritionally negating environmental and lifestyle influences

The following services may be offered by those "Board Certified in Holistic Nutrition®" or by a "Certified Nutrition Professional," providing they are in accordance with the laws governing nutrition education and consulting within their respective state of business:

- Evaluate food selection, preparation, and intake
- Assess client to determine nutritional imbalances or systemic weaknesses
- Guide clients by providing educational material to assist them in understanding the nature of their imbalance(s) or area(s) of weakness, defining goals, and developing realistic action plans
- Work with clients to design targeted nutritional programs that may include the use of specific foods, menu planning, environmental controls, food preparation techniques, dietary supplements, herbs, and/ or lifestyle modifications that will support the achievement of their health goals
- Guide clients in implementing programs, provide education about various aspects of programs, and offer ongoing assessment and program modifications to create optimal effectiveness in achieving clients' health goals
- Consult and work integratively with other health professionals to determine the nutritional needs of clients
- Offer referrals to other health professionals as deemed appropriate
- Act as a community educator, develop curriculum, and prepare manuals, visual aids, course outlines, and other materials used in teaching
- Plan and provide educational opportunities for the public and other health professionals
- Promote health discussions in schools, industry, and community agencies
- Prepare and disseminate educational and informational materials
- Engage in research, and write research reports and other publications to document and communicate research findings

BECOMING BOARD CERTIFIED IN HOLISTIC NUTRITION®

Congratulations on choosing to become "Board Certified in Holistic Nutrition®"! The educational standards, code of ethics, and practice parameters set by the National Association of Nutrition Professionals (NANP) and the Holistic Nutrition Credentialing Board (HNCB) are essential to the integrity, credibility, and protection of the holistic nutrition profession; they are also demanded by the sophisticated health consumer of today. National board certification is a responsible first step toward building consumer confidence and gaining wider acceptance among other credentialed health professionals.

Upon successful passage of the Exam, you will earn a certificate officially recognizing you as, "Board Certified in Holistic Nutrition®". Please use this title, or "BCHN®" in conjunction with the certification or degree granted to you by your school of nutrition study.

As an example, a graduate of a program granting certification as a "Nutrition Consultant," who also has a master's degree, would use her designations as such:

**Holly Berry, MS, Nutrition Consultant
Board Certified in Holistic Nutrition®**



NOTE: Before using any title, please check the laws in your state. Use of the titles "nutritionist" and "nutrition counselor" are legislated in some states. To prevent misusing the title, please check your state laws governing the practice of nutrition.

It is also important that you become familiar with your state's health freedom legislation. An increasing number of states have laws that protect the rights of consumers to choose their health providers and provide guidelines for the legal practice of complementary and alternative health professionals. Click here to learn more about the legal guidelines for practicing nutrition in your state.

Becoming a Certified Nutrition Professional (CNP)

The NANP also offers the following additional level of certification titled, "Certified Nutrition Professional" or "CNP."

To qualify, ALL the following criteria must be met:

- All requirements of Board Certification (see page 10 for details)
- A bachelor's degree or higher in nutrition or a nutrition-related field of study from a NANP-approved holistic nutrition program, or an accredited college or university, or an equivalent foreign degree
- 1,200 Supervised Practice Hours

Special Note: Those who have been in clinical nutrition practice for a minimum of five (5) years can be "grandfathered" in by providing the following:

- Evidence of completing 1,500 combined Direct & Indirect Contact Hours (may consist exclusively of Direct Contact Hours (DCH) but must include a minimum of 750 DCH) – for more information regarding contact hours, please see the BCHN® "Contact Hours Documentation Form."
- Two (2) additional professional letters of reference

Those who meet these qualifications and who pass the Exam, will earn a certificate officially recognizing them as "Board Certified in Holistic Nutrition®" AND a "Certified Nutrition Professional" certificate. This title will be used in conjunction with the certification or degree granted by the individual's school of nutrition study.

As an example, a graduate of a bachelor's degree in nutrition, or a nutrition-related field of study, would use his designations as such:

**Clark Kent, BS
Board Certified in Holistic Nutrition®
Certified Nutrition Professional**



WHAT DOES “BOARD CERTIFIED IN HOLISTIC NUTRITION®” AND/OR “CERTIFIED NUTRITION PROFESSIONAL” MEAN?

Becoming “Board Certified in Holistic Nutrition®” and a “Certified Nutrition Professional” means you have earned professional recognition and validation of your knowledge and experience within the realm of holistic nutrition. To earn such important designations, you must document and demonstrate an exceptional level of knowledge and understanding of holistic nutrition, as well as how to apply it in a credible and responsible manner to help others.

Board certification in holistic nutrition means you understand the therapeutic value of whole foods, a clean and natural food supply, environmental influences on health, and the importance of education and empowerment in helping people make informed choices along their unique paths toward optimal health and healing. Holistic nutrition also recognizes the impact a person’s mindset has on his/her general health and ability to nourish and care for himself/herself.

Board certification provides you with:

- **Added credibility** by indicating to others that you have met and continue to meet the educational and ethical standards required by a professional credentialing body
- **Assurance** for the public, the insurance companies, the medical community, and other complementary practitioners that you are aware of, and conduct your business in accordance with, your legal scope of service and standards of professional conduct
- Documentation and **validation** of your educational and professional qualifications
- An organized professional body of peers that governs the holistic nutrition profession through the establishment of **educational standards**, scope of service, legislative advocacy, and continuing education requirements, that will be recognized by the public, health plans, the government, and the greater healthcare community as a group of qualified, ethical, and professional holistic practitioners
- Additionally, competing nutrition organizations have efforts underway in many states to make it illegal to use specific titles associated with the word “nutrition.” The bill language in those states allows only trademarked titles to be used. The NANP took steps years ago to get the title “Board Certified in Holistic Nutrition®” trademarked by the United States Patent and Trademark Office. So, once you become Board Certified, you’ll be covered.
- Becoming a “Certified Nutrition Professional” further provides you with the **credibility** of earning your Board Certification, as well as confirming to your clientele that you have met the required 1,200 supervised practice hours, along with your degree of bachelor’s or higher in nutrition or a nutrition-related field of study.



PROFESSIONAL CONDUCT

Individuals who sit for the Board Exam will sign the Professional Conduct Agreement of the National Association of Nutrition Professionals (NANP), which is intended to support NANP members individually and collectively in maintaining a high level of professional conduct.

The agreement outlines standards used to determine the propriety of conduct in relationships with clients, patients, colleagues, members of allied professions, and the public. It also serves as a promise to adhere to the defined "scope of service" of a NANP nutrition professional listed below.

Candidates will agree to adhere to the "Scope of Practice and Standard of Care," which may legally include the following, unless otherwise legislated by their state of residence:



1. Advising individuals, families and groups on how to improve diet, lifestyle, and attitude to prevent disease and promote health. May work with a licensed health provider to help individuals with previously diagnosed illnesses to identify biochemical imbalances and toxicities that contribute to poor health. Advice and support is founded on evidence-based and holistic principles.
2. Encouraging clients to disclose their nutritional programs to other health professionals they may be working with to manage their health.
3. Referring clients to appropriate health professionals for the treatment of disease.
4. Conducting their practice in an ethical, professional, and responsible manner, keeping the well-being and needs of clients above all else in accordance with [NANP's Code of Ethics](#).
5. Fulfilling fifteen (15) continuing education credits per year, or thirty (30) units per two-year period, as required.
[Click here to learn about NANP's Continuing Education Credit \(CEC\) requirements.](#)
6. NOT engaging in any of the following activities unless the legal scope of practice allows the individual practitioner to do so:
 - Attempting to diagnose illness or prescribe therapy to treat disease.
 - Recommending anyone to leave their present medical doctor or stop taking prescribed medications.
 - Claiming or advertising that any substance is a treatment, cure, or preventative for any disease or disorder.
7. Reserving the right to choose whom they will and will not serve.
8. Holding all client information as confidential, unless the client signs an agreement allowing for the release of information to specified parties.
9. Knowing and practicing within the guidelines of state and federal laws, upholding the dignity and honor of the profession, and accepting its self-imposed disciplines.
10. Defending our first amendment right of freedom of speech and press to impart truthful information concerning diet and nutrition, and defending the health freedom right of the public to obtain such data from the sources that they may choose.



OVERVIEW OF EXAM QUALIFICATION & PREPARATION PROCESS

This part of the study guide contains the following sections:

Section 1: Purpose of a Board Exam

Section 2: Eligibility Requirements for Board Certification in Holistic Nutrition

Section 3: Eligibility Requirements for Certified Nutrition Professional

Section 4: Contact Hours

Section 5: Application & Fees

Section 6: Exam Proctor Information

Section 7: Administration of the Exam FAQs

Section 8: Preparing for the Exam – Study Tips

Section 9: Exam Structure/Content Outline/Key Concepts/Sample Questions

1) PURPOSE OF A BOARD EXAM

The purpose of the exam is to serve as an instrument to qualify holistic nutrition professionals to provide nutrition education and consulting services, and serve as a quality indicator for consumers looking to consult with an appropriately trained holistic nutrition professional. This certification offers a consistent and validated method to determine who is eligible to offer holistic nutrition services. The exam serves the profession by increasing its credibility while protecting the public by assuring that holistic nutrition professionals are thoroughly trained and knowledgeable.

The exam has been developed in careful stages by a committee of subject matter experts and then given thorough review and critique by outstanding representatives of the holistic nutrition and psychometric communities. The exam has gone through extensive planning and scrutiny to assure that it examines multiple facets of nutrition expertise, including the fundamentals of diet and nutrition, anatomy, physiology and biochemistry, counseling, nutrition in practice, and research skills. Competencies evaluated by the exam include knowledge, comprehension, application, and analysis of the above fundamentals.

2. ELIGIBILITY REQUIREMENTS FOR BOARD CERTIFICATION IN HOLISTIC NUTRITION

Individuals wishing to become "Board Certified in Holistic Nutrition®" must provide documentation of the following qualifying criteria:

A. Professional membership in the NANP. Professional membership is a privilege that is extended to those who have completed one of the following:

- Graduated from a NANP-approved post-graduate program
- Graduated from a NANP-approved occupational certificate program
- Hold a Bachelor's, Master's or Doctorate in Nutrition or related field of study from an accredited college or university
- Are board certified by the American College of Nutrition or the Clinical Nutrition Certification Board, or by the Academy of Nutrition and Dietetics, or comparable board certification in nutrition
- Are licensed health care professionals whose scope of practice legally includes nutritional counseling and adheres to a natural or holistic model of nutrition (for example: chiropractors, acupuncturists, nurses, physician's assistants, medical doctors, naturopathic doctors).

B. Having met the NANP's educational standards. This means successful completion of studies in holistic nutrition. A person who has not graduated from a NANP-approved nutrition program may request an Independent Review of his/her education and qualifications, to determine eligibility for professional membership. Requirements for the Independent Review include:

- A cover letter stating the desire to become a professional member
- A two hundred dollar (\$200) review fee
- Official transcripts from all relevant educational institutions
- Course description materials (i.e. catalog, etc.)
- A telephone interview with a representative of the NANP

C. Documentation of 500 hours (includes a minimum of 250 direct contact hours and up to 250 indirect contact hours) of professional experience in holistic nutrition.

Exception for New Graduates*

New graduates from NANP-approved programs may apply to sit for the exam without providing documentation of 500 contact hours. The candidate will be allowed two (2) years from the date of his/her exam in which to provide this documentation. Upon passing the exam and until such time that the documentation requirement is satisfied, the candidate may use the title, "Board Certified in Holistic Nutrition® (Candidate)."

* A new graduate is an individual who graduated from a NANP-approved program within the twelve (12) month period prior to receipt of his/her application by the HNCB to sit for the board exam.

3. ELIGIBILITY REQUIREMENTS FOR CERTIFIED NUTRITION PROFESSIONAL

A. To qualify, the following criteria must be met:

- All requirements of Board Certification as outlined
- A bachelor's degree or higher in nutrition or a nutrition-related field of study from a NANP-approved holistic nutrition program, or an accredited college or university, or an equivalent foreign degree
- 1,200 Supervised Practice Hours

B. CNP Candidate Requirements

- Must obtain approval of their Supervisor via the [Practice Supervisor Approval Form](#) (see below for Supervisor explanation)
- Submission of the [Supervised Practice Hours Documentation Form](#) for approval by the HNCB, upon completion of 1,200 supervised practice hours
- Examples of acceptable venues for obtaining supervised practice hours:
 - Internship, residency, or clinical rotation
 - Clinical practice
 - Institutional setting
 - Community setting
 - Educational setting
- Inclusion in Supervised Practice Hours of a minimum of the following types of experiences:
 - Nutrition services, including the following:
 - Assessment
 - Education, counseling, or management
 - Monitoring or evaluation
- Not all experiences are required to take place within the same setting or under the same supervisor. All supervisors must be HNCB approved (see below for more details).

C. Supervisor Qualifications

- Must be approved by the Holistic Nutrition Credentialing Board (HNCB). A signed [Practice Supervisor Approval Form](#) must be submitted to the HNCB.
- Supervisor Credentials must consist of one or more of the following with a minimum of three (3) full-time years of clinical experience in nutrition care:
 - Masters of science or doctoral degree in nutrition or nutrition-related field of study (state licensed or certified); or
 - Other licensed healthcare professional whose scope of practice legally includes the dispensation of nutrition education/ counseling services
- Certified Nutrition Professional or

D. Supervisor Requirements

- The Supervisor must:
 - Sign the [Practice Supervisor Approval Form](#)
 - Meet with the candidate twice monthly
 - Provide written & signed confirmation of completion of the supervised practice hours

E. CNP "Grandfathering" parameters for veteran practitioners

- A practitioner may avoid the supervised practice hours if he/she can provide documentation for the following:
 - 1,500 combined direct & indirect contact hours (may exclusively be direct contact hours; must be a minimum of 750 direct contact hours). Use Contact Hours Documentation Form to document these hours
 - Minimum of five (5) years in nutrition practice
 - Two additional professional letters of reference

Exception for New Graduates*

New graduates may apply to sit for the exam without providing documentation of 1,200 Supervised Practice Hours. The candidate will be allowed three (3) years from the date of his/her exam in which to provide this documentation. Upon passing the exam and until such time that the documentation requirement is satisfied, the candidate may use the title, "Certified Nutrition Professional (Candidate)."

* A new graduate is an individual who graduated with a bachelor's degree or higher in one of the subjects described above within the twelve (12) month period prior to receipt of his/her application by the HNCB to sit for the board exam.

Those who meet the requirements above will use both titles, "Board Certified in Holistic Nutrition®" and "Certified Nutrition Professional."



4. CONTACT HOURS

Direct contact hours:

Definition: Working directly with customers, clients, or students providing nutrition education and/or consulting services.

A. Internship or externship approved by either the NANP/HNCB or your school of study.

Required documentation: a completed and signed [Internship/Externship Form](#).

B. Independent (self) employment providing nutritional consulting services.

Required documentation: (please provide the following):

- A copy of your business license
- Three (3) case studies (500 word summaries, each)
- A log, including client initials (written in by you), date range of services, number of times you consulted with the client, and the total number of hours you spent with the client. You may include time to prepare for appointments in your total calculation (e.g., emails, research, writing protocols, phone calls, etc.).

C. Employment as a nutrition consultant or educator of holistic nutrition.

Required documentation: a letter from your employer verifying employment, including the number of hours you worked and a copy of your job description.

Indirect contact hours:

Definition: Research, writing, or developing educational materials or programs (in holistic nutrition) to be conducted in a community, business, academic, or clinical environment.

A. Research intern.

Required documentation: a completed and signed Internship/Externship Form.

B. Independent Researcher (e.g., time spent in interviews, reading, performing internet and literary research) for a publication or educational presentation.

Required documentation: a copy of the article, report, or other formats (e.g., PowerPoint presentation, etc.) providing the results of your research.

C. Non-research preparation for the creation of a publication or educational presentation, be it public, recorded, or both (e.g., actual writing and other types of material preparation, locating and creating dialogue with key individuals, venues, consultants, assistants, publishers, printers, and publication representatives).

Required documentation: a copy of the article, report, or other formats (e.g., PowerPoint presentation, flash drive, URL, etc.) providing the actual publication or educational presentation.

Activities conducted as a required part of an educational program, with the explicit exception of internships and externships, do not qualify toward the 500-hour requirement. The Holistic Nutrition Credentialing Board will determine applicability of unusual experience in individual cases.

NOTE: Please submit all documentation via email, flash drive, or paper format with a self-addressed, stamped envelope if you wish it to be returned.

Use [Contact Hours Documentation Form](#) to assist in recording your contact hours.

5. APPLICATION & FEES

To apply to sit for the Board Exam, please submit the following (materials provided must be adequate to allow an evaluation of the eligibility of the applicant):

1. Be a professional member.

2. Your completed application along with a non-refundable \$129 application fee and \$300 examination fee. Voluntary withdrawals will be honored up to twelve (12) months after the application date, and the examination fee will be refunded fifty-percent (50%) up to that point. No refunds will be offered after the twelve (12) month period.

3. Documentation of Contact Hours professional experience in holistic nutrition. Please submit required documentation as outlined in Sections 2 or 3 above (Eligibility Requirements) of this study guide, along with the "Contact Hours Documentation Form" provided with purchase of exam application.

4. Copy of diploma(s) and/or certificate(s)

5. Signed and dated Professional Conduct Agreement (within the application)

6. Photo or Headshot

7. Copy of your driver's license or state-issued identification

8. Resume or Curriculum Vitae

9. Copy of any professional license(s) you hold

10. Proof of existing liability insurance is required for all persons providing nutrition consulting services. Liability insurance is NOT required if you work in an educational or research setting and are not providing consulting services (please provide documentation indicating that you do not provide consulting services). Not required if your County, Township, etc. does not require Professional Liability Insurance to lawfully practice

11. Official transcripts from your graduating institution(s) to be sent directly to the NANP/HNCB by the school(s)

12. Two (2) Letters of Reference (one each: professional and personal, to be completed by your references via the instructed online form after you've applied).

Reference requirements:

Personal

- Friend, family member, previous colleague (same job tier), pastor, etc.
- Must know candidate a minimum of 2 (two) years



Professional

- Past or current instructor, previous employer (manager role) does not have to be in the holistic nutrition industry, etc.
- Must know candidate a minimum of 1 (one) year

NOTE: Incomplete applications will not be considered.

To apply to become a CNP, please also submit:

1. A non-refundable \$75 processing fee
2. Copy of diploma (bachelor's or higher)
3. Practice Supervisor Approval Form (provided with purchase of CNP application)
4. Supervised Practice Hours Documentation Form (provided with purchase of CNP application) – waived for new graduates

NOTE: Veteran Practitioners may avoid the supervised practice hours by submitting the following:

- 1,500 combined Direct & Indirect Contact Hours (may exclusively be direct contact hours; must be a minimum of 750 direct contact hours). Use Contact Hours Documentation Form to document these hours (provided with purchase of exam application); and:
- Minimum of five (5) years in nutrition practice
- Two (2) additional professional letters of reference

All fees must be submitted at least four (4) weeks prior to the examination date. [Click here to pay fees.](#)

Mail or email supporting documents to: Holistic Nutrition Credentialing Board P.O. Box 348028, Sacramento, CA 95834-8028 exam@hncb.org

NOTE: Applications are good for a twelve (12) month period. If you do not sit for the exam within twelve (12) months of applying, you MUST re-apply and pay the application and/or processing fee(s) again.

Please note, during the credentialing and re-credentialing processes, the NANP will query the National Practitioner Data Bank (NPDB) for any adverse reports made against you as a practitioner. This includes medical malpractice payments, certain adverse licensure and clinical privileges actions, and other adjudicated actions or decisions.



6. EXAM PROCTOR INFORMATION

The Board Exam in Holistic Nutrition is offered online only. The HNCB uses ProctorU: Meazure Learning exclusively for exam proctoring.

ProctorU: Meazure Learning is a live online proctoring service available 24/7 that allows test takers to take exams from anywhere using a webcam and Internet connection. This service uses live proctors who monitor exams by observing the student (via webcam) and his/her computer screen in real time. The cost of proctoring via ProctorU: Meazure Learning is included in the examination fee. There is no extra charge.

Watch this short video to learn how ProctorU:
Meazure Learning works: [Click Here to Watch Video](#)

Once your application is approved, you will receive additional information about ProctorU: Meazure Learning, including technical specifications and information that will allow you to test your system for compatibility.



7. ADMINISTRATION OF THE EXAM FAQs

How should I study and prepare for the exam?

Joining or forming a study group is a very effective way to prepare and study for the Board Exam. Members of NANP can [join the Board Exam Study Group Circle](#) to find others who are looking for study partners.

When can I take the exam?

Please allow a minimum of four (4) weeks for the HNCB to process your application. All documents must be received at least four (4) weeks prior to the date of your exam. This gives us time to review your documents. Exam applicants who do not allow the requested four (4) weeks may be required to reschedule the exam for a later date.

How much time is allotted to take the exam? Will there be a break?

You will have three (3) hours to complete the exam. There will be one five (5) minute bathroom break. If you have a medical need for a longer break, please provide advanced notice in the designated area on your exam application, and one will be scheduled for you. Know your needs. You are encouraged to have water and a small snack to sustain you during the exam.

What is a passing grade?

An overall exam grade of 70% correct is required to pass the exam.

How long will it take to get exam results, and will I be given grades by domain?

Overall Pass/Fail exam results and percentages scored per domain will display immediately upon completing your online exam. Also, you will be notified by mail within two (2) to four (4) weeks of exam completion. The HNCB will contact each exam candidate with their exam results via email and U.S. Mail.

What is the exam accommodation policy?

To evaluate requests for exam accommodations, the Holistic Nutrition Credentialing Board (HNCB) requires documentation from a licensed healthcare provider qualified to diagnose the reported condition. The letter, on official letterhead and signed by the provider, must verify the diagnosed condition with the relevant ICD-10 code, state the date of onset or approximate timeframe, describe the functional limitations related to exam-taking, and recommend specific accommodations with medical rationale. All documentation will be kept confidential and used solely to determine appropriate exam accommodations in accordance with the Americans with Disabilities Act (ADA).

Letters from licensed practitioners must be mailed to the HNCB directly and via U.S. Mail to:

Holistic Nutrition Credentialing Board
P.O. Box 348028
Sacramento, CA 95834

Letters received from the test-taker will not be considered.

Can I retake the exam if I fail?

If you fail the board exam and wish to take it again, you must retake the entire exam within six (6) months. If you fail two (2) times, you may retake the exam a third and final time. While the HNCB no longer requires proof of additional education in order to take the exam a third and final time, it is strongly recommended. You will not be allowed to sit for the exam again after failing a third time. A retest fee of \$250 will apply for each retest. [Click here to read the Board Exam Appeals Policy.](#)

If I fail the exam, do I need to retake the entire exam or just the domains I failed?

You will need to retake the entire exam.

What title do I use after passing the exam?

Please continue to use the title granted you by your school of study. In addition, you may use "Board Certified in Holistic Nutrition®" or "BCHN®." Always check your state laws to ensure you are practicing legally. Please see "Becoming Board Certified in Holistic Nutrition®" in the beginning of this study guide. Those who also meet the requirements for the CNP may use the additional title, "Certified Nutrition Professional" or "CNP." Please see "Becoming a Certified Nutrition Professional" in the beginning of this study guide.

Do I need to renew my certification? What are the requirements for maintaining board certification and (if I qualify) my CNP status?

You will NOT need to sit for the exam again. However, you will be required to remain a Professional member in good standing with the NANP and fulfill Continuing Education Credits (CECs) requirements to renew and maintain your Board Certification and (if applicable) your CNP status. CECs are due at the time of Professional Membership renewal. No additional CECs are required to maintain CNP status. Additionally, you will be required to do the following every two (2) years to renew and maintain your board certification:

- Provide a copy of your current resume or Curriculum Vitae
- Provide proof of current liability insurance (if you are in clinical practice, NOT required if you work in an educational or research setting and do not provide nutrition consulting services. Also not required if your County, Township, etc. does not require Professional Liability Insurance to lawfully practice.)
- Complete the Board Re-Certification Form (provided via email when your re-credentialing time nears)
- If you are a BCHN® (Candidate), you must submit evidence of your 500 Contact Hours (see [Contact Hours Form](#) for the required materials)



8. PREPARING FOR THE EXAM – STUDY TIPS

Join or Form a Study Group

Study groups can be a helpful way to break up the monotony of studying for a board exam. This exam offers five (5) distinct domains which can be assigned to various members of a study group. Some domains are much larger than others, so the larger domains could easily be split in half. A study group of five (5) or more is ideal.

Members of NANP can join or organize a study group via their myNANP account.

[Click here to log in and join the Board Exam Study Group Circle.](#)

Eight Helpful Tips for Studying for the Board Exam

1. Review reading materials from your holistic nutrition education program. The HNCB exam is based on the NANP's rigorous educational standards, which our approved schools have met. Going back to your school's materials as a refresher for this exam is a great first step toward success.
2. Study the textbooks recommended in this study guide thoroughly. The exam questions and answers are pulled directly from the recommended textbooks. It's essential to study this material.
3. Review questions and answers from your past exams from school. Exam questions are usually important information that your teachers want you to remember for a reason. Going back and reviewing those questions and answers can be a great strategy for reminding you what was important.
4. Review your old case studies, essays, research papers, projects, etc. Looking back at your own work can often jar your memory about specific information, resources, and tools. Using what you have already is a great strategy for success!
5. Focus on your personal areas of weakness. We all have them, and there's no shame... only if you don't learn from your weaknesses will they remain your weaknesses. Take the time to really delve deeply and determine what you need to work on more closely. Doing this hard work can often make or break any daunting task.
6. Study at the best time of day for your unique self.
Everyone has their own time clock, and many of us find we are significantly more productive at certain times of day. If you know this to be true for you, then plan your study times (and perhaps even your exam!) at your own optimum peak hours to maximize the benefits of your study time.
7. Take excellent care of yourself. As holistic nutrition professionals, no one knows this better than we do! Yet, we sometimes find it easier to help others take good care than we do for ourselves. Make the commitment to treat yourself with special care while studying for your board exam. Get plenty of good nutrition – you are an expert in this area after all! Get plenty of sleep and do your favorite exercise regimen, so you can relieve some stress and maximize your brain power and stay focused.
8. Don't compare yourself to others. Talk about a slippery slope! Forget what others are doing, what they're good at, and how well they may perform. This time is about YOU and you alone. Do your best to focus only on yourself and your needs, so you can put your best foot forward.

8. PREPARING FOR THE EXAM – STUDY TIPS (CONTINUED)

Strategies for Exam Preparation

The following provides a general strategy to aid you in preparing for the exam. Remember that this board exam is intended to test for entry-level knowledge and skill in holistic nutrition.

Types of Exam Questions

Exams of all types typically have questions that test your knowledge but also your critical thinking ability. The developers of the board exam in holistic nutrition used Bloom's Taxonomy to classify questions into a hierarchical ordering of cognitive skills. The types of questions you will encounter on the exam include:

	Examples
Remember	Recall specific information
Understand	Grasp meaning of materials
Apply	Use information in new situations
Analyze	Identify links among ideas
Evaluate	Use knowledge to make judgements
Create	Develop something new

When & How to Study

Preparation for the exam can start as early as the day you enter a nutrition education program. Maintaining a compilation of key concepts as you progress through your education creates a simple means of reviewing the basics of holistic nutrition. However, due to time constraints, many people begin their more targeted exam preparation immediately following graduation. Three to six months of focused study time provides adequate preparation for most people.



GENERAL EXAM PREPARATION TIPS

1. Budget your time; make sure you have sufficient time to study so you are well prepared for the exam.
2. Use "Section 9: Exam Structure/Content Outline" in this study guide to help direct your studies.
3. Join the [study group circle](#) or take an exam [preparation course](#).
4. Review the sample problems, source books, and resources listed in this section.
5. Have your study material readily available: lecture notes, course textbooks, study guides, and any other relevant material.
6. Find a comfortable and quiet place to study with good lighting, airflow, and little distraction (try avoiding your own bed; it is very tempting to just lie down and take a nap).
7. Begin by studying the most important information first.
8. Learn the general concepts first; don't worry about learning the details until you have learned the main ideas.
9. Take short breaks frequently, as your memory retains the information that you study at the beginning and the end better than what you study in the middle.
10. Spread out your studying; you'll learn more by studying a little every day or every week instead of waiting to cram at the last minute. By studying daily, the material will stay in your long-term memory, but if you try to study at the last moment, the material will only reside in your short-term memory and you may easily forget.
11. Make sure you understand the material well; don't just read through the material and try to memorize everything.
12. Test yourself or have someone test you on the material to determine your weak and strong areas. Using the review questions at the end of a chapter is helpful.
13. For some, listening to relaxing music such as classical or jazz on a low volume can help keep you focused and energized.
14. Avoid studying past the time you usually go to sleep, as you may be tempted to go to sleep. Instead, study in the afternoon or early evening. If you are a morning person try studying in the morning.
15. Create note cards or summary sheets that consolidate key ideas or information onto a page that can be quickly reviewed many times. Rewriting your notes can also be helpful.
16. Maintain a positive attitude while preparing for the exam and during the exam.

Prepare a Study Schedule

Whether studying alone or with a group, have a study schedule and stick to it. By preparing ahead, you will save time, cover more topics, and retain more. The study group will work best if all participants follow the same board review material (see "Suggested Materials to Study").



Strategies for Answering Exam Questions

1. Read the directions slowly and carefully before beginning the exam.
2. Read the question in its entirety before answering. Make sure you understand what the question is asking, and anticipate the answer before looking at your options.
3. Answer the simple questions first to help build up your confidence for the harder questions.
NOTE: You will be able to bookmark and skip questions within each domain of the exam. However, skipped and bookmarked questions must be addressed before you can move to the next domain.
4. Eliminate answers you know are not right.
5. Read all the choices completely and carefully before choosing your answer.
6. If you are uncertain of the correct answer, move on to the next question and return later.
7. Ultimately, if you don't know the correct answer, always take an educated guess and select an answer.
8. Avoid repeatedly changing your answer; usually your first choice is the right one, unless you misread the question.
9. Stay relaxed. If you begin to get nervous take a few deep breaths slowly to relax yourself, and then resume.

Being well prepared for the exam is the best way to reduce exam-taking anxiety!

MATERIALS TO STUDY FOR THE BOARD EXAM IN HOLISTIC NUTRITION

A good place to start is with a thorough review of your training materials, books, class notes, seminar handbooks, and case records. Additionally, "Section IV: Exam Structure/Content Outline" in this study guide may help focus your studies.

The following texts and sources were used to source the questions and answers in the exam:

- [Integrative Medicine 5th Edition \(Rakel, Minicchiello\)](#)
- [Krause and Mahan's Food and Nutrition Care Process 16th Edition \(Raymond, Morrow\)](#)
- [The Craft of Research 5th Edition \(Booth, Colomb, Williams, Bizup, Fitzgerald\)](#)
- [Hole's Human Anatomy & Physiology 2024 Release \(Welsh, Prentice-Craver\)](#)
- [The Pantry Principle \(Dessy\)](#)
- [NANP's Code of Ethics \(online\)](#)
- [NANP's Legislative Affairs Map \(online\)](#)
- [Nutrition Professionals' Scope of Practice & Standard of Care \(online\)](#)

One approach to studying includes an exhaustive review of these materials, utilizing chapter summaries to help highlight key concepts, and answering questions at the end of the chapter (where provided) to assure comprehension of the material.

NOTE: Be advised that to keep this exam up-to-date with current industry studies and information, the study materials may change from time to time. If you have downloaded the study guide well in advance of sitting for the exam, please be sure to confirm that the texts remain the same.

Exam Structure/ Professional Skills / Objectives/Key Concepts/Sample Questions

The exam is comprised of 151 multiple-choice, multiple answer, true/false, short answer, and matching terms with definition questions that assess an individual's grasp of the competencies and facets of expertise in holistic nutrition. The exam is only available online via ProctorU: Meazure Learning.

Core exam content areas include:

Domain	I:	Food & Nutrition
Domain	II:	Fundamentals of Anatomy, Physiology, & Biochemistry
Domain	III:	Counseling/Ethics/Scope of Practice
Domain	IV:	Nutrition in Practice
Domain	V:	Research

The following domains, professional skills, objectives, and knowledge statements were delineated by the Holistic Nutrition Credentialing Board (HNCB) and validated through a role delineation study. The number of exam items allotted to each domain was determined through analysis and discussion of the results of the role delineation study conducted through the NANP by the HNCB.

DOMAIN I - FOOD AND NUTRITION

35% of total exam questions

Guide and educate clients on safe and effective use of whole foods, targeted nutritional support, and holistic nutrition modalities to build health.



Professional Skills / Objectives

1. Explain the principles of holistic nutrition and how they contribute to overall well-being, including the role of whole foods, biochemical individuality, and environmental influences.
2. Understand and apply the principles of whole food nutrition, including the benefits of whole, organic, seasonal, and minimally processed foods.
3. Differentiate between dietary philosophies and their potential health implications.
4. Educate clients on the impact of nutrition on physical, emotional, and spiritual health, emphasizing dietary and lifestyle choices, belief systems, and mindful eating.
5. Educate clients on optimal health through nutrient balance, food selection, hydration, and preparation techniques.
6. Assess client health histories, food intake records, and nutritional imbalances through interviews, questionnaires, and visual assessments, and recommend appropriate individualized dietary modifications.
7. Evaluate and identify potential interactions between medications, foods, herbs, and nutritional supplements.
8. Educate clients about the health benefits of dietary supplements when used in the appropriate form, dose, and frequency; not as a substitute for a nutritionally balanced diet.
9. Explain the nutrient composition of foods, including vitamins, minerals, proteins, carbohydrates, fats, antioxidants, and phytonutrients.
10. Discuss the therapeutic properties of whole foods and how they compare to processed or refined alternatives.
11. Understand and inform on safe food-handling practices and procedures to avoid foodborne illnesses and cross-contamination.
12. Guide clients in identifying and mitigating environmental toxins and other external factors that may impact nutritional well-being.

Key Concepts to Study for Domain I

Anti-inflammatory components
Anti-nutrients
Detoxification and elimination support
Dietary patterns
Digestive support
Fermented foods
Food additives
Food composition
Food sensitivity/allergy

Foodborne contaminants
Glucose/insulin metabolism
Herbs
Human microbiome
Life-stage nutrition
Macronutrients
Micronutrients
Supplements
Toxins
Water and fluid balance

DOMAIN I: FOOD & NUTRITION SAMPLE QUESTIONS

[answers provided on Page 32]

1. Coenzyme Q10 plays a central role in which of the following functions?
 - a. mitochondrial function and cellular energy production
 - b. mitochondrial function and cell membrane fluidity
 - c. bone formation and density
 - d. vitamin E synthesis
2. Which one of the following statements about carbohydrates is false?
 - a. High intake of carbohydrates in the form of fiber is characteristic for the Western diet.
 - b. Carbohydrates in the form of glucose serve as the most basic energy source for all cells in the body.
 - c. Organic whole grains, fruits, and vegetables are good sources of carbohydrates.
 - d. Refined carbohydrates lack fiber and many other beneficial nutrients.
3. The following is an ingredient label from a typical store-bought, boxed breakfast cereal: Puffed rice, whole grain wheat, whole grain spelt flakes, millet, almonds, sunflower seeds, honey, raisins (sulfites), cornstarch, dextrose, high fructose corn syrup, caramel color, niacinamide, thiamine hydrochloride, pyridoxine hydrochloride, folate, tocopherol. (BHT added to package material to maintain product freshness). How many added chemical preservatives and/or colors are listed on the cereal label?
 - a. 1
 - b. 2
 - c. 3
 - d. 4
4. The Solanaceae (nightshade) food family includes:
 - a. eggplant, peppers, and squashes
 - b. tomatoes, potatoes, and peppers
 - c. lemons, oranges, and grapefruits
 - d. broccoli, cauliflower, and Brussels sprouts
5. Which of the following dairy foods contains a low level of lactose and is less likely to cause adverse effects for people suffering from lactose intolerance?
 - a. milk
 - b. yogurt
 - c. ice cream
 - d. butter
6. EPA (eicosapentaenoic acid) and DHA (docosahexanoic acid) are _____ fatty acids.
 - a. omega 3
 - b. omega 6
 - c. omega 9
 - d. omega 12
7. Heme iron is found in _____ and is absorbed better than other iron forms.
 - a. plant tissue
 - b. animal tissue
 - c. synthetic supplements
 - d. cast iron pans
8. Which statement about phytonutrients is not true?
 - a. Polyphenols are the largest group of phytonutrients and include genistein.
 - b. Phytonutrients have been found to prevent cell proliferation and aggregation.
 - c. Glucosinolates are found in cruciferous vegetables.
 - d. Polyphenols cannot alter gene expression.

DOMAIN I: FOOD & NUTRITION SAMPLE QUESTIONS (CONTINUED)

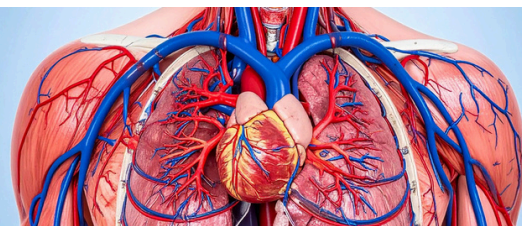
9. The mineral _____ is the major component in glucose tolerance factor.
- magnesium
 - calcium
 - potassium
 - chromium
10. Vitamin K is a water-soluble vitamin.
- True
 - False
11. Caffeine can influence athletic performance. The following statements about caffeine are true except:
- Caffeine may reduce plasma potassium accumulation.
 - Caffeine may have direct action on skeletal muscle contractility.
 - The effects of caffeine can safely be enhanced by combining caffeine with ephedrine.
 - Possible energy-enhancing effects may be seen with up to 3 mg/kg body weight, yet any amount of caffeine may have unwanted effects.
12. A client seeks to obtain vitamins and minerals through a whole foods diet. Which food is a rich source of calcium?"
- mustard greens
 - raspberries
 - kiwi
 - black beans



DOMAIN II - FUNDAMENTALS OF ANATOMY, PHYSIOLOGY, AND BIOCHEMISTRY

15% of total exam questions

Demonstrate proficiency in the understanding and application of anatomy, physiology, and biochemistry as they relate to human health.

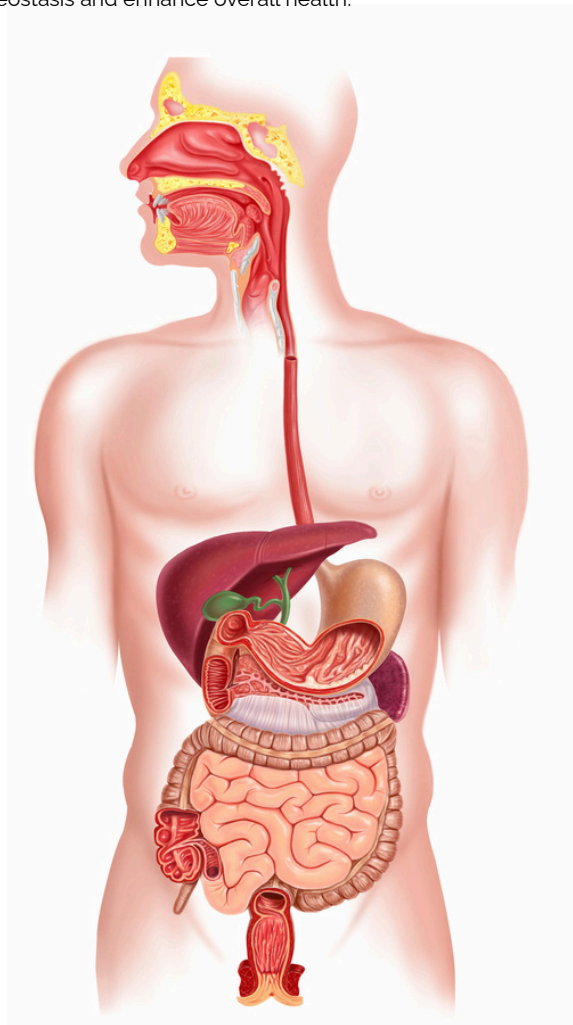


Professional Skills / Objectives

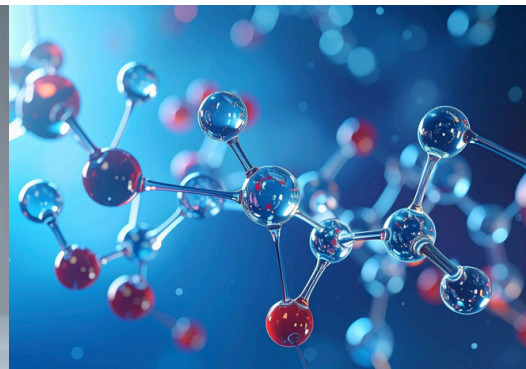
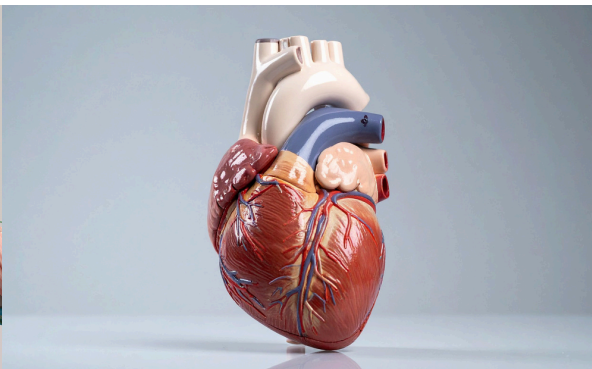
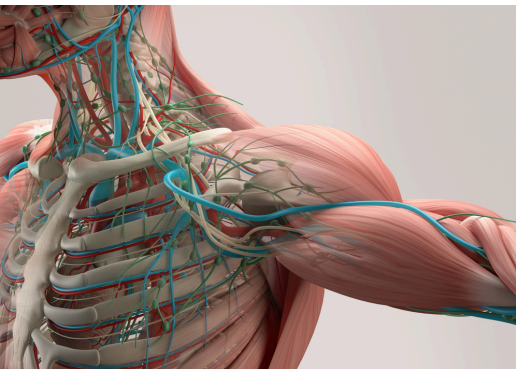
1. Identify and explain the anatomical structure of all major bodily systems.
2. Identify and explain the functions of all major bodily systems.
Including:
 - Digestive, absorptive, and microbiological imbalances
 - Detoxification and biotransformation imbalances
 - Oxidation-reduction imbalances
 - Hormonal and neurotransmitter imbalances
 - Immune and inflammatory imbalances
 - Structural imbalances, from cellular membrane function to the musculoskeletal system
3. Recognize physiological and functional imbalances within all major bodily systems.
4. Understand how to support all bodily systems to maintain homeostasis and enhance overall health.

Key Concepts to Study for Domain II

Acid-base balance
Cardiovascular/circulatory systems
Cellular structure and metabolism
Detoxification pathways
Digestive system
Endocrine system
Immune system
Integumentary system
Lymphatic system
Mesenteric system
Musculoskeletal system
Nervous system
Reproductive system
Respiratory system
Urinary system



DOMAIN II: FUNDAMENTALS OF ANATOMY, PHYSIOLOGY, & BIOCHEMISTRY SAMPLE QUESTIONS



[answers provided on Page 32]

1. What are the three metabolic pathways that involve macronutrient catabolism and ATP production?
 - a. glycolysis, citric acid cycle, and the electron transport chain
 - b. methylation, sulfation, glucuronidation
 - c. transamination, glycation, oxidative phosphorylation
 - d. glycolysis, glycation, glucuronidation
2. Which best describes a bolus of "chyme"?
 - a. the digestive secretions from the pancreas
 - b. the fecal material found in the colon
 - c. the semifluid mass of food particles and gastric juice
 - d. the lymphatic fluid contained in the lymph nodes
3. Cholesterol:
 - a. slows down fat absorption in the small intestine
 - b. initiates catabolism of osteocytes
 - c. is used to synthesize steroid hormones
 - d. increases the rate of liver detoxification
4. The aggregation of lymph nodules located throughout the mucosal lining of the ileum region of the small intestine is called:
 - a. lymphocytes
 - b. Peyer's patches
 - c. lacteals
 - d. lysosomes
5. Amenorrhea is:
 - a. unusually heavy menstruation
 - b. a female's first menstrual cycle
 - c. painful menstrual cycles
 - d. an absence of menstrual flow
6. Enzymes are regarded as catalysts because they:
 - a. only act on a specific substrate
 - b. speed the rate of metabolic reactions without being consumed in the process
 - c. never trigger oxidative damage to surrounding cells
 - d. are complex proteins
7. Adequate secretion of HCl and intrinsic factor are required for the absorption of:
 - a. vitamin D
 - b. vitamin B12
 - c. essential fatty acids
 - d. protein
8. Which one of the following hormones has the least effect on glucose metabolism?
 - a. cortisol
 - b. epinephrine
 - c. aldosterone
 - d. glucagon

DOMAIN III - COUNSELING/ETHICS/SCOPE OF PRACTICE

10% of total exam questions

Exhibit foundational knowledge about:

- behavior change models and effective counseling strategies commonly used in lifestyle change education.
- NANP's Code of Ethics, Scope of Practice, and the governing nutrition laws of states.

The focus when reviewing the content of this Domain should be on counseling skills, scope of practice, ethics, and state-level nutrition laws, rather than on specific nutritional aspects.

Professional Skills / Objectives

1. Establish and maintain effective client-counselor relationships to support successful lifestyle changes in a professional and ethical manner.
2. Assist clients in defining and setting realistic health goals while developing and implementing personalized nutritional support programs.
3. Assess a client's readiness for lifestyle and behavior changes, and implement appropriate counseling approaches.
4. Identify and address barriers to change, including client resistance, relapse, and other adherence obstacles.
5. Apply behavior modification strategies to improve client communication, adherence, and long-term success in nutrition programs.
6. Utilize assessment tools and counseling techniques to develop a comprehensive understanding of each client's unique nutritional needs.
7. Recognize the impact of your own personal traits and life experiences on the counselor-client relationship.
8. Understand and apply ethical and professional standards in relationships with clients, colleagues, allied professionals, and the public.
9. Navigate the logistics of counseling across cultures and in group settings to provide inclusive and effective nutrition support.
10. Adhere to NANP's Code of Ethics, Scope of Practice requirements, and state nutrition practice laws.
11. Differentiate between Exclusive Scope of Practice, Title Protection, and No Law/Certification states to ensure compliance with legal and professional guidelines.

Key Concepts to Study for Domain III

Assessment Tools, including:

24-hour recall
Client assessment questionnaires
Client/consultant relationships
Client's readiness to change
Journaling

Effective Counseling Skills, including:

Barriers to change
Behavior modification
Characteristics of effective counselors
Client resistance
Group counseling
Intercultural counseling
Listening skills
Nonverbal counseling skills
Recognizing professional boundaries and limitations

Motivational Counseling, including:

Building self-confidence
Cognitive restructuring
Lapse/relapse prevention
Professionalism
Role of empathy
Setting goals
Use of rewards

[NANP's Code of Ethics](#)

[NANP's Scope of Practice](#)

[State Nutrition Practice Regulations](#)

DOMAIN III: COUNSELING/ETHICS/SCOPE OF PRACTICE SAMPLE QUESTIONS



Answers provided on Page 32

1. When people ask what a holistic nutrition professional does, comparing yourself to "a doctor who treats with food" is an appropriate representation of your education and professional credentials.
True or False
2. One of the challenges of nutrition consulting is recognizing the boundaries between nutrition counseling and psychotherapy. Which one of the following is an appropriate response when a client begins talking about serious psychological issues?
 - a. listen respectfully and change the topic as soon as appropriate.
 - b. listen attentively, acknowledge the client's feelings, and offer practical advice.
 - c. Inform the client that such issues are beyond your NANP's Scope of Practice and suggest the client see a therapist qualified to deal with the concern.
 - d. deal with the issue by providing nutrition information related to the problem and give examples of how it has helped other clients with similar problems.
3. Nutrition education information generated through AI tools is safe from which of the following?
 - A. bias
 - B. errors
 - C. outdated information
 - D. none of the above
4. An effective behavior intervention strategy is to reinforce successful dietary changes with a reward. Which one of the following is not a major factor to consider when establishing rewards?
 - a. Rewards should be planned to come as soon as possible after the improved behavior.
 - b. Rewards should be food related when the change is diet related.
 - c. Rewards should be timed to come after the successful behavior change; not before.
 - d. Rewards should be well defined – what and how much.
5. In an Exclusive Scope of Practice State, a holistic nutrition professional _____ allowed to assess a client's nutrient status and provide individualized dietary recommendations.
 - a. is
 - b. is not
6. Referral to an appropriate qualified health professional may be necessary when the needs of the client are outside the scope of a nutrition consultant's training and expertise. When does a nutrition consultant not need to refer to another health professional if they do not have training in another health field?
 - a. when the client discloses past unresolved sexual abuse.
 - b. when the client confides that they have suicidal tendencies.
 - c. when the client has a current serious eating disorder.
 - d. when the client relates a history of yo-yo dieting.

DOMAIN IV - NUTRITION IN PRACTICE

30% of total exam questions

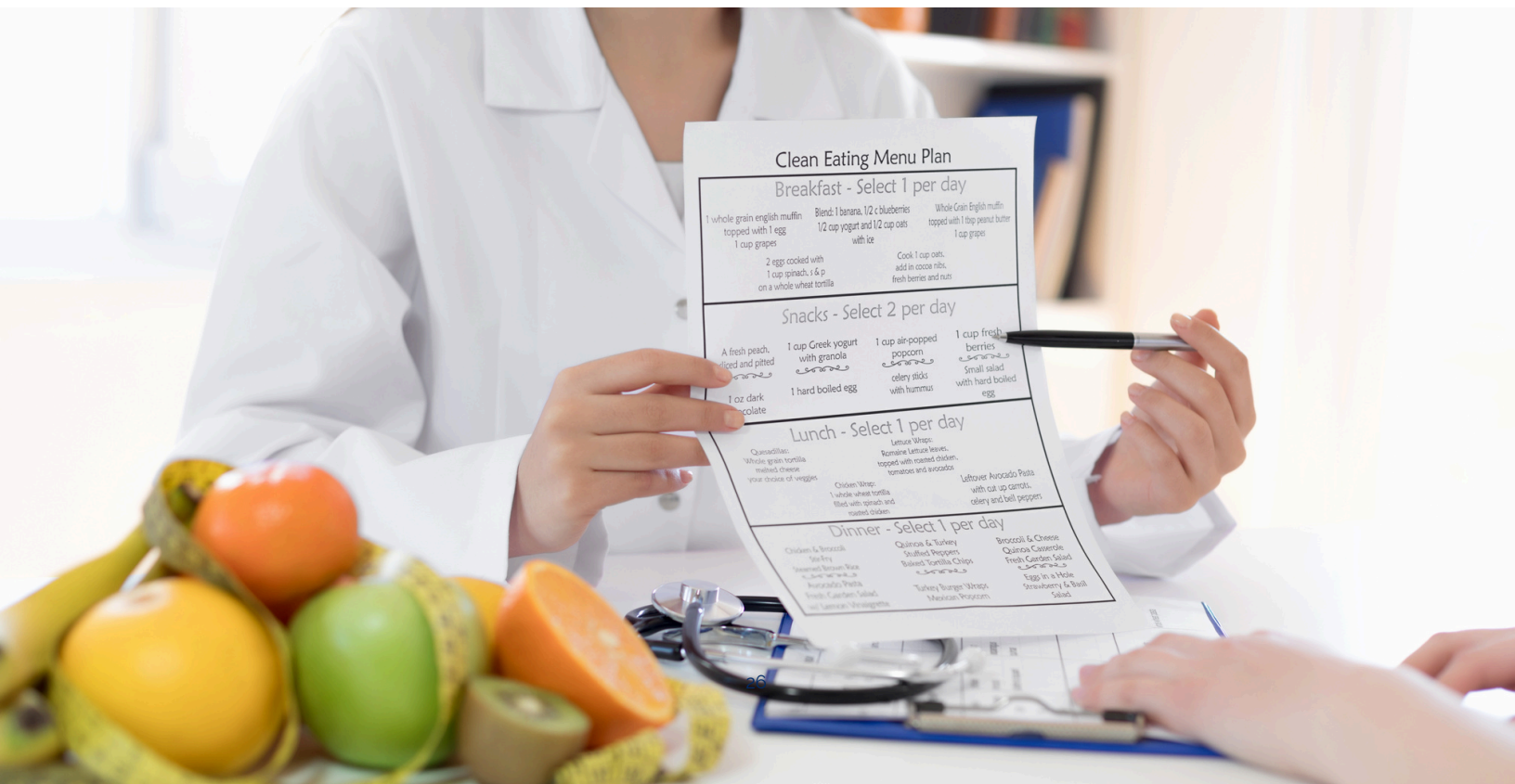
Practical application of the principles of holistic nutrition in prevention and support during all stages of life. Questions in this Domain build on the concepts mastered in Domains I, II and III.

NOTE: The question bank for this domain is very large. The questions you will be asked while taking the exam may include, but are not limited to, the key concepts listed for this domain.

Professional Skills / Objectives

Apply knowledge from Domains I, II, and III by:

1. Recognizing that resolving or preventing health imbalances requires identifying and addressing underlying causes rather than just symptoms.
2. Describing how common diseases and metabolic conditions impact nutritional status and how diet and lifestyle adjustments can support health.
3. Assessing the potential for interactions between medical therapies and holistic nutrition approaches to ensure safe and effective recommendations.
4. Using appropriate holistic nutrition assessment tools within legal and professional guidelines to evaluate client health.
5. Applying knowledge of diet, lifestyle, and supplementation to safely and effectively prevent or support the management of health imbalances.
6. Demonstrating a basic understanding of common laboratory tests and their relevance to nutritional well-being.
7. Collaborating with other health professionals to assess, modify, and optimize nutritional programs for better client outcomes.



DOMAIN IV: NUTRITION IN PRACTICE (CONTINUED)

Key Concepts to Study for Domain IV

Common imbalances and conditions:

Circulatory/cardiovascular system

Anemia
Angina
Dyslipidemia
Hypo/hypertension
Varicose veins

Endocrine system

Adrenal dysfunction
Diabetes
Hypo/hyperglycemia
Hypo/hyperthyroidism

Gastrointestinal system

Candidiasis
Celiac disease
Crohn's disease
Constipation
Diarrhea
Diverticulitis/diverticulosis
Dysbiosis
Gallstones
Hypo/hyperchlorhydria
Irritable bowel syndrome
Leaky gut syndrome
Ulcer

Immune system

Allergies (food, environmental)
Auto-immune
Ear infections
Infections (bacterial, fungal, viral)

Integumentary system

Acne
Dermatitis
Hives
Psoriasis
Rosacea

Musculoskeletal system

Gout
Osteoarthritis
Osteopenia/osteoporosis
Rheumatoid arthritis

Neurological system

ADD/ADHD
Alzheimer's/dementia
Carpal tunnel syndrome
Migraines
Mood disorders - depression, anxiety,
seasonal affective disorder (SAD)
Multiple sclerosis
Restless legs syndrome

Reproductive system

Benign prostate hyperplasia
Fibrocystic breast disease
Infertility
Menopause
Premenstrual syndrome

Respiratory system

Asthma
Bronchitis
Sinusitis

Urinary system

Cystitis
Kidney stones
Urinary tract infection

Vision

Cataracts
Glaucoma
Macular degeneration

Systemic imbalances

Cancer
Chronic fatigue syndrome
Fibromyalgia
Metabolic syndrome
Sleep disorder

Assessment tools

Body mass index
Client questionnaires
Dietary intake records
Lab assessments
Personal case history
pH testing

Commonly used concepts

Biochemical individuality
Drug/herb/nutrient interactions
Homeostasis
Toxic burden

Other

Nutrient supplementation
Stress management
Weight management

DOMAIN IV: NUTRITION IN PRACTICE SAMPLE QUESTIONS



[answers provided on Page 32]

1. A client's health history, indicating long-term use of birth control pills, several courses of broad-spectrum antibiotics for chronic bladder infections, allergies or sensitivity reactions to numerous foods and chemicals, chronic fatigue, depression, and chronic gas and bloating, may benefit most from which dietary approach?
 - a. weight loss diet
 - b. candida control diet
 - c. diabetes diet
 - d. celiac diet
2. Which one of the following is not a helpful question in differentiating between symptoms related to seasonal allergies and the common cold?
 - a. Is there a fever?
 - b. Is fatigue a predominant symptom?
 - c. Is there clear evidence of a respiratory infection?
 - d. Is there a history of environmental allergies during this time of year?
3. Which of the following is not associated with developing a peptic ulcer?
 - a. high fiber diet
 - b. stress
 - c. smoking
 - d. NSAIDs
4. Which of the following foods is most likely to aggravate rheumatoid arthritis?
 - a. olive oil
 - b. coffee
 - c. turmeric
 - d. cooked vegetables
5. Research shows a link between high intake of _____ and PMS.
 - a. sugar
 - b. animal protein
 - c. processed carbohydrates
 - d. seed oils
6. Causative factors of PMS are primarily related to dysfunction of the following except:
 - a. liver
 - b. zinc supplementation
 - c. brain chemistry
 - d. thyroid

DOMAIN IV: NUTRITION IN PRACTICE SAMPLE QUESTIONS (CONTINUED)

[answers provided on Page 32]



7. The following conditions are related to obesity except:
- sleep apnea
 - osteoarthritis
 - Addison's disease
 - cancer
8. The ELISA (enzyme-linked immunosorbent assay) is a laboratory test used to determine:
- gluten sensitivity levels
 - intestinal pH
 - antibodies to food
 - nutrient deficiencies
9. The following are important components of a heart-healthy regimen except:
- regular exercise
 - zinc supplementation
 - nuts and seeds
 - optimal vitamin D levels
10. Which of the following is not recommended for the improvement of depression?
- identifying and removing food allergens
 - diet high in animal protein
 - vitamin D
 - saffron
11. _____ is a natural stimulant laxative often found in formulas to relieve chronic constipation.
- senna
 - psyllium
 - berberine
 - peppermint oil
12. Dietary support for type II diabetes should emphasize:
- oligosaccharides
 - moderately high intake of saturated fatty acids
 - primarily fresh fruit and a few meats
 - high-fiber foods, mono- and polyunsaturated fatty acids, and some meats

DOMAIN V - RESEARCH

10% of total exam questions

Understand and apply professional guidelines of performing and reporting research, using convincing arguments.



Professional Skills / Objectives

1. Retrieve, evaluate, and synthesize scientific data related to nutrition to support evidence-based decision-making.
2. Assess the validity and reliability of scientific literature and other relevant resources in the field of nutrition-related research and practices.
3. Apply critical thinking skills to analyze research studies and determine their credibility and relevance.
4. Effectively communicate scientific findings to educate clients about nutrition and holistic health.
5. Develop safe, evidence-based nutrition programs to promote clients' well-being.
6. Provide clear and well-supported documentation for clients and collaboration with other health professionals.
7. Organize research findings effectively by constructing logical arguments, writing concisely, and maintaining academic integrity.
8. Adapt writing style to a target audience to enhance clarity, engagement, and effectiveness in communication, including writing compelling articles for magazines, newspapers, and organizations.

Key Concepts to Study for Domain V

Abstract	Writing up your research
Bibliography	Choosing topics
Citation guidelines	Documenting research
Context	Introductions and conclusions
Critical reading	Making good arguments
Keywords	Note taking
Plagiarism	Organization
Sources	Presenting data
Reliability	Quoting and paraphrasing
Types	Sentence revision
Trailhead	Use of statistics
Warrant	Writing for your reader(s)



DOMAIN V: RESEARCH SAMPLE QUESTIONS

[answers provided on Page 32]

1. Which one of the following is least helpful in determining whether a source is reliable and worth considering?
 - a. the publisher is a university press
 - b. the article is peer-reviewed
 - c. the author is a reputable scholar
 - d. the article includes several quotes from a well-known author
2. Doing your own research helps you judge the research reports you read. For instance, you read a newspaper article that states that, according to *The American Journal of Cardiology*, vitamin E supplementation increases coronary episodes in the elderly. Which one of the following questions, in this case, is least helpful in analyzing this report for accuracy?
 - a. Is *The American Journal of Cardiology* a peer-reviewed journal?
 - b. What were the specific methods used to collect the information and how were the original studies conducted?
 - c. Is this claim based on the primary source?
 - d. Is there a complete citation or bibliography list so I can look up the original research?
3. A basic guideline of research is to look at your argument as your readers would, since they may have a lot at stake in a different solution. Your readers are judging not just what you say but how you say it. Which of the following statements is false?
 - a. While you may criticize the conclusions of your source, don't downgrade the author.
 - b. Anticipate that your readers will question the accuracy of your research.
 - c. Take note of alternative positions in your sources (a different solution, cause, or line of reasoning) and choose those you need to address to keep a strong argument.
 - d. Conceding that you don't have all the answers to your research question is never a good approach, as it will cause readers to question all your arguments.
4. The following are important guidelines to follow when considering quotations in your research report except:
 - a. Block quotes are only necessary if your report has quotes from more than one primary source.
 - b. Use direct quotes rather than paraphrase when you use the work of others as primary data or when their words are particularly significant to your claim.
 - c. Work towards a balance; if you quote too often, your reader may feel you offer too little of your own work, but quote too little and they may think your claims lack sufficient evidence.
 - d. When quoting, use square brackets to indicate insertions and ellipses to indicate dropped words.
5. Which of the following statements about plagiarism is false?
 - a. Most writers who plagiarize do so inadvertently because they fail to take careful notes.
 - b. Using someone's ideas, but not exact words, without giving them credit is plagiarism.
 - c. If you paraphrase closely but do not quote exactly you do not need to cite the source.
 - d. You risk appearing to have plagiarized, even though you didn't, if you come up with an idea on your own, but then discover that someone else thought of it first and you don't cite the prior source.
6. Which of the following represents the best topic for a research report considering the basic principle of neither choosing a topic that is too broad or one that is too narrow?
 - a. the benefits of probiotic supplementation in food allergy
 - b. probiotics and intestinal health
 - c. probiotics and immunity
 - d. lactobacillus acidophilus response to dietary fiber after antibiotic treatment in those with low HCl



ANSWERS TO SAMPLE QUESTIONS

01

**Domain I: Food & Nutrition
Answers:**

- | | |
|------|-------|
| 1. a | 7. b |
| 2. a | 8. d |
| 3. c | 9. d |
| 4. b | 10. b |
| 5. d | 11. c |
| 6. a | 12. a |

04

**Domain IV: Nutrition in Practice
Answers:**

- | | |
|------|-------|
| 1. b | 7. c |
| 2. b | 8. c |
| 3. a | 9. b |
| 4. b | 10. b |
| 5. a | 11. a |
| 6. a | 12. d |

02

**Domain II: Fundamentals of
Anatomy, Physiology
& Biochemistry Answers:**

- | | |
|------|------|
| 1. a | 5. d |
| 2. c | 6. b |
| 3. c | 7. b |
| 4. b | 8. c |

05

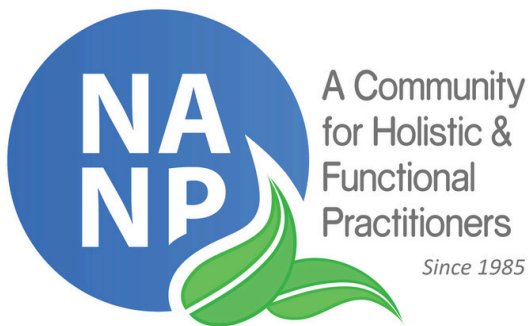
**Domain V: Research
Answers:**

- | | |
|------|------|
| 1. d | 4. a |
| 2. a | 5. c |
| 3. d | 6. a |

03

**Domain III: Counseling/
Ethics/Scope of Practice
Answers:**

- | | |
|----------|------|
| 1. False | 5. b |
| 2. c | 6. d |
| 3. d | |
| 4. b | |



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