



National Association of
Nutrition Professionals

EDUCATIONAL REQUIREMENTS

INDEPENDENT EDUCATIONAL REVIEW CHECKLIST

This checklist helps prospective applicants who did not graduate from an NANP-approved holistic nutrition program compare their completed education with NANP's requirements before deciding whether to pursue a formal Independent Educational Review for Professional Membership. The formal review verifies course content, educational hours and completion records.

Total requirement	24 semester credits	1,080 educational hours
Conversion	1 semester credit	45 educational hours

Educational hours include instruction and lectures, assigned reading, independent study, written assignments, research projects, and assessments.

Required subject areas

Subject	Credits	Hours	Required coverage
Anatomy and Physiology	3	135	Human anatomy and physiology as it relates to nutrition and healthy function. It may be taught as a standalone course or woven throughout a nutrition curriculum; combined coverage must total 135 hours.
Biochemistry	3	135	Biochemical principles relevant to human nutrition and function, including nutrient digestion, absorption and metabolism; energy production; enzymes and hormonal regulation.
Nutrition	6	270	Macronutrients; micronutrients; life-cycle nutrition, including men's and women's health across pediatric and geriatric stages; sports nutrition.
Nutrition and Pathophysiology	3	135	Nutritional support of the digestive, immune, cardiovascular, musculoskeletal, nervous, lymphatic and integumentary systems; environmental influences on health and disease; symptomatology involving insufficiency, excess and impaired metabolism.
Nutritional Counseling	6	270	Comparative dietary systems; diet analysis and planning; popular diets; whole foods; cultural influences; nutritional supplementation; health assessments; reviewing laboratory results; whole-food cooking; menu and meal planning.
Herbology	1	45	At least 30 herbs studied.
Business	1	45	Legal issues surrounding nutrition practice; practice development; ethics, standard of care and scope of practice; bioethics, including FERPA and HIPAA.
Research	1	45	Research methods and literacy as applied to holistic nutrition, including locating and evaluating credible sources, interpreting evidence and using appropriate academic referencing.

Documentation required for review

Official transcripts or other formal course-completion records; proof of graduation; certificates for relevant independent or short courses; course or program descriptions showing content and educational hours; and, where available, a direct link to the provider's program page. Naming a school or program without evidence of completion is not sufficient.

How to use this checklist

Compare your completed education with each subject area, its required hours and topics. Course titles do not necessarily need to match these headings; relevant learning may be distributed across more than one completed course. Relevant shorter courses may also contribute toward specific gaps when supported by formal completion evidence and sufficient course information.

Source: NANP Educational Review Handbook, 2026 revision, Holistic Nutrition Educational Curriculum Requirements. The formal review determines whether an applicant's submitted education satisfies NANP requirements.