

KETOGENIC NUTRITION TRAINING & CERTIFICATION PROGRAMSM



Program Overview

The overall objective of this program is to train professionals on the appropriate, safe, and effective therapeutic use of ketogenic nutrition to improve clinical outcomes in a broad range of chronic metabolic conditions. By translating cutting-edge nutrition science research into practice, this program will: 1) provide gold-standard training for nutrition and other healthcare professionals on the optimal use of ketogenic nutrition, including when it is of benefit and when it is contraindicated, and 2) raise awareness of the benefits of ketogenic nutrition when implemented under the direction of a trained healthcare practitioner.

The ketogenic diet (KD) is a growing area of nutrition science research and of public interest, but few vetted, science-based training programs for healthcare practitioners currently exist on how to properly implement a KD. The American Nutrition Association (ANA) has developed this online program to provide the robust standards needed to enable practitioners to best determine when ketogenic nutrition is indicated and how to implement it to personalize intervention and optimize outcomes. The program has been designed to meet the educational requirements for the Certified Ketogenic Nutrition SpecialistSM credential offered by the Board for Certification of Nutrition Specialists (BCNS).

Program Description

The program consists of 6 modules plus a final examination and is geared toward nutrition and other healthcare practitioners with nutrition in their scope of practice.

Modules 1 and 2 introduce ketogenic nutrition by addressing the history of the ketogenic diet and the basic foundations of the science in support of it, as well as an understanding of ketone metabolism and the general principles of dietary formulation. Module 3 will provide learners with the tools to assess, implement and monitor a ketogenic diet. Modules 4-6 will provide learners with the science to support the application of the ketogenic diet in select health conditions, including disorders of insulin regulation, cancer and neurological disorders.

See Appendix B for Curriculum Outline

PROGRAM STRUCTURE

Learners may choose from 2 distinct pathways of learning (see Appendix A)

1. **Foundational Ketogenic Nutrition:** Requires completion of modules 1 and 2; provides basic concepts to enable health coaches and nutritionists to adequately counsel clients for whom a ketogenic diet has been prescribed. No prerequisites are required, although a background in biochemistry or basic science is highly recommended.
2. **Certified Ketogenic Nutrition SpecialistSM:** Designed to meet eligibility requirements for the Certified Ketogenic Nutrition SpecialistSM credential, this pathway is for licensed healthcare practitioners with nutrition in legal scope of practice. The certification requires completion of all 6 modules and a passing score on the Certification Examination for Ketogenic Nutrition SpecialistsSM, to be offered by BCNS.

General Module Format

Each module in your ketogenic nutrition training program will provide you with:

1. Access to our online learning management system (LMS) so that you may learn at your own pace
2. Digital manual which you may download
3. Access to a set of supplemental reading, including journal articles, textbook references, blogs and videos
4. Additional readings for those wanting a deeper dive into any of the topics covered
5. PPT to provide overview and reinforce key learning concepts presented in the digital manual
6. Practitioner and patient handouts/tools, as applicable
7. Case studies, as applicable
8. Quiz to allow you to test your learning before proceeding on to the next module
9. Three (3) continuing education credits (CEs)

Approximate learning time: 8-10 hours per module

PROGRAM DEVELOPMENT

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APPENDIX A – PROGRAM ELIGIBILITY

Pathway	Who is Eligible	Pre-requisite	Requirement	CEs
Foundational Ketogenic Nutrition	Health coach Nutritionist or other healthcare practitioner	Background in biochemistry or general science recommended	Completion of Modules 1-2	6
Certified Ketogenic Nutrition SpecialistSM	Licensed healthcare practitioner with nutrition in legal scope of practice Degree in nutrition or dietetics	CNS, Master's Degree in Nutrition or Nutritional fundamentals prerequisite or equivalent	Completion of Modules 1-6 Passing score on BCNS ketogenic nutrition specialist exam	18

APPENDIX B – KETOGENIC NUTRITION CURRICULUM OUTLINE

Nutrition Fundamentals I:

Prerequisite for Certification

- Nutritional Biochemistry fundamentals
- Nutrients and Human Health
- Clinical Nutrition Assessment, Intervention and Monitoring fundamentals

Module I: Ketone Metabolism & Historical Clinical Evidence

- Overview of ketone terminology
- Metabolism from a carbohydrate restricted perspective
- History of the Ketogenic Diet

Module II: How to Formulate a Ketogenic Nutrition Plan

- The myth of a single diet
- Ketogenic diet formulation
- Food Lists
- Ketogenic Diet variants
- Troubleshooting and other common concerns

Module III: Assessment, Implementation and Monitoring

- Baseline assessment
- Contraindications
- Ketogenic diet implementation
- Monitoring and testing

Module IV: Disorders of Insulin Regulation

- Physiological roles of insulin
- Type 2 diabetes
- Type 1 diabetes
- Metabolic Syndrome
- Obesity
- Cardiovascular Disease
- Hypertension
- Gout
- PCOS
- Men's Health

Module V: A Case for Ketogenic Diet in Cancer Treatment Regimens

- Historical view of cancer
- Cancer origin theories
- Cancer treatment options
- Toward a cancer specific diet
- Current knowledge of ketogenic diets in cancer
- Diet formulation and special considerations

Module VI: Neurological Conditions

- Basic Neuron Structure and Function
- Brain Energy Metabolism
- Epilepsy
- Multiple Sclerosis (MS)
- Parkinson's Disease (PD)
- Alzheimer's Disease (AD)
- Traumatic Brain Injury (TBI)
- Amyotrophic Lateral Sclerosis (ALS)
- Migraine
- Obstacles to Healthy Neurological Function