Commission on Dietetic Registration
the credentialing agency for the Academy of Nutrition and Dietetics

Dietetic Technician, Registered Examination
Test Specifications and Study Outline
January 1, 2027 – December 31, 2031

Approved by CDR on June 25, 2025

The Dietetic Technician, Registered (DTR) Examination evaluates the knowledge, skills, and abilities required for minimally competent performance as a newly credentialed practitioner (e.g., DTR or NDTR).

I. Human Nutrition and Clinical Care for Individuals **40%**

- A. Fundamentals of Dietetics
- B. Screening and Assessment for Individuals
- C. Collaborative Monitoring and Evaluation with RD or RDN

II. Community Nutrition and Wellness **30%**

- A. Nutrition Needs Assessment of Groups and Populations
- B. Nutrition Interventions for Groups and Populations

III. Management and Foodservice Operations **30%**

- A. Menu Development
- B. Food Preparation and Production
- C. Sanitation, Safety, Facility, and Equipment
- D. Procurement and Supply Management
- E. Management Principles and Functions

I. DOMAIN I – Human Nutrition and Clinical Care for Individuals (40.0%)

A. Fundamentals of Dietetics

1. Describe sources and functions of nutrients and foods
    a. Deficiencies and excesses
    b. Macronutrients
    c. Micronutrients
    d. Phytochemicals
    e. Fiber
    f. Digestion and absorption
2. Describe the physical and chemical properties of food and fluids
    a. Water and other beverages
    b. Vegetables and fruits
    c. Sugars
    d. Flours, grains, and cereals
    e. Milk and dairy products
    f. Eggs
    g. Meats, fish, poultry, and meat alternatives
    h. Fats and oils
    i. Functional foods (e.g., berries, whole grains, fermentable foods)
    j. Genetically modified organisms (GMOs)
3. Describe nutrient and calorie needs at various stages of the lifespan
    a. Pregnancy and lactation
    b. Infancy (e.g., formulas, supplements, human milk)
    c. Childhood (e.g., toddler, preschooler, school age)
    d. Adolescence
    e. Adulthood
    f. Older adults
4. Demonstrate respect for cultural differences
    a. Religion
    b. Race and ethnicity
    c. Sexual orientation
    d. Gender identity
    e. Cultural influence on dietary practices
5. Identify the steps of the nutrition care process
    a. Assessment
    b. Diagnosis
    c. Intervention
    d. Monitoring and Evaluation

B. Screening and Assessment for Individuals

1. Conduct nutrition screening for individuals
    a. Purpose
    b. Documentation
    c. Nutrition risk tools (e.g., food security, malnutrition, sleep quality)
2. Obtain data used in nutrition assessment of individuals
    a. Anthropometric data (e.g., height, weight, head circumference, growth charts)
    b. Biochemical/laboratory
        1) Lab abbreviations
        2) Normal vs abnormal lab values
        3) Lab values related to disease states
    c. Nutrition intake
        1) Assessment method
            a. 24-hour recall
            b. Food frequency questionnaire
            c. Diet history
            d. Fluid status (I/Os)
            e. Interviews/verification
        2) Selection and communication of nutrition education
            a. Communication regarding plans with:
                i. Other healthcare personnel (e.g., team rounds and care conferences)
                ii. Patients and families, including informed consent
            b. Education

C. Collaborative Monitoring and Evaluation with RD or RDN

1. Monitor progress and update care plans for assigned patients
    a. Tolerance of diet and nutrition supplements
    b. Medication use/tolerance (e.g., Metformin, diuretic)
    c. Outcomes of nutrition interventions
2. Evaluate nutrient intake and eating habits
    a. Dietary patterns and food choices
    b. Intake and output
3. Document nutrition-related information
    a. Privacy and security of medical information (e.g., Health Insurance Portability and Accountability Act (HIPAA))
    b. Data collection and reporting
4. Communicate plan of care
    a. Selection and communication of nutrition education
    b. Patients and families, including informed consent
    c. Other healthcare personnel (e.g., coordination of care, care conferences)

II. DOMAIN II – Community Nutrition and Wellness (30%)

A. Nutrition Needs Assessment of Groups and Populations

1. Collect and analyze nutrition status indicators
    a. Age, gender, and ethnicity
    b. Specific and special needs of the community
    c. Nutrition risk factors
2. Collect and analyze community health and nutrition resources
    a. Food programs
    b. Public health programs
    c. Consumer education resources
3. Collect and analyze economic and social determinants of health
    a. Health care access
    b. Socioeconomic status
    c. Cultural identity and religious food requirements
    d. Lifestyles and preferences
    e. Food fads
    f. Level of education
    g. Nutrition knowledge and interest
    h. Food security
4. Assess educational readiness
    a. Motivational level
    b. Educational level
    c. Situational (e.g., environmental and economic)

B. Nutrition Intervention for Groups and Populations

1. Apply dietary guidelines and resources
    a. Dietary Reference Intakes (DRIs) (e.g., Recommended Dietary Allowances (RDAs))
    b. Diet instruction tools (e.g., food models, etc…)
    c. *Dietary Guidelines for Americans and Healthy People*
2. Refer to community programs and resources
    a. Supplemental Nutrition Assistance Program (SNAP)
    b. Title III Nutrition Services (e.g., Meals on Wheels, Congregate Meals)
    c. Child nutrition programs (e.g., National School Breakfast Program and National School Lunch Program)
    d. Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
    e. Expanded Food and Nutrition Education Program (EFNEP) and SNAP-Ed
    f. Other federal resources and food assistance programs (e.g., Child and Adult Care Food Program)
    g. Food banks and emergency food programs (e.g., food pantry)
    h. Collaboration with community partners
3. Implement nutrition education and training

a. Application of educational methods (e.g., activities, references, handouts, audiovisual aids)
b. Program promotion
c. Techniques and methods for target audiences (e.g., surveying audience needs and preferences)
d. Preparation and implementation (e.g., recruitment of participants)
e. Evaluation of program effectiveness (e.g., document findings, adjust/correct plan)
f. Communication and facilitation skills
    1) Interpersonal
    2) Group process
g. Methods of instruction (e.g., workshop, culinary demonstrations, grocery store tours)

4. Utilize nutrition recommendations to promote wellness and disease prevention
    a. Identification of desired outcomes and actions
        1) Evidence-based practice for nutrition intervention
        2) Assess nutrition information for validity
        3) Health and wellness promotion and risk reduction

III. DOMAIN III – Management and Food Service Operations (30%)

A. Menu Development

1. Identify types of menus
    a. Nonselective, selective menus
    b. Cycle, static menus
    c. Retail, restaurant, room service menus
2. Utilize menu substitutions
    a. Aesthetic factors (e.g., sensory, texture)
    b. Nutrient comparability
    c. Food allergies, intolerances, and sensitivities
    d. Cultural and religious considerations
    e. Specialized diet (e.g., therapeutic, texture modified, personal preferences)

B. Food Preparation and Production

1. Describe the principles of food preparation
    a. Functions of ingredients
    b. Techniques and methods
    c. Effects on food quality
    d. Effects on nutrient retention
    e. Food additives
    f. Considerations for special nutrition needs

2. Implement food production control procedures
    a. Recipe standardization and modification
    b. Cooking methods
    c. Ingredient control
    d. Portion control
        1) Yield analysis
        2) Costing
        3) Pricing

C. Sanitation, Safety, Facility, and Equipment

1. Apply appropriate operational safety practices
    a. Safety programs and practices (e.g., employee, customer, client, patient)
2. Apply appropriate food safety and sanitation practices
    a. Principles and practices of sanitation and infection control
        1) Contamination and spoilage
        2) Factors affecting bacterial growth (e.g., FATTOM)
        3) Food and equipment temperature control
        4) Food handling techniques
        5) Hazard Analysis Critical Control Point (HACCP)
        6) Personal hygiene
        7) Signs and symptoms of food borne illness
    b. Regulations
        1) Accrediting agencies (e.g., The Joint Commission, Center for Medicare & Medicaid Services (CMS), PHAB)
        2) Governmental (e.g., federal feeding programs, food and nutrition policies, congregate meals)
    c. Food quality, safety, and inspection
        1) Additives
        2) Crisis management (e.g., emergency/disaster preparedness)
        3) Documentation and recordkeeping
        4) Food allergies
        5) Temperature
3. Apply appropriate practices in equipment and facilities
    a. Flow of food
    b. Equipment specification
    c. Sustainability
        1) Food and water
        2) Non-food (e.g., plastic, paper, equipment and energy efficiency)
        3) Waste management (e.g., storage, reduce, reuse, recycle, disposal)

D. Procurement and Supply Management

1. Identify food and product systems
    a. Product and packaging selection
2. Utilize foodservice policies and procedures
    a. Purchasing systems, methods, and decisions
    b. Inventory management
    c. Forecasting food demand
    d. Ordering food and supplies
    e. Client satisfaction
    f. Quality assurance and improvement

E. Management Principles and Functions

1. Describe management principles
    a. Management Approaches (e.g., traditional, behavioral)
    b. Management Skills (e.g., technical, conceptual, human)
    c. Leadership (e.g., conflict resolution, problem-solving, decision-making, communication)
2. Identify budget fundamentals
    a. Budget types (e.g., operational, capital)
    b. Components (e.g., expense types, revenue streams, profitability)
3. Identify marketing strategies and market mix
    a. Product, Place, Promotion, Price
4. Identify organizational structures
    a. Organizational charts, job descriptions, specifications, and classifications
    b. Recruitment, selection, and orientation
    c. Diversity, equity, inclusion, and accessibility
5. Practice in accordance with scope and standards of practice
    a. Roles and levels of dietetics personnel (e.g., qualifications)
    b. Legislative process (e.g., funding and grants)
    c. Code of Ethics for the Profession of Nutrition and Dietetics