

Scope and Standards of Practice for Registered Dietitian Nutritionists in Food and Culinary

A complementary document to the Revised 2024 Scope and Standards of Practice for the Registered Dietitian Nutritionist

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This document uses the term RDN to refer to both registered dietitians (RD) and registered dietitian nutritionists (RDN) and the term NDTR to refer to both dietetic technicians, registered (DTR) and nutrition and dietetics technicians, registered (NDTR).

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INTRODUCTION

The Food and Culinary Professionals (FCP) Dietetic Practice Group (DPG) of the Academy of Nutrition and Dietetics (Academy) under the guidance of the Commission on Dietetic Registration (CDR) Practice Competence Committee, has developed the first Scope and Standards of Practice for Registered Dietitian Nutritionists in Food and Culinary (Scope and Standards in Food and Culinary). A focus area of nutrition and dietetics is a defined area of practice that requires focused knowledge, skills, and experience that applies to all levels of practice.¹ This document, along with the Code of Ethics² and 2024 Scope and Standards of Practice for Registered Dietitian Nutritionists (RDNs)³ can be used by RDNs to guide their practice and performance. These foundational documents describe how RDNs in Food and Culinary:

- are uniquely qualified to provide nutrition and dietetics care and services;
- demonstrate the knowledge, skills, and competencies for the provision of safe, effective, and quality care and services at the competent, proficient, and expert levels of practice; and
- use a systematic approach to benchmarking levels of proficiency and determining paths for knowledge and skill development for personal and professional advancement.

SCOPE OF PRACTICE

The Scope and Standards in Food and Culinary encompasses a range of roles, activities, practice guidelines, regulations, and the code(s) of ethics (eg, Academy/CDR, other national organizations, and/or employer[s] code of ethics) within which RDNs practice. Each RDN has a unique scope of practice with flexible boundaries to capture the breadth of the individual's professional practice, which is determined by initial and ongoing continuing education, training, credentialing, and experience.¹ Scope of practice may change throughout the RDN's career with professional advancement, expanded or revised roles within an organization, and additional training, certifications, and/or credentials (eg, Certified Culinary Medicine Specialist [CCMS],⁴ Certified Culinary Educator [CCE],⁵ School Nutrition Specialist [SNS]⁶) The Scope of Practice Decision Algorithm (www cdrnet org scope) guides credentialed nutrition and dietetics practitioners through a series of questions to determine whether a particular activity is within their scope of practice.⁷

STANDARDS OF PRACTICE

The 2024 Scope and Standards of Practice for the RDN serves as a blueprint for the development of the focus area scope and standards of practice for RDNs. As of 2026, there are 17 published focus area standards (based on the Scope and Standards of Practice for the RDN) that can be accessed through CDR's website at www cdrnet org focus.

The Revised 2024 Scope and Standards of Practice for the RDN serves as the foundation for the development of focus area scope and standards of practice for RDNs in competent, proficient, and expert levels of practice. While this document addresses the food and culinary focus area, it is with the expectation that RDNs using the focus area scope and standards are meeting the minimum competent level of practice outlined in the Revised 2024 Scope and Standards of Practice for all RDNs.³ Thus, the minimum competent level indicators are not repeated in this document unless they have been edited extensively to highlight their application within food and culinary.

The 2 scope and standards documents are intended to be used together.

The focus area Scope and Standards for RDNs in Food and Culinary provides:

- a guide for self-evaluation, change management, and expanding practice;
- a means of identifying areas for professional development;
- a tool for demonstrating competence in delivering food and culinary nutrition and dietetic services; and
- a resource to determine the education, training, and experience required to maintain currency in the focus area and for advancement to a higher level of practice.

The indicators are measurable action statements that illustrate how each standard can be applied in practice. (see [Figure 1](#)) The Scope and Standards in Food and Culinary were developed with input from, and consensus of, content experts representing diverse practice and geographic perspectives, and were reviewed and approved by the Executive Committee of the Food and Culinary Professionals Dietetic Practice Group and the CDR Practice Competence Committee.

The 2024 Scope and Standards of Practice for the RDN, along with focus area scope and standards do not supersede state practice acts (eg, licensure, certification, or title protection laws). However, when state law does not define scope of practice for the RDN, the information within these documents may assist with identifying activities that may be permitted within an RDN's individual scope of practice based on qualifications (eg, education, training, certifications, organization policies, clinical privileges, referring physician-directed protocols or delegated orders, and demonstrated and documented competence).

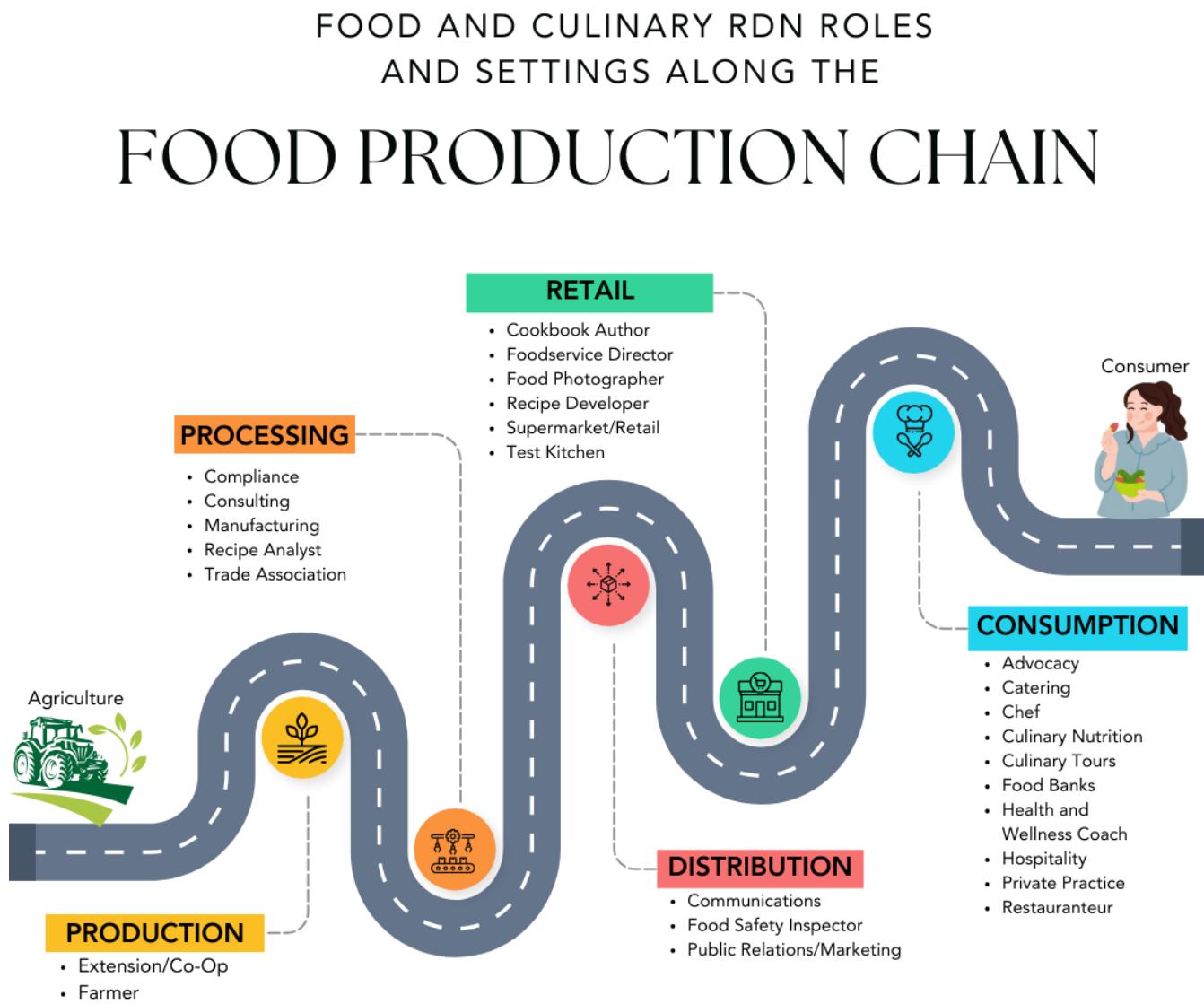
SCOPE OF PRACTICE OF THE FOOD AND CULINARY FOCUS AREA AND OVERVIEW

Food and culinary RDNs are well positioned to improve eating patterns and strengthen adherence to dietary recommendations. By applying their expertise in flavor, texture, and presentation they enhance mealtime enjoyment⁸ through appealing food choices that support better nutrition outcomes.^{9,10}

RDNs with a food and culinary focus serve a wide range of populations through roles in clinical, community, academia, foodservice, hospitality, and industry settings.¹¹ They support individuals managing conditions like diabetes, heart disease, and food allergies and intolerances; design meal plans for diverse groups ranging from elite athletes to older adults; and nurture healthy eating habits throughout the life cycle. Their support could include creating culturally sensitive cooking resources (eg, menus, cookbooks, and recipes) and enhancing foodservice operations in restaurants; schools, colleges and universities; health care facilities; and community kitchens. Food and culinary RDNs may also address broader food and nutrition issues by promoting food literacy,¹² improving access to varied nutritious options, and shaping food system policies. For example, menu labeling policies highlighting calories in restaurant chain offerings can influence consumer behavior and encourage healthier choices, emphasizing the importance of RDN involvement in policy development and advocacy.^{13,14} RDNs in food and culinary often lead public health initiatives, contribute to product development, and advance research and education in nutrition. Food and culinary RDNs work with diverse populations, including consumers, foodservice clients, and communities engaged in sustainable programs, as well as industry and media partners.

As RDNs in food and culinary practice often engage with multiple areas of expertise across the food system, they are responsible for practicing within their individual scope of practice. To ensure competence in new or overlapping areas, RDNs may refer to the scope and standards of practice (www.cdrnet.org/focus) to assess whether their knowledge, skills, and training support safe and effective practice. Figure 2 illustrates the range of professional roles that food and culinary RDNs may hold throughout the food system.

Figure 2. Food and Culinary RDN Roles and Settings Along the Food Production Chain



During the past decade, food and culinary RDNs have transformed their roles to meet evolving consumer needs, technological advancements, and a growing concern about health promotion, disease prevention, and sustainability. They play a key role in personalized food and nutrition consultation, using tools like software programs (apps) and artificial intelligence (AI), both in person and via telehealth to create customized meal plans that align with dietary preferences, health goals, and cultural values.¹⁵ They also use social media and digital platforms to provide education and outreach, making nutrition guidance easier to access and more engaging. Cultural competence¹⁶ and culinary innovation are integral to these changes. Food and culinary RDNs incorporate global cuisines into dietary strategies, ensuring food choices and menus resonate with diverse audiences and cultural traditions. They may incorporate trends such as plant-based cooking,

techniques for example fermentation, and ingredients like functional foods (ie, foods that offer health benefits beyond basic nutrition such as improving heart, gut, or immune health; examples include yogurt with probiotics for digestion, or fish rich in omega-3 fats for heart health)¹⁷ into their practice or work alongside chefs, product developers, and food technologists to create new products.

Educational Trends

RDNs seeking to transition into a food and culinary professional career can leverage their nutrition expertise by gaining hands-on culinary skills and experience in recipe development, food styling, and menu planning. Beneficial experiences include working in test kitchens or attending culinary education in formal programs or continuing education opportunities such as webinars or workshops. Collaborating with professionals in the industry, such as chefs, food companies, food marketers or digital media specialists to create and share nutritious and appealing recipes can help build the credibility and career network of RDNs wanting to work in the food and culinary space. Pursuing activities like food writing, photography, or public speaking can showcase expertise and create a pathway to roles in food media, product development, or culinary education.

Staying competitive in this evolving landscape calls for advanced academic work tailored to the complexity of today's food systems. Master's degrees that align with the career paths of food and culinary RDNs emphasize advanced knowledge in nutrition, culinary arts, food science, and public health and food safety. Education programs such as Food, Nutrition and Culinary Sciences Master of Science (MS) integrate culinary skills with evidence-based nutrition, while degrees in Food Science and Technology delve into the chemistry and the innovation behind food production. Public Health Nutrition¹⁸ programs focus on community health, nutrition policy, and food safety, while Sustainable Agriculture Programs focus on biotechnology and food systems from farm to fork.¹⁹ Additional options include degrees in Food Policy and Advocacy, which emphasize shaping food systems and policies; and Foodservice Management,²⁰ preparing graduates to lead foodservice programs in health care, education, or hospitality. Specialized educational pathways in Sports Nutrition and Exercise Science,²¹ and Integrative Health²² and Wellness programs provide food and culinary professionals with the opportunity to expand their expertise and to craft innovative food experiences that support both physical performance and mental health. Using the focus area scope and standards of practice, (www cdrnet org/focus) RDNs in food and culinary integrate knowledge of nutrition science, exercise physiology, and holistic wellness approaches, becoming food and culinary experts that support the nutritional needs of active populations and individuals seeking comprehensive health strategies.

Collaborative practice

Food and culinary RDNs have expertise in food and culinary arts, which is the practice of preparing, cooking, and presenting food with attention to sensory aspects, nutrient composition, and cultural traditions.²³ At the same time, these RDNs may collaborate with professionals from various fields to address nutrition, health, and food system challenges such as sustainability and food security. In community and public health, they work with educators to deliver workshops and initiatives that transform complex nutritional science into practical advice.²⁴ In the food industry, they may collaborate with food scientists to align product development with health trends and regulatory standards,²⁵ or with marketing teams to ensure evidence-based, consumer-friendly messaging for food labels or advertisements. Food and culinary RDNs contribute to research and policy by collaborating with interdisciplinary scientists to explore the connections between eating patterns, health, and behavior. In sustainability and agriculture, food and culinary RDNs work with environmental scientists, farmers, regulators and the public, to educate and promote agricultural practices aligned with healthy food systems.^{19,26} They are not limited to one sphere of influence, rather they advocate for food policies that promote nutrition security on a local, regional, national, or global scale.

Dietetic Practice Group

The Food and Culinary Professionals (FCP) Dietetic Practice Group (DPG) of the Academy of Nutrition and Dietetics brings together nutrition experts who blend the science of nutrition with the art of cooking.²⁷ Food and culinary RDNs focus on enhancing knowledge and skills in food preparation, promoting culinary education, and advancing the role of food in health and wellness. To succeed in this specialty area, food and culinary RDNs draw on the competencies outlined in [Figure 3](#). Members translate complex nutrition concepts into practical strategies for enjoyable, healthful eating while supporting food innovation, menu development, and sustainable, culturally relevant practices. Food and culinary RDNs are a diverse network of professionals working across various domains, represented in 4 specialty subgroups: Agriculture, Supermarket & Retail, Restaurant & Hospitality, and Food Safety – Science –Regulatory. Many engage in the food and hospitality industry, creating innovative approaches to healthy dining and educating consumers about nutrition. Others focus on research exploring nutrient composition, food trends, and the connections between diet and health. Food and culinary RDNs collaborate and advise stakeholders on advances in food production technology; provide culinary demonstrations and farm tours; and educate at farmers markets. By fostering collaboration between culinary arts with health and nutrition science, they elevate the role of food in supporting health and well-being.

Figure 3. Food and Culinary Core Competency Areas



QUALITY PRACTICE

Quality services are a foundation of the Academy's/CDR's Code of Ethics and the 2024 Scope and Standards of Practice for RDNs. RDNs in all areas of practice are expected to provide quality evidence-based nutrition care and services that are routinely measured and evaluated to assure quality outcomes. These expectations are also held by consumers, third party payers, and regulatory agencies, as they utilize data to assess quality of facilities and to compare facilities' services to one another. Quality nutrition and dietetics services that demonstrate measurable outcomes and are incorporated into health care standards of care and provider practice settings also elevate the unique contribution of RDNs.

Code of Ethics

The Code of Ethics reflects the values and ethical principles guiding the nutrition and dietetics profession, and serve as commitments and obligations of the practitioner to the public, clients, the profession, colleagues, and other professionals.^{2,28} As the profession of nutrition and dietetics evolves, and more specifically the practices in the food and culinary focus area, new ethical situations may arise such as:²⁹

- Use of social media³⁰
- Online business platforms
- Disclosing conflicts of interest (eg, food company partnerships)³¹
- Avoiding deceptive marketing³²
- Proper citation of intellectual property^{2,33}
- Health equity^{34,35}
- Transparency in purchasing decisions³⁶
- Privacy concerns for online cooking classes³⁶
- Sustainability issues in foodservice operations³⁶
- Nudging in advertising (using subtle, indirect suggestions to influence consumer behavior towards one choice over another)³⁶
- Appreciation of diverse culinary traditions while avoiding cultural appropriation

To successfully navigate these challenges, RDNs need focus area knowledge, practice experience, and perhaps consultation with a knowledgeable professional colleague or legal counsel/risk management. When questioning the ethical implications of a situation, personal self-reflection is required to determine what information and/or resources are needed to act safely, appropriately, and to the benefit of the individual(s) or programs involved. Refer to ethics resources at www.cdrnet.org/codeofethics.

Principle 1 in the Code of Ethics states the following: “Recognize and exercise professional judgment within the limits of individual qualifications and collaborate with others, seek counsel, and make referrals as appropriate.”² The Scope and Standards in the Food and Culinary focus area are written in broad terms to allow for an individual practitioner’s handling of non-routine situations. The standards are geared toward typical situations for practitioners with the RDN credential. Strictly adhering to standards does not always constitute the best care and service. It is the responsibility of individual practitioners to recognize and interpret situations and to know which standards apply and in what ways they apply. RDNs may face pressure to promote products, services, or trends that are not evidence-based or that conflict with established nutrition guidelines. This challenge includes managing both personal branding and professional responsibility.

Competence

In keeping with the Code of Ethics,² RDNs can only practice in areas in which they are qualified and have demonstrated and documented competence to achieve ethical, safe, equitable, and quality outcomes.³⁷

Competence is an overarching “principle of professional practice, identifying the ability of the provider to administer safe and reliable services on a consistent basis.”³⁸ Lifelong learning and professional development enables practitioners to acquire and develop skills enhancing their competencies and levels of practice.

Competent practitioners at all levels of practice in food and culinary:

- understand and practice within their individual scope of practice^{1,3};
- use up-to-date knowledge, practice skills, critical thinking, judgment, and best practices;
- make sound decisions based on appropriate data;
- communicate effectively with patients, clients, customers, and others;
- critically evaluate and strengthen their own practice;
- identify the limits of their competence; and
- improve performance based on self-evaluation, applied practice, and feedback from others.

Professional competence involves the ability to engage in clinical or practice-specific reasoning that facilitates problem solving and fosters person-/client-/customer-/population-centered behaviors and participatory decision making.

Evidence-Based Practice

A competent RDN searches literature and applicable practice guidelines (eg, Academy Evidence Analysis Library [EAL], USDA Nutrition Evidence Systematic Review [NESR]) and assesses the level of evidence to select the best available research/evidence to inform recommendations. With high-quality, evidence-based practice and safety^{1,39} as guiding factors when working with patients, clients, customers, and/or populations, the RDN identifies the level of evidence, clearly states research limitations, provides safety information from reputable sources, and describes the risk of the intervention(s), when applicable. RDNs must evaluate and understand the best available evidence to be able to converse with the interprofessional team and other decision makers/stakeholders authoritatively and with transparency and accuracy; and must involve the patient/client/customer/population and caregivers in shared decision making. [See Figure 4](#) for Food and Culinary Resources.

Figure 4. Key Food and Culinary Resources (not all inclusive)

This list of resources is organized by subgroups: Certifications & Continuing Education, Professional Networks, Culinary Medicine/Nutrition and Regulation, Safety and Research. However, there is considerable overlap among the groups, and all resources may be valuable to anyone seeking knowledge, information, or continuing education opportunities.

Some resources may require membership or fees to access. Current at time of publication.

Resource	Link	Description
<i>Certifications & Continuing Education</i>		
American Culinary Federation (ACF)	https://www.acfcchefs.org/	Professional network for chefs; provides culinary certification. Resources include webinars related to culinary topics, recipes, and current trends in the industry
Culinary Institute of America (CIA)	<ul style="list-style-type: none">Undergraduate Academic Programs https://www.ciachef.eduGraduate Programs https://masters.culinary.edu/Continuing Education and Certifications https://www.ciaprochef.comLeadership Initiatives https://www.ciaindustryleadership.com	Culinary school offerings include academic degrees and continuing education resources related to culinary arts, foodservice management, and sustainable food systems. The CIA Leadership Initiatives hold conferences for professionals including events related to culinary medicine (Healthy Kitchens, Healthy Lives), foodservice operations (Menus of Change, Healthy Kids Collaborative) and international cuisine (Worlds of Flavor).
Health Meets Food – American College of Culinary Medicine	https://culinarymedicine.org/	Certification programs related to culinary nutrition, as well as curricular resources and an annual conference related to culinary medicine
Institute of Child Nutrition (ICN)	https://theicn.org/	Resources for professionals working in school nutrition including webinars, recipes, and resources on food safety and regulations
<i>Professional Networks</i>		
Culinary Nutrition Collaborative	https://www.culinarynutritioncollaborative.com	Education and training for dietitians and health professionals interested in culinary nutrition and food communication
Foodservice Management Education Council (FSMEC)	https://www.fsmecc.org/	Network of foodservice management educators offering research grants, teaching resources, a peer-reviewed journal, and continuing professional education opportunities such as webinars, Academy Food & Nutrition Conference & Expo sessions and annual meetings

Resource	Link	Description
International Association of Culinary Professionals (IACP)	https://www.iACP.com	Offers education, resources, and networking opportunities for professionals in food communication, including dietitians, chefs, and writers
Institute of Food Technologists (IFT)	https://www.ift.org/	A platform for collaboration and knowledge sharing, connecting professionals across different areas of the food system, including nutrition, agriculture, food processing, and food safety
International Food Information Council (IFIC)	https://IFIC.org/	Organization that promotes science-based nutrition and food safety information; resources include research findings and networks of experts in various food and nutrition fields
Les Dames d'Escoffier International (LDEI)	https://ldei.org/	LDEI is an international philanthropic organization of women leaders in the food, beverage and hospitality industries. LDEI offers continuing education focused on culinary, cultural, and food business issues.
National Farm to School Network	https://www.farmtoschool.org/	Network of professionals, producers, and community members that promote and advocate for locally produced foods in school foodservice settings
National Restaurant Association (NRA)	https://restaurant.org/	Resources including webinars, newsletters, policy information, and learning materials related to finances, sustainability and operations for all types of foodservice operations
Oldways	https://oldwayspt.org	Nonprofit organization dedicated to improving public health through cultural food traditions, Mediterranean diets, and whole foods by providing resources to help dietitians communicate about food through a cultural and culinary lens
Society for Hospitality & Foodservice Management (SHFM)	https://shfm-online.org/	Network of professionals in foodservice, with focus on business and industry operations; resources include mentoring, conferences, benchmarking data, and workshops
Teaching Kitchen Collaborative	https://teachingkitchens.org/	Network for teaching kitchen professionals, providing research and resources to promote culinary nutrition in communities and health care
Culinary Medicine/Nutrition		
American College of Lifestyle Medicine	https://lifestylemedicine.org/nutrition-as-medicine/	Research articles and continuing professional education related to Food As Medicine Initiatives and culinary nutrition
Food is Medicine Coalition	https://fimcoalition.org/	National coalition of nonprofit organizations that provide medically tailored meals (MTMs) and medically tailored groceries (MTGs), medical nutrition therapy, and nutrition counseling and education to people in communities across the country living with severe and chronic illnesses

Resource	Link	Description
Food As Medicine – Academy of Nutrition and Dietetics Foundation	https://www.eatrightfoundation.org/foundation/resources/food-as-medicine	Resources for developing, implementing, and evaluating food as medicine programs in retail and other settings
<i>Regulation, Safety, and Research (national and international government agencies)</i>		
Code of Federal Regulations	https://www.ecfr.gov/	The Code of Federal Regulations (CFR) is the official publication containing the general and permanent rules published in the Federal Register by the departments and agencies of the Federal Government.
Food and Drug Administration (FDA)	https://www.fda.gov/	For food and culinary professionals, the FDA provides information and guidance on food labeling, safety standards, nutrition regulations, recall updates, and educational resources on supplements and allergens
FDA Human Foods Program	https://www.fda.gov/about-fda/fda-organization/human-foods-program	A branch of the U.S. Food and Drug Administration that oversees food safety and nutrition activities
National Academies of Sciences, Engineering, and Medicine (NASEM)	https://www.nationalacademies.org/	Nonprofit that offers independent, evidence-based advice on food and nutrition, helping to shape health policy, education, research, and regulations in the U.S. and globally
United States Department of Agriculture (USDA)	<ul style="list-style-type: none"> FoodData Central https://fdc.nal.usda.gov/ Agricultural Research Service https://www.ars.usda.gov/ National Institute of Food and Agriculture https://www.nifa.usda.gov/ Food and Nutrition Service https://www.fns.usda.gov/ Food Safety and Inspection Service https://www.fsis.usda.gov/ National Organic Program https://www.ams.usda.gov/about-ams/programs- 	Branches of the U.S. Department of Agriculture overseeing production agriculture, nutrition programs, nutrient composition database, school meals, organic standards, bioengineered food disclosure, research and food safety

Resource	Link	Description
	offices/national-organic-program <ul style="list-style-type: none"> • National Bioengineered Food Disclosure Standard https://www.ams.usda.gov/rules-regulations/be 	
Dietary Guidelines for Americans (DGA)	https://www.dietaryguidelines.gov	Dietary recommendations updated every 5 years by the federal government that can guide menu planning, patient/ client counseling, and public health initiatives
Codex Alimentarius	https://www.fao.org/fao-who-codexalimentarius/en/	A collection of internationally recognized standards, guidelines, and codes of practice related to food safety and quality, developed by the Food and Agriculture Organization (FAO) and the World Health Organization (WHO)
Food and Agriculture Organization (FAO)	https://www.fao.org/about/about-fao/en/	Sets global standards and supports countries in developing sustainable agricultural, food, and nutrition policies. It is a source of data, technical guidelines, policy tools, and training materials
World Health Organization (WHO)	https://www.who.int/	Offers resources that guide evidence-based practices and public health nutrition policies including global nutrition guidelines and standards, policy briefs, technical reports on diet-related diseases, and tools for monitoring nutrition and food safety

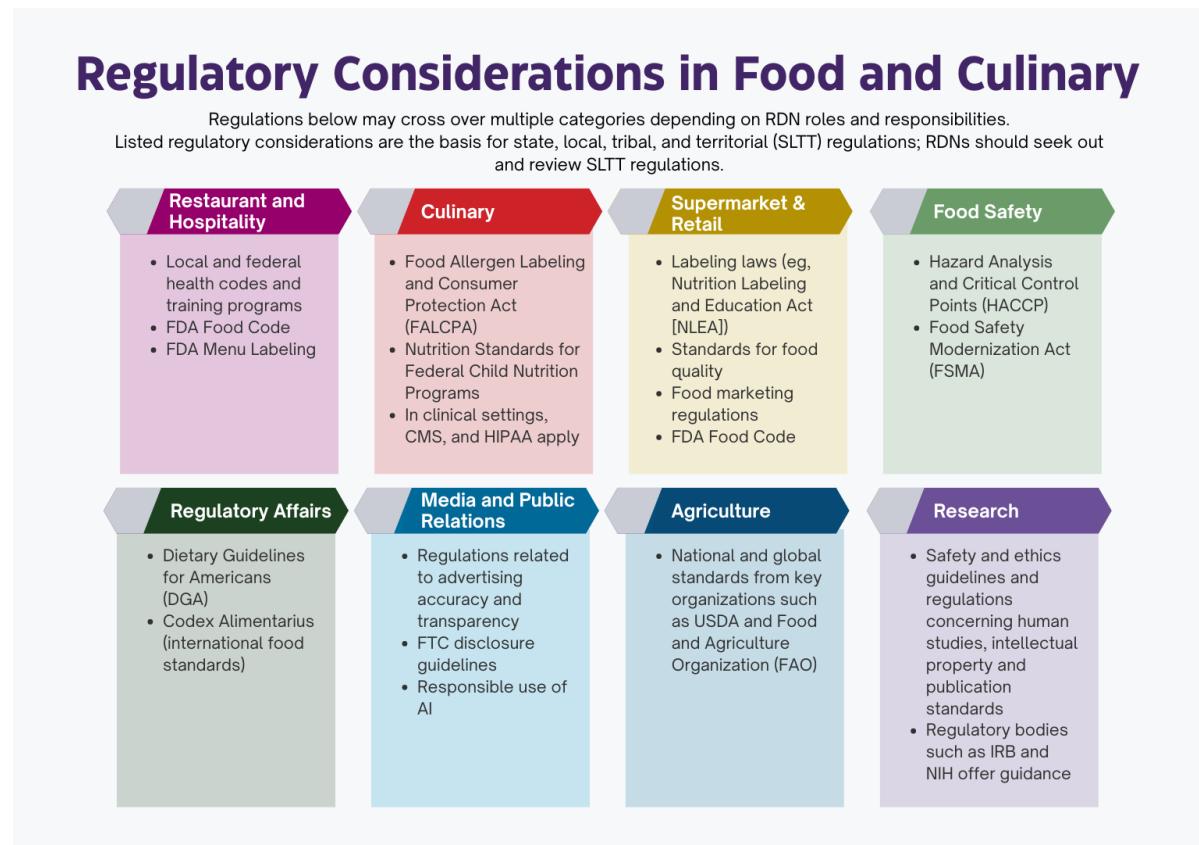
LAWS AND REGULATIONS SHAPING RDN PRACTICE IN FOOD AND CULINARY

Laws and regulations specific to an RDN's area(s) of nutrition and dietetics practice may impact roles and/or responsibilities. RDNs are responsible for adhering to and implementing all applicable laws, regulations, and standards related to their specific practice area(s) and responsibilities, department, organization, and other programs within their area of responsibility. If a task is delegated, the RDN is responsible for ensuring the task is completed by an appropriately trained and competent individual. The laws, regulations, and accreditation standards applicable to food and culinary are varied since their work covers a variety of fields; each area has its own set of regulations and guidelines.

In all areas, laws and regulations support and promote public health and safety, ethical practices, transparency, and trust in the food system (eg, Federal Food, Drug, and Cosmetic Act, Meat Inspection Act, Poultry Products Inspection Act, Code of Federal Regulations [CFR], FDA Food Code). They provide a framework for food and culinary professionals to follow, ensuring that their practices meet legal, scientific, and ethical standards. Below is an overview of regulatory considerations in various areas of practice, along with links to resources for further exploration.

The scope of food and culinary RDNs is shaped by a range of regulatory frameworks that influence all food and culinary sectors ([See Figure 5](#)). By understanding and navigating these complex rules and guidelines,⁹ RDNs working in food and culinary help improve public health, ensure food safety, and drive innovation reflecting the multifaceted impact of their roles. In food and culinary, there are specific areas to keep in mind when reviewing laws and regulations: state licensure laws,^{40,41} food safety regulations (eg, FDA Food Code⁴² compliance, food allergen awareness and labeling, school foodservice, Centers for Medicare and Medicaid Services),⁴²⁻⁵⁴ food manufacturing, supermarkets, and retail (eg, nutrition labeling laws, standards for food quality and marketing regulations),⁴² regulatory affairs at the local, state, tribal, national and international levels,⁵⁵ media and public relations,⁵⁶ agriculture,⁵⁷ and research.^{58,59}

Figure 5. Regulatory Considerations in Food and Culinary



RELATIONSHIP OF THE RDN WITH THE NDTR AND SUPPORT STAFF IN DELIVERING HIGH QUALITY NUTRITION CARE AND SERVICE

NDTRs can be a key part of food and culinary practice as they bring practical skills and expertise that strengthen the dietetics profession.⁶⁰ Through interprofessional collaboration, NDTRs can share their knowledge about food preparation, safety, menu planning, sustainability, and nutrition communication across all levels and areas of the Academy of Nutrition and Dietetics.⁶¹ This teamwork helps build a strong and inclusive professional community.

FRAMEWORK TO ADVANCE PRACTICE FROM COMPETENT TO EXPERT

The Dreyfus model⁶² identifies levels of proficiency (novice, advanced beginner, competent, proficient, and expert) ([Figure 6](#) Role Examples with Competency Delineation) during the acquisition and development of knowledge and skills. In nutrition and dietetics, the first 2 levels are components of the required didactic education (novice) and supervised practice experience (advanced beginner) that precede credentialing for nutrition and dietetics practitioners. Upon successfully attaining the RDN credential, a practitioner enters professional practice at the competent level and manages their professional development to achieve individual professional goals. This model can be used by RDNs to better understand the levels of practice described in focus area standards (competent, proficient, and expert).

Figure 6. Role Examples with Competency Delineation

To progress from competent to proficient to expert one must build on foundational skills and develop leadership and strategic influence. Here's how that progression might look: Refer to Roles Figure to see examples		
Example of Practitioner Roles: Typical Title	Typical tasks and responsibilities	How to use FCP Scope and Standards of Practice to assess professional skills and develop professional goals or advancement
Food Science, Food Safety & Regulation		
Competent Food Safety Manager (entry level) in ingredient or food product company	Conduct product testing, analysis, and documentation following established protocols (eg, FDA, USDA)	Attend workshops on food safety standards (like HACCP) to learn new technologies like digital logs and safety software to track compliance
Proficient Quality Assurance Manager	Analyze quality data to proactively prevent safety or quality incidents; develop and deliver training programs on food safety and regulatory compliance	Foster collaborations with mentors to develop problem-solving and decision-making skills in the field
Expert Director of Food Safety and Regulatory Affairs in national and multinational firms and consultancies	Set strategic direction for the company's food safety and quality assurance programs; engage with regulatory bodies on compliance issues and inspection outcomes; mentor managers and lead large teams or multiple facilities	Collaborate with professionals from various disciplines to enhance strategic planning, negotiation, and communication skills; consider advanced degrees (MS, MPH, MBA, or JD) and professional certifications (eg, Regulatory Affairs Certification [RAC])
Sustainable Agriculture		
Competent Farmers Market Community Nutrition Educator	Assist in creating sustainable, nutritious menus and help organize cooking demonstrations focused on using local, sustainable ingredients	Participate in FCP webinars or local extension programs related to agriculture and food systems
Proficient Farm-to-School Dietitian	Educate community on sustainable cooking techniques, food preservation, and waste reduction, and importance of restorative/regenerative agricultural practices	Gain experience working with foodservice or community nutrition programs that support local food initiatives or with advanced coursework and focus on food systems
Expert Sustainable Sourcing and Nutrition Advisor	Build partnerships with farmers, suppliers, and chefs to implement systems for waste	To continue performing at an expert level, check-in with key partners to share best practices and innovations; use standardized

	reduction, seasonal planning, and traceability	templates to track progress and set measurable goals
Retail & Supermarket		
Competent In-Store Dietitian	Deliver in-store and community-based nutrition education, including grocery store tours, cooking demonstrations, and wellness classes tailored to diverse populations	Develop expertise in specialized areas such as plant-based nutrition, food allergies, chronic disease management, or functional foods
Proficient Nutrition Marketing Specialist	Monitor the latest food and nutrition trends and integrate innovative approaches to health and wellness into the store's offerings; manage data collection on customer program engagement and health outcomes; oversee training for staff related to in-store nutrition initiatives	Develop leadership and mentorship skills by taking on leadership roles and responsibilities, such as leading wellness initiatives, collaborating with the marketing team on wellness campaigns
Expert Director of Health and Wellness Programs	Foster partnerships with health care providers, community organizations, and academic institutions to launch nutrition-related initiatives, health fairs, or research projects that elevate the supermarket's reputation as a health-focused brand	Communicate with senior management, marketing teams, store managers, and health-focused partners, on the outcomes of nutrition programs to demonstrate tangible benefits of nutrition, health and wellness programs
Foodservice & Hospitality		
Competent Menu Dietitian, K-12 School District	Develop menus, recipes, and training programs related to food production and National School Lunch Program (NSLP) nutrition standards; communicate regularly with food service managers, site managers, and chefs related to customer satisfaction, trends, and ideas for improvements in service; adapt menus for special dietary concerns such as allergies or cultural modification	Use standards to identify methods to improve recipe quality and consumer acceptability or create new operating procedures related to menus, such as including allergen or sustainability information
Proficient School Nutrition Program Area Manager	Supervise one large or several small unit kitchens according to department policies, overseeing front-of-house operations, including food quality and resolving customer concerns; interact with students to	Identify skills and topics for professional development (eg, financial analysis, program development) with goal of advancing to foodservice director or higher-level manager within the department

	collect feedback on menu items and communicate areas for improvement with the foodservice director; direct employee training and professional development	
Expert Unit Director, University Housing and Dining Services	Menu planning for multi-unit operations, including special events and educational class needs. Oversee multiple foodservice units, including front and back of house, student employees, and interns for hospitality or dietetics. Analyze financial data, budgets, and capital needs, creating standard operating procedures to meet internal policies and external regulations.	An expert practitioner can use the standards to design foodservice education modules for students, identify resources for new projects incorporating sustainability, and use the guidelines for proficient practitioners to evaluate managers within the unit.
Culinary Nutrition		
Competent Youth Program Culinary Nutritionist	Create and present healthy cooking demonstrations for students in after school programs; develop age-appropriate cooking activities to teach food safety, nutrition, and basic culinary skills for school age (K-12) students	Create and grow a professional network by using the Resources (Figure 4) table to identify guest speakers in other sectors of food and culinary, including sustainable agriculture or hospitality to grow a professional network
Proficient Public Health Culinary Nutrition Specialist	Design and present culinary demonstrations for a diverse population, ranging from diabetes wellness classes to food pantries and farmers markets; work with various stakeholders to modify existing culinary nutrition resources to meet the needs of target populations	Stay current on emerging technology such as online platforms, educational apps, and interactive tools to improve engagement and learning outcomes in environments where health promotion education takes place; form partnerships with community organizations, or nutrition-focused companies to develop real-world applications for clients
Expert Director of Health System Culinary Medicine & Teaching Kitchen Program	Design culinary nutrition classes, including menu development, recipe modification, and establishing learning objectives; design kitchen spaces for culinary nutrition classes, including specifying culinary equipment needed; recruit qualified professionals to lead classes in a teaching kitchen setting	Use the Resources (Figure 4) table to identify resources for developing culinary modules, networking opportunities, and benchmarking teaching kitchen practices

Competent-Level Practitioner

In nutrition and dietetics, a competent-level practitioner is an RDN who is either just starting practice in a professional setting or an experienced RDN recently transitioning their practice to a new focus area of nutrition and dietetics. A competent practitioner consistently provides safe and reliable services by employing appropriate knowledge, skills, behaviors, and values in accordance with accepted standards of the profession; acquires additional on-the-job skills; and engages in tailored continuing education to further enhance knowledge, skills, and judgement obtained in formal education.¹

All RDNs, even those with significant experience in other practice areas, must begin at the competent level when transitioning to a new setting or new focus area of practice. At the competent level, an RDN in Food and Culinary is learning the principles that underpin this focus area and is gaining experience and developing knowledge, skills, and judgement, in order to practice safely and effectively in diverse areas including hospitality, food safety and regulation, supermarket and retail, and culinary nutrition. This RDN, who may be new to the profession or an experienced RDN, has a breadth of knowledge in nutrition and dietetics and may have proficient or expert knowledge/practice in another focus area. For example, an experienced RDN could have a general clinical practice or a practice with responsibilities across several areas of practice such as clinical, community nutrition, consultation and business, education and food and nutrition management. In addition, while RDNs interested in food and culinary may work in a clinical setting, more often a workplace would be outside the traditional health care realm, in hospitality, supermarkets, regulatory agencies, or food manufacturing. With these non-traditional work sites, food and culinary RDNs may draw on a different set of skills than would apply in clinical settings. Specialized skills including hands-on culinary expertise, quality assurance, regulatory knowledge, and advanced communications skills may be needed at this level. However, the RDN new to the focus area of food and culinary must critically evaluate their current level of knowledge, skills, and experience against those required to practice in this focus area, and when needed, seek assistance from more experienced practitioners. The type of assistance required will depend on the practitioner's task-specific competence, and may include activities such as mentorship, discussion, resource review, or hands-on training and competency assurance. It is incumbent upon the practitioner to ensure competence for tasks performed. Useful resources for self-evaluation include position descriptions, the Scope and Standards in Food and Culinary and other related focus area scope and standards, applicable practice guidelines, and other focus area resources. Specific skills needed for the competent-level RDN are dependent upon the area of practice, however, each area of practice has competencies related to culinary skills, menu planning and communications, along with specialized knowledge and skills for each practice area. Refer to [Figure 6](#) for detailed examples of these skills in each practice area.

Proficient-Level Practitioner

A proficient-level practitioner is an RDN who has obtained operational job performance knowledge, skills, and practice experience in a focus area, and consistently provides safe and reliable services. This RDN is more skilled at adapting and applying evidence-based guidelines and best practices and can modify practice according to unique situations.¹ A proficient-level RDN practitioner has experience and has demonstrated the ability to integrate broader knowledge and refined skills in food and culinary practices. These RDNs have greater experience and expertise, allowing them to manage more complex situations and integrate advanced culinary knowledge into practice, such as designing programs, leading collaborative teams, managing business operations, and conducting training for foodservice employees.

The RDN may possess or be working toward acquiring a specialist credential, if available, to demonstrate proficiency in a focus area. Certifications are available in culinary-focused areas, such as Certified Culinarian (CC)⁶³ or Certified Sous Chef (CSC),⁶⁴ which are administered by the American Culinary Federation, a Certified Culinary Medicine Specialist (CCMS)⁴ or for RDNs working in higher education, a Certified Hospitality Educator (CHE)⁶⁵ credential.

Expert-Level Practitioner

Expert-level achievement is acquired through critical evaluation of practice, and feedback from others with additional knowledge, experience, and training.¹ Expert-level RDNs in food and culinary are recognized within the profession as they are able to combine dimensions of highly developed focus area knowledge and skills, critical thinking, performance, and professional values as an integrated whole to formulate effective and appropriate judgements that reflect their advanced practice.⁶⁶

An expert can quickly identify “what” is happening and “how” to approach the situation, and easily uses practice skills to demonstrate quality practice and leadership.¹ They not only develop and implement food and culinary nutrition and dietetics services, they also lead, manage, drive, and direct services; mentor colleagues and/or precept students/interns; engage in advocacy, conduct and collaborate in research; accept organization leadership roles; engage in scholarly work; guide interprofessional teams; and lead the advancement of food and culinary nutrition and dietetics practice. An expert practitioner may have an expanded and/or specialist role and may possess an advanced credential(s). Generally, the practice is more complex and has a high degree of professional autonomy and responsibility.

An expert level practitioner demonstrates mastery and innovation serving as a thought leader in the food and culinary focus area, often contributing to policy development, research, and education. Expert food and culinary RDNs can be leaders within their organizations, which may include large school districts, health care foodservice systems, government agencies, and university-level teaching and research departments. These RDNs routinely work in community settings, ranging from local food systems to global corporations or non-

governmental organizations (NGO). An expert-level practitioner contributes to advancing the field through leadership, research, and innovation while keeping a focus on the importance of nutritious, flavorful, and culturally relevant foods at the core of the message.

As a leader within an organization or institution, a food and culinary RDN may serve as a consultant or advisor to organizations, chefs, and food companies to shape food policy, product development, and culinary standards and develop evidence-based guidelines or standards of practice for integrating culinary arts into nutrition care and education. In a community setting, a food and culinary RDN may advocate for and implement community programs that address food insecurity and promote culturally relevant nutritious cooking practices, and innovate sustainable food systems by addressing challenges in local and global culinary and nutrition practices.

As a subject matter expert, an expert-level food and culinary RDN may be called upon to provide education in various settings, both formal and informal. This could be leading interprofessional teams in research and initiatives that merge nutrition science with culinary innovation, or teaching advanced culinary nutrition concepts to dietetic students, culinary professionals, and health care providers.

HOW ARE THE STANDARDS STRUCTURED?

Each of the 6 standards is presented with a brief description of the competent level of practice¹ and a rationale statement explaining the intent, purpose, and importance of the standard. Indicators provide measurable action statements that illustrate applications of the standard. The standards are equal in relevance and importance and are not limited to the clinical setting ([see Figure 1](#)). The term *appropriate* is used in the standards to mean: selecting from a range of best practice or evidence-based possibilities, one or more of which would give an acceptable result in the circumstances.

HOW CAN I USE THE STANDARDS IN FOOD AND CULINARY TO ELEVATE AND ADVANCE MY PRACTICE AND PERFORMANCE?

While the focus area standards in food and culinary are based on and complement the Standards in the 2024 Scope and Standards for RDNs, they provide additional guidance by providing focus area indicators for 3 levels of practice (competent, proficient, and expert) that are specific to RDNs practicing in food and culinary. The 6 standards and subsection titles presented in Figure 1 are from the 2024 Scope and Standards for the RDN, while the indicators for competent, proficient, and expert levels are specific to practice in food and culinary.

The indicators are measurable action statements that illustrate how each standard can be applied in practice. An “X” appears in the Level of Practice columns to indicate level of practice for each indicator. The depth with which an RDN performs each activity will increase as the individual moves beyond the competent level. Several levels of practice are considered in this document; thus, taking a holistic view of the Food and

Culinary Standards is warranted. It is the totality of individual practice that defines a practitioner's level of practice and not any one indicator or standard.

As practitioners progress through levels of competence from competent to proficient and proficient to expert, their ability to perform the activities described in the indicators becomes more nuanced. For example, an indicator marked "proficient" would be applicable to both proficient- and expert-level practitioners. The expert, because of more extensive knowledge and experience, is able to more readily adjust their approach based on the specific context of the situation, such as patient/client/customer goals, previous experience with similar situation(s), and knowledge of available resources. This approach is a hallmark of true expertise, showcasing the adaptability and depth of understanding that experts possess (see [Scope and Standards of Practice Learning Module](#) for Case Study examples). The indicators are refined with each review of these Standards as expert-level RDNs systematically record and document their experiences, often through use of exemplars. Exemplary performance of individual food and culinary RDNs that enhance customer/patient/client/population care and/or services can be used to illustrate practice models.

RDNs can use the 2026 Scope and Standards in Food and Culinary ([see Figure 1](#)) as a self-evaluation tool to support and demonstrate quality practice and competence.³⁷ More specifically, RDNs can use this document to:

- identify the competencies needed to provide safe, effective, equitable, and quality food and culinary services;
- self-evaluate whether they have the appropriate knowledge, skills, and judgement to provide food and culinary services for their current or desired level of practice;
- develop a continuing education plan where additional knowledge, skills, and experience are needed;
- demonstrate competence and document learning;
- apply applicable indicators and achieve the outcomes in line with work/volunteer roles, responsibilities, and desired outcomes;
- demonstrate value and competence by identifying additional indicators and examples of outcomes that reflect individual areas of practice/setting;
- enhance professional identity and provide a foundation for public and professional accountability as an RDN practicing in the food and culinary focus area;
- support efforts for strategic planning and change management, performance improvement or quality improvement projects, outcomes reporting, and assist management in the planning and communicating the nature of food and culinary nutrition and dietetics services and resources;

- guide the development of food and culinary nutrition and dietetics-related education and continuing education programs, career ladders*, job descriptions, standards of care and services, best practices, protocols, clinical models, competency evaluation tools, career pathways; and advocacy; and
- assist educators and preceptors in teaching students and interns the knowledge, skills, and competencies needed to work in food and culinary nutrition and dietetics, lead effectively in interprofessional teams/efforts, and grasp the full scope of this focus area of practice.

Practice Tips and Case Studies are helpful resources that credentialed nutrition and dietetics practitioners can use to guide their professional practice. Topics covered in this document with corresponding Practice Tips or Case Studies are marked with an asterisk (*). These resources can be found at <https://www cdrnet.org/tips>.

RDNs should review the Scope and Standards in Food and Culinary at determined intervals, as regular self-evaluation is important for identifying opportunities to improve and enhance practice and professional performance. RDNs are expected to practice only at the level at which have demonstrated and documented competence, which will vary depending on education, training, and experience.³⁷ RDNs are encouraged to pursue opportunities to collaborate and/or additional training and experience in order to maintain currency and expand individual scope of practice within the limitations of the statutory scope of practice.¹ [See Figure 6](#) for role examples of how RDNs in different roles and at different levels of practice may use the Scope and Standards in Food And Culinary.

The Scope and Standards in Food and Culinary can also be used as part of CDR's *Professional Development Portfolio* (PDP) recertification process,*^{67,68} to develop goals and focus continuing education efforts. CDR's PDP encourages RDNs to use the essential practice competencies to determine professional development needs, develop a learning plan for their 5-year recertification cycle, report completed continuing education, and assess their learning.^{67,69} For up-to-date information about the PDP recertification process, visit <https://www cdrnet.org/UniversalPDPGuide>.

EMERGING ISSUES

The Scope and Standards in Food and Culinary is an innovative and dynamic document. Each new iteration reflects changes and advances in practice, changes to dietetics education standards, regulatory changes, advances in technology, and outcomes of practice audits. Continued clarity and differentiation of the 3 practice levels in support of safe, effective, equitable, and quality practice in food and culinary remains an expectation of each revision to serve tomorrow's practitioners and their customers/patients/clients/populations. A continued focus on health equity, cultural humility,¹⁶ improving access to nutrition services for underrepresented groups and addressing health disparities is critical to food and culinary practice. Academy CEO Dr. Wylecia Wiggs

Harris (2024) stated, “As we move forward, our focus must remain on building strong, durable bridges that connect individuals, communities and systems to better nutrition and health.”⁷⁰

Food and culinary RDNs are uniquely situated to build these bridges in the realm of culinary medicine and related concepts such as “Food as Medicine”. This approach to health and wellness is not new to dietetics, rather, the field of health care has started to embrace what RDNs have advocated for years: that enjoyable food choices, cooking skills, and eating habits have an immense impact on health and well-being, especially related to chronic disease.^{4,71-74} Culinary medicine, the evidence-based field of medicine that integrates the art of food and cooking with the science of medicine to promote health and manage disease, is aligned with existing dietetics education and training for practitioners at all levels.⁷⁵ Currently there are no professional standards pertaining specifically to culinary medicine in any health care field; RDNs are leaders in the field collaborating with chefs and physicians in various settings ranging from hospitals to schools to community centers.⁷² Education and training related to culinary medicine is primarily offered outside of traditional dietetics programs, either through continuing education programs or other organizations such as The American College of Culinary Medicine that offers the Certified Culinary Medicine Specialist (CCMS)⁴ credential for health care professionals. The Academy of Nutrition and Dietetics Foundation also hosts resources related to Food as Medicine in retail settings, developed by the Nutrition in Food Retail Program Development (NFRPD) Fellowship program.

SUMMARY

RDNs face complex situations every day. Addressing the unique needs of each situation and applying scope and standards appropriately is essential to providing safe, timely, effective, efficient, equitable, person-/population-centered, quality care and service. All RDNs are advised to conduct their practice based on the most recent editions of the Code of Ethics for the Nutrition and Dietetics Profession, the 2024 Scope and Standards of Practice for RDNs, and applicable federal, tribal, state, and local regulations and facility accreditation standards. The Scope and Standards in Food and Culinary is a complementary document and a key resource for RDNs at all knowledge and performance levels. These standards can and should be used by RDNs who provide care and/or services to individuals with (or in) Food and Culinary to consistently improve and appropriately demonstrate competence and value, and as a professional resource for self-evaluation and professional development. Just as a professional’s self-evaluation and continuing education process is an ongoing cycle, these standards are also a work in progress and will be reviewed and updated every 7 years.

Current and future initiatives of CDR and the Academy, as well as advances in food and culinary services, will guide future updates by clarifying and documenting the specific roles and responsibilities of RDNs at each level of practice. As a quality initiative of CDR and the Academy FCP Dietetic Practice Group,

these standards are an application of continuous quality improvement and represent an important collaborative endeavor.

These scope and standards are intended to be used by individuals in self-evaluation, practice advancement, development of practice guidelines and specialist credentials, and as indicators of quality. These do not constitute medical or other professional advice and should not be taken as such. The information presented in the scope and standards is not a substitute for the exercise of professional judgment by the credentialed nutrition and dietetics practitioner. These scope and standards are not intended for disciplinary actions, or determinations of negligence or misconduct. The use of the standards for any other purpose than that for which they were formulated must be undertaken within the sole authority and discretion of the user.

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Figure 1. Standards of Practice

The Scope and Standards of Practice in Food and Culinary provides focus area-specific indicators intended to guide and expand practice for RDNs working in food and culinary settings. However, because many standards are not unique to a particular setting or focus area, RDNs using this document are also expected to review the primary indicators in the 2024 Scope and Standards of Practice for RDNs.

Unlike the 2024 Scope and Standards of Practice, which includes only competent-level indicators, this document provides indicators for multiple levels of practice (competent, proficient, and expert) indicated by the columns titled C, P, and E. Consider role(s) and responsibilities in job or volunteer activities to identify applicable indicators. Refer to the information below when determining which indicators are relevant to your specific level of practice:

- X in the “C” column: applies to competent, proficient and expert levels
- X in the “P” column: applies to proficient and expert levels
- X in the “E” column: applies to the expert level

Note: Terms such as customer, patient, client, individual, and population are interchangeable in this resource depending on the indicator wording. A term could also mean patient, client, individual, family, caregiver, participant, consumer, or any individual, group, or organization to which an RDN provides care or service.

STANDARD 1. DEMONSTRATING ETHICS AND COMPETENCE IN PRACTICE

Standard

The registered dietitian nutritionist (RDN) demonstrates competence, accountability, and responsibility for ensuring safe, ethical, and quality person-centered care and services through regular self-evaluation, and timely continuing professional education to maintain and enhance knowledge, skills, and experiences.

Standard Rationale

Professionalism in nutrition and dietetics practice is demonstrated through:

- evidence-based practice;
- continuous acquisition of knowledge, skills, experience, judgment, demonstrated competence; and
- adherence to established ethics and professional standards.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
1.1 Adheres to code of ethics				
1.1.1	Demonstrates ethical and responsible practices that adhere to the code(s) of ethics (eg, Academy of Nutrition and Dietetics [Academy] and Commission on Dietetic Registration [CDR], employer or facility code of ethics) (ie, disclosing conflicts of interest [partnerships with food companies], using culturally sensitive recipe names, acknowledging prior published materials in recipes) and are within individual scope of practice	X		
1.1.2	Evaluates personal biases and modifies behaviors to align with ethical principles in professional interactions	X		

Each RDN in Food and Culinary:				C	P	E	
1.1.3	Analyzes situations when errors occur, such as breaches in confidentiality, bias in decision-making, or inadequately informed consent, and revises practices based on self-evaluation and peer feedback to correct errors and prevent future conflicts		X				
1.1.4	Communicates potential conflicts of interest and financial relationships and incentives openly and transparently when recommending or promoting products (eg, product endorsements, research funding, food vendors)		X				
1.1.5	Adheres to ethical, legal, and professional standards in all communications (eg, recipe development, copyright, deference and sensitivity to cultural norms, employee-related policies and procedures)		X				
1.1.6	Develops workplace policies that incorporate ethical guidelines (eg, respect food heritage, support local agriculture)			X			
1.1.7	Develops training resources (eg, case studies, checklists) addressing ethical considerations specific to food and culinary settings (eg. evaluating and selecting suppliers or ingredients, assessing marketing claims, and labor practices)				X		
1.2 Ensures competence in practice							
1.2.1	Integrates evidence-based knowledge, contemporary culinary techniques, and food safety practices (eg, sous-vide cooking, interactive cooking demonstrations that emphasize food safety practices) into a cohesive culinary approach		X				
1.2.2	Cultivates a commitment to lifelong learning by: <ul style="list-style-type: none"> adapting to evolving trends and technologies in food, nutrition, and health (eg, attend food and nutrition conferences, complete continuing education focused on emerging technologies, subscribe to professional journals and trend reports) collaborating with other professionals 		X				
1.2.3	Provides or facilitates staff orientation and training on organization's policies and procedures, and expectations for quality (eg, conducts onboarding sessions or provides updates on standard operating procedures [SOPs] for recipe execution, plating, and portion control)			X			
1.2.4	Models advanced-level practice, leadership, and professional responsibilities (eg, serving on state and/or national advisory board(s), holding organization/corporate/system level positions)				X		
1.3 Adheres to laws and regulations							
1.3.1	Complies with local, state, tribal and federal regulatory requirements related to food safety (eg, health department inspections for retail, restaurants and institutions)		X				
1.3.2	Reviews and applies the Federal Trade Commission (FTC) disclosure guidelines (https://www.ftc.gov/news-events/topics/truth-advertising) and the Code of Ethics for the Nutrition and Dietetics Profession to ensure compliance with legal and ethical standards when using social media and artificial intelligence (AI)		X				
1.3.3	Compares the advantages and disadvantages of various technologies used in protecting privacy, confidentiality, and safety, and evaluates their relevance in different practice contexts		X				
1.3.4	Obtains consent to disclose participant details before sharing recipes or conducting/posting virtual cooking classes		X				
1.3.5	Develops guidelines, tools, and audits to monitor compliance with regulations for food procurement, storage and preparation (eg, Hazard Analysis Critical Control Point [HACCP], Food Safety Modernization Act [FSMA])			X			

Each RDN in Food and Culinary:			C	P	E
1.3.6	Provides guidance on domestic and international regulatory requirements for the marketing, labeling, and distribution of food products				X
1.4 Completes self-evaluation to identify needs for continuing education					
1.4.1	Reflects on personal performance through self-assessment, identifying areas for growth, and implementing strategies to improve professional knowledge and skills through ongoing education		X		
1.5 Pursues continuing education					
1.5.1	Creates a plan for growth (eg, earn Certified Culinary Medicine Specialist [CCMS] credential, attend culinary workshops) that align with career aspirations	X			
1.5.2	Participates in activities specific to professional goals (complete a course to improve knowledge in a specific nutrition area, master culinary techniques, stay current with regulations, food safety standards, and emerging nutrition research)	X			
1.5.3	Evaluates progress towards professional goals by identifying and engaging with mentors for feedback and guidance	X			
1.5.4	Evaluates progress toward professional development goals regularly and adjusts plans based on career and business opportunities arising from new technologies and food and culinary trends	X			
1.5.5	Develops or presents on professional development topics related to areas of expertise (eg, global food systems, international food laws, and cross-cultural nutrition practices)			X	

STANDARD 2. STRIVING FOR HEALTH EQUITY

Standard

The registered dietitian nutritionist (RDN) approach to practice reflects the value the profession places on health equity in all forms of interaction when delivering care and/or services to colleagues, customers, students/interns, and when interacting with stakeholders.

Standard Rationale

Health equity is at the core of nutrition and dietetics practice where:

- all individuals have the same opportunity and access to healthy food and nutrition;
- RDNs advocate for a world where all people thrive through the transformative power of food and nutrition; and
- RDNs work to accelerate improvements in health and well-being through food and nutrition.

*Locate additional competent-level indicators for all RDNs in the
[Revised 2024 Scope and Standards of Practice](#).*

Each RDN in Food and Culinary:		C	P	E
2.1 Addresses social determinants of health, nutrition security, food insecurity, malnutrition				
2.1.1	Investigates and uses knowledge of the individual's/target population's cultural beliefs and practices when designing menus and recipes, being considerate of culturally inclusive cooking equipment and methods	X		
2.1.2	Incorporates cultural food and nutrition learning goals into continuing education plan on a regular basis	X		
2.1.3	Assesses the presence of food deserts and availability and access to culturally relevant, seasonal, nutritious foods in local grocery stores, farmers markets, and food pantries		X	
2.1.4	Develops cooking demonstrations, workshops, or educational materials that celebrate diverse food traditions and highlight their nutrition benefits		X	
2.1.5	Creates menus and recipes for a target audience based on nutrition goals, considerations for cultural, ethnic, and religious preferences, as well as culinary skill level and food availability		X	
2.1.6	Provides meals that respect religious and ethnic dietary values and restrictions (ie, halal, kosher, vegetarian) in corporate cafeterias, hospitals, schools, catering		X	
2.1.7	Partners with those who have knowledge of cultural food traditions (eg, local chefs/elders/community members) to ensure authenticity in creating food demonstrations and/or educational materials		X	
2.1.8	Develops initiatives and resources that incorporate diverse agricultural and culinary traditions to enhance nutrition education, foodservice, and community-based programs, such as creating: <ul style="list-style-type: none">• tailored meal plans for corporate wellness programs that support both health outcomes and local food systems• professional training programs to educate credentialed nutrition and dietetics practitioners and other health care professionals about culturally relevant foods and their impact on health and sustainability			X
2.1.9	Advocates for and implements community outreach programs that address food insecurity and promote culturally relevant, nutritious cooking practices			X

Each RDN in Food and Culinary:			
		C	P
2.2 Promotes sustainability practices (eg, food systems, food/ingredient/supply choices)			
2.2.1	Recognizes the environmental impact of food choices and the importance of reducing food waste (eg, composting, upcycling, carbon footprint of ingredients, water use)	X	
2.2.2	Collaborates with interprofessional and community partners (eg, cooperative extension, retail food outlets, chefs, school foodservice professionals) to create and improve access to healthy food systems	X	
2.2.3	Encourages use of local and traditional food practices to enhance food system resilience and improve health outcomes (eg, heirloom crops, heritage diet patterns, indigenous fruits & vegetables)	X	
2.2.4	Explores use and acceptability of novel food sources (eg, alternative proteins, underutilized crops, restorative/regenerative agriculture practices, bioengineered foods) in sustainable food systems		X
2.2.5	Engages in research on sustainable nutrition and dietary patterns; examines health and environmental impacts of different diets (eg, plant-forward, Mediterranean, low carbohydrate) and food production methods (conventional, organic, controlled environment/indoor, aquaculture, permaculture)		X
2.2.6	Prioritizes purchasing and using local, seasonal, and sustainably produced ingredients to reduce the carbon footprint of transportation		X
2.2.7	Incorporates food sustainability and waste reduction strategies in menu planning, recipe development, and kitchen design (eg, energy-efficient appliances; portion control to minimize food waste; identify or design cycle menus to reflect local, seasonal ingredients; modify recipes to include more plant-based foods)		X
2.2.8	Identifies and suggests solutions related to food waste issues across the supply chain from farm to food processing, retail, food service, and the home		X
2.2.9	Advises on large scale (community, national, international) projects related to food system resilience and access to nutritious foods		X
2.3 Maintains awareness of public health and community nutrition/population health			
2.3.1	Demonstrates familiarity with factors that influence consumers' shopping habits by incorporating factors such as nutrition, location, cost, and convenience into the design of products and services	X	
2.3.2	Maintains a working knowledge of the political, environmental, economic, and social influences on food trends and access (eg, popular press, social media, industry newsletters, government reports)	X	
2.3.3	Incorporates agricultural learning objectives into nutrition education materials for the public (eg, typical production practices for plants and animals, as well as conventional, organic, and controlled environmental agriculture [CEA])	X	
2.3.4	Establishes relationships with professionals working within community food outlets and nutrition benefit providers (eg, Supplemental Nutrition Assistance Program [SNAP], Supplemental Nutrition Program for Women, Infants, and Children [WIC], farmers markets, school nutrition programs)		X
2.4 Recognizes the effects of global food and nutrition			
2.4.1	Identifies needs and barriers related to the global food supply chain, and sustainability (eg, natural disasters and climate change, regulatory discrepancies, disease outbreaks) that affect operations	X	
2.4.2	Identifies trends in consumer preferences and behavior (eg, functional foods, superfoods, fermented foods) reflective of various cultures	X	

Each RDN in Food and Culinary:		C	P	E
2.4.3	Evaluates purchasing decisions (eg, cost of items, menu offerings) based on global food supply conditions (eg, shortages, weather-related events, pandemics, animal health)		X	
2.4.4	Designs and implements culinary nutrition programs tailored to diverse populations and/or specific health conditions		X	
2.4.5	Participates in global nutrition initiatives (eg, culinary exchange programs, professional networks) that focus on international food and health issues		X	
2.4.6	Considers international dietary guidelines and how they compare to national recommendations when working with diverse populations		X	

STANDARD 3. ILLUSTRATING QUALITY IN PRACTICE

Standard

The registered dietitian nutritionist (RDN) provides quality services effectively and efficiently using systematic processes with identified ethics, leadership, accountability, and dedicated resources.

Standard Rationale

Delivery of quality nutrition and dietetics care and/or services reflects:

- application of knowledge, skills, experience, and judgement;
- demonstration of evidence-based practice, adherence to established professional standards, and competence in practice; and
- systematic measurement of outcomes, regular performance evaluations, and continuous improvement to illustrate quality practice.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
3.1 Incorporates quality assurance and performance improvement (QAPI) processes				
3.1.1	Performs QAPI activities according to defined performance indicators relevant to specific food and culinary roles (eg, monitor compliance with kitchen sanitation checklists, training logs, competency assessments, incident reports, attendance rates, program completion)	X		
3.1.2	Implements evidence-based changes to menus, recipes, or service workflows based on QAPI findings (eg, improving nutrient density, reducing food waste, increasing client/customer satisfaction)	X		
3.1.3	Publishes results of client/customer feedback, quality control data, or performance indicators (eg, cost savings, produce sales through grocery store recipe sampling)	X		
3.1.4	Applies U. S. Department of Agriculture (USDA) reports on nutrient intake to improve quality in meals (eg, student-acceptable menus that increase dietary fiber)	X		
3.1.5	Develops quality assurance projects using data analytics and consultation the interprofessional team (eg, plate waste analysis, customer satisfaction surveys, critical control point records)		X	
3.1.6	Evaluates staff and/or interprofessional team competencies in essential skills based on performance data (eg, skills checklists or task observations)		X	
3.1.7	Educes staff and/or interprofessional team on appropriate quality and safety initiatives (eg, evaluation parameters, customer feedback, new policies and programs)		X	
3.1.8	Shares program outcomes and impact with organization, customers, and other stakeholders (eg, pounds of food waste averted, food cost trends, sustainable procurement practices, reduction in energy costs from more efficient appliances)		X	
3.1.9	Updates training protocols using evidence-based guidelines to improve service quality and safety compliance (eg, Food and Drug Administration [FDA] Food Code, Centers for Disease Control & Prevention [CDC] foodborne illness surveillance)		X	

Each RDN in Food and Culinary:		C	P	E
3.1.10	Communicates written action plan and progress updates with relevant stakeholders (eg, nutrition services team, medical directors, quality assurance committees)		X	
3.2 Identifies and uses tools for determining/conducting quality improvement (QI)				
3.2.1	Analyzes customer demographic trends and purchasing patterns (eg, age groups, dietary preferences, allergen requests)	X		
3.2.2	Demonstrates the ability to use electronic systems (eg, surveys, nutrition apps, digital platforms) to collect and evaluate data on food service and dining quality (eg, participation rates, menu satisfaction, and nutrient intake)	X		
3.2.3	Assesses the effectiveness of programs and services by comparing nutrition and consumer feedback data against established performance goals using objective, data-based methods (eg, measure plate waste after implementation of reduced added sugar menu items)	X		
3.2.4	Uses digital tools (eg, apps, attendance trackers, and feedback forms) to evaluate the impact of nutrition education programs and track participant engagement	X		
3.2.5	Identifies and analyzes key performance measures for food, non-food, and labor costs, and uses findings to develop and implement actionable improvement plans (eg, plate waste, grocery tour enrollment numbers, meals per labor hour)		X	
3.2.6	Communicates actionable insights to culinary and management teams based on findings from QI processes (eg, preparing or purchasing gluten free, vegan, or low carbohydrate foods)		X	
3.2.7	Performs real-time workplace evaluations to determine best practices related to food production workflow and identifies areas for improvement		X	
3.2.8	Designs user-friendly food safety processes to promote practical implementation and sustained compliance		X	
3.2.9	Gathers and analyzes data on farm-to-table programs (farmers markets, farm to school, community gardens) and applies findings to strengthen local agricultural partnerships			X
3.2.10	Evaluates and updates food safety documentation to align with current regulatory standards and support ongoing performance improvement			X
3.2.11	Leads the development of performance improvement activities; designs and implements evaluation protocols, analyzes data, and implements improvements			X
3.3 Identifies measures and outcomes				
3.3.1	Identifies the appropriate quality improvement question, distinguishing whether it addresses product quality (eg, food attributes, safety, or consistency) or service quality (eg, timeliness, communication, or consumer satisfaction)		X	
3.3.2	Integrates data from food composition, safety, and surveillance databases into product assessments, compliance reviews, and food labeling		X	
3.3.3	Benchmarks organization performance outcomes with national standards (eg, food and labor costs per customer per day, customer satisfaction)			X
3.4 Monitors and addresses customer safety				
3.4.1	Identifies concerns and implements a plan of correction related to areas of deficiency (eg, food safety, sanitation, allergen labeling), collaborates with interprofessional team as needed	X		

Each RDN in Food and Culinary:		
	C	P
	E	
3.4.2	Uses industry trends (eg, food and supplement recalls and shortages, regulatory/survey deficiency areas) to guide organization/foodservice practices that reduce/prevent errors	X
3.4.3	Completes and uses results of risk analysis to plan activities to improve food safety compliance outcomes (eg, HACCP, Strengths, Weaknesses, Opportunities Threats [SWOT] analysis, inspection report data)	X
3.4.4	Leads, in collaboration with stakeholders, development of processes to identify and address safety concerns and hazards; and prevent errors (eg, state and local food safety infection control protocols)	X
3.4.5	Collaborates with federal, state, and local agencies to interpret epidemiological surveillance data and provide the public and stakeholders with accurate, timely updates on food recalls, supply chain challenges, and environmental risks	X

STANDARD 4. DEMONSTRATING LEADERSHIP, INTERPROFESSIONAL COLLABORATION, AND MANAGEMENT OF PROGRAMS, SERVICES AND RESOURCES

Standard

The registered dietitian nutritionist (RDN) provides safe, quality service based on customer expectations and needs; the mission, vision, principles, and values of the organization/business; and integration of interprofessional collaboration.

Standard Rationale

Quality programs and services are designed, executed, and promoted reflecting:

- RDN's knowledge, skills, experience, and judgement;
- knowledge of organization/practice setting operations, culture, and the needs and wants of its customers; and
- competence in addressing the current and future needs and expectations of the organization/business and its customers.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
4.1 Engages in collaborative ready practice				
4.1.1	Communicates effectively with stakeholders in foodservice operations, including chefs, managers, front of house staff, and customers	X		
4.1.2	Develops professional relationships in related fields such as sustainable agriculture, food procurement, and regulation	X		
4.1.3	Works with retailers and consumers to develop programs that increase awareness of healthy foods and nutrition information for customers		X	
4.1.4	Collaborates with community members, retailers, customers, and stakeholders to develop and provide programs that increase awareness of healthy foods (eg, farm to school programs, culinary nutrition programs)		X	
4.1.5	Provides expertise to state and local regulatory agencies (eg, health department) to create appropriate and effective workplace policies			X
4.1.6	Communicates food and culinary nutrition topics to professionals and fields outside traditional scope of practice (eg, expert panel or conference speaker)			X
4.2 Facilitates referrals				
4.2.1	Collaborates with interprofessional team to facilitate referrals when activity is outside of food and culinary scope of practice (eg, kitchen or manufacturing design, international trade law or food regulation, advanced clinical nutrition needs)	X		
4.2.2	Maintains interprofessional networks of health care and community service providers in food and culinary-adjacent fields (eg, medically tailored meal delivery, food banks, WIC, SNAP, farmers markets) to facilitate referrals		X	
4.3 Manages programs and services				
4.3.1	Reports on business indicators such as budget, food cost, and inventory	X		
4.3.2	Applies agricultural knowledge in procurement practices for foodservice operations (food production practices, organic standards, controlled environmental agriculture [CEA] systems)		X	
4.3.3	Manages operations including back-of-house production and front-of-house service in a variety of foodservice settings		X	

Each RDN in Food and Culinary:		C	P	E
4.3.4	Assesses food production claims (eg, organic, fair trade, animal welfare) when recommending and creating menus, recipes, and purchasing specifications		X	
4.3.5	Conducts nutrition analysis and evaluation of menus using various calculation methods and software (eg, The Food Processor [ESHA Research, Salem, OR, USA], NutriKids [Heartland School Solutions, Rochester, NY, USA])		X	
4.3.6	Manages effective delivery of culinary nutrition programs and services (eg, marketing and business planning, cost-benefit analysis, program administration, delivery of programs, materials development, program evaluation for a culinary nutrition program)		X	
4.3.7	Analyzes business operations through use of financial and operational data (eg, cost controls, customer sales data, profitability, and contribution margin of menu items)			X
4.3.8	Identifies issues and root causes of waste across the value chain from farm to food processing, retail, foodservice and the home			X
4.3.9	Serves as subject matter expert in retail food and restaurant business			X
4.4 Contributes to, manages, and/or designs food/nutrition delivery systems				
4.4.1	Creates menus, recipes, and signage that incorporate messaging related to food allergies and tolerances	X		
4.4.2	Uses FDA claims and terminology when marketing menu items and nutrition	X		
4.4.3	Evaluates menus using established food and nutrition guidelines (eg, Dietary Guidelines for Americans, USDA Food Guidance Systems, FDA Daily Values, and/or Diabetes Exchange Lists)	X		
4.4.4	Incorporates current and emerging culinary techniques and various cooking equipment in professional and consumer culinary education (eg, cooking demonstration, job trainings)	X		
4.4.5	Develops recipes and menus for specific age, health or special dietary requirements	X		
4.4.6	Implements validated culinary techniques (eg, steaming, roasting, sous vide) to enhance nutrient retention, food safety, and customer appeal	X		
4.4.7	Chooses food preparation techniques for optimal flavor, quality, and safety in creation of menus, recipes, and cooking demonstrations		X	
4.4.8	Creates policies and procedures that adhere to applicable laws, regulations, and food safety standards required for restaurants, retail outlets, and non-commercial foodservice operations (eg, menu labeling)		X	
4.4.9	Communicates function, characteristics, quality indicators and seasonality of ingredients to customers, clients, and colleagues		X	
4.4.10	Maintains working knowledge of beverages (alcoholic and non-alcoholic) including cooking uses, pairing with food, and health effects		X	
4.4.11	Creates recipes and menus that demonstrate flavor balancing within meals		X	
4.4.12	Engages in experiential learning activities related to flavor profiles and components of world cuisines, and characteristics, function, and selection of ingredients (eg, culinary classes, food tastings, farm tours)		X	
4.4.13	Creates and modifies standardized recipes for consumers and foodservice operations serving various populations (eg, restaurant, health care, school)		X	
4.4.14	Applies principles of plate composition and presentation in displaying food options for clients and customers		X	
4.4.15	Demonstrates advanced culinary skills through use of ingredients and cooking techniques for flavor development and enhancement (eg, grilling, reductions, herbs, spices, marinades)		X	

Each RDN in Food and Culinary:			C	P	E
4.4.16	Evaluates food products using advanced sensory analysis skills (eg, comparative tasting and evaluation of food, familiarity with the organoleptic properties of food, use of descriptive taste and flavor terminology)				X
4.4.17	Applies adult learning pedagogies to create effective programs in culinary nutrition (eg, experiential learning, gamification, goal setting & progress tracking)				X
4.5 Precepts, supervises, and engages in career laddering					
4.5.1	Develops standardized culinary education modules (eg, knife skills, healthy cooking demos) that can be delivered by support staff or interns that maximize staff time and educational impact	X			
4.5.2	Develops training and mentorship programs for students/interns, RDNs, chefs, and farmers, promoting evidence-based practices in sustainable agriculture and culinary arts		X		
4.5.3	Develops and/or provides instruction on programs, tools, and resources that assist RDNs to obtain advanced training or certification in food and culinary-related areas (eg, Certified Culinary Medicine Specialist [CCMS], School Nutrition Specialist [SNS], Certified Executive Chef [CEC])			X	
4.5.4	Identifies attainable goals in performance evaluations to empower employees to advance their careers (Specific, Measurable, Achievable, Relevant, and Time-Bound [SMART] goals), certification and skill recommendations, academic programs or certificates of training				X
4.6 Contributes to a healthy work environment (eg, safety, incident reporting, anti-bullying, personal protective equipment)					
4.6.1	Trains staff on proper food storage, handling, and preparation techniques to prevent foodborne illness, manage inventory (eg, minimize food, waste), and ensure food quality on the serving line	X			
4.6.2	Supervises training on proper foodservice equipment use, cleaning, and maintenance to ensure workplace safety		X		
4.6.3	Develops and implements protocols for reporting workplace injuries and monitors adherence		X		
4.6.4	Adapts training programs and workplace safety programs for skill level and cultural considerations of workforce			X	
4.6.5	Involves staff at all levels of production (dishroom, food prep, management) in the creation of training programs related to food safety, healthy work environment, and process improvement			X	
4.6.6	Identifies resources to resolve internal and external workplace challenges related to communication (eg, translation services, reading level adaptation, accessibility), streamlining workflows, and seeking support for necessary resources (eg, language translation)				X

STANDARD 5. APPLYING RESEARCH AND GUIDELINES

Standard

The registered dietitian nutritionist (RDN) applies, participates in, and/or generates research to enhance practice. Evidence-based practice incorporates the best available research/evidence and information in the delivery of nutrition and dietetics services.

Standard Rationale

Application, participation, and generation of research promotes:

- maintenance and enhanced familiarity with the peer-reviewed literature applicable to nutrition and dietetics and for specific populations and area(s) of practice to support evidence-based practice; and
- improved safety and quality of nutrition and dietetics practice and services.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
5.1 Engages in scholarly inquiry (ie, identifies and uses evidence-based publications and practice guidelines applicable to practice area; and contributes to process of research)				
5.1.1	Demonstrates the ability to distinguish between various research designs (eg, randomized controlled trials, observational studies, qualitative research) and apply appropriate methodology to food and culinary nutrition research	X		
5.1.2	Assesses the quality, validity, and applicability of research findings by interpreting study results, statistical significance, and potential biases in published literature	X		
5.1.3	Contributes to data collection, recipe testing, or nutritional analysis in food-related studies	X		
5.1.4	Translates complex research findings into practical culinary applications for groups such as foodservice teams, health care facilities, culinary educators, food industry professionals, and school nutrition and public health programs		X	
5.1.5	Conducts and publishes research studies on food science, nutrition, and culinary practices		X	
5.1.6	Contributes to the peer-review process for research projects and publications, and/or participates in Academy Evidence Analysis Library (EAL) workgroups in topic areas related to food and culinary		X	
5.1.7	Leads research related to food and culinary nutrition including: <ul style="list-style-type: none">• serving as a primary or senior investigator or expert advisor on collaborative research teams• serving as a primary or senior author of research and academic and/or organization position and practice papers or other scholarly work			X
5.2 Applies critical thinking and judgement for evidence-based practice				
5.2.1	Identifies, analyzes, and applies evidence-based resources (eg, research findings, industry best practices/trends, practice guidelines) in nutrition, food science, and culinary medicine to make informed decisions/recommendations	X		
5.2.2	Participates in professional groups or organizations focused on food and culinary nutrition research	X		
5.2.3	Integrates the best available research into practice by: <ul style="list-style-type: none">• weighing both the strengths and limitations of findings	X		

Each RDN in Food and Culinary:			C	P	E
	<ul style="list-style-type: none"> consulting with peers or subject-matter experts when facing challenges in evidence application 				
5.2.4	Applies research findings to inform menu development, recipe modification, ingredient selection and dietary recommendations that align with current evidence-based nutrition guidelines		X		
5.2.5	Summarizes and incorporates key research findings into practical applications for clients, foodservice teams, and culinary professionals		X		
5.2.6	Identifies gaps in available evidence-based resources, and uses a systematic approach to apply the most relevant scientific literature in situations where evidence-based practice guidelines are not established		X		
5.2.7	Establishes connections with researchers or industry professionals to exchange knowledge on food and nutrition research		X		
5.2.8	Collaborates with industry or academic partners on food and nutrition research projects, pilot studies, or program evaluations to contribute to the advancement of culinary nutrition practices		X		
5.2.9	Serves as a journal editor or editorial board member responsible for the publication of research and practice-related manuscripts in food and culinary topics			X	
5.2.10	Advocates for the integration of research-based nutrition principles in culinary education and training programs to elevate the quality of food and culinary professionals			X	
5.2.11	Leads interprofessional and/or interorganizational research activities and integration of research data into research-based resources, publications, and presentations for food and culinary professionals			X	

STANDARD 6. PROVIDING EFFECTIVE COMMUNICATIONS AND ADVOCACY

Standard

The registered dietitian nutritionist (RDN) effectively applies knowledge and expertise in communications with customers and the public, and in public policy advocacy efforts.

Standard Rationale

The RDN works with others to achieve common goals by effectively sharing and applying unique knowledge, skills, and expertise in food, nutrition, dietetics, and management services; and in contributing to public policy efforts by advocating for nutrition and dietetics programs and services. The RDN works with others to:

- achieve common goals by effectively sharing and applying knowledge, skills, and expertise in food, nutrition, dietetics, and management services; and
- contribute to public policy efforts by advocating for nutrition and dietetics programs and services that benefit patients/clients/customers, and individuals, customers, and the public.

Locate additional competent-level indicators for all RDNs in the Revised 2024 Scope and Standards of Practice.

Each RDN in Food and Culinary:		C	P	E
6.1 Engages in information dissemination through conversations, presentations, publications, media, social media with various audiences				
6.1.1	Communicates the connections between taste, flavor, nutrition, and the enjoyment of food and beverages to consumers through different channels (eg, social media, newsletters, cooking demonstrations)	X		
6.1.2	Identifies and communicates the environmental, economic, flavor and other relevant characteristics of food (eg, locally produced, artisanal, fresh, frozen, canned)	X		
6.1.3	Presents current research related to food and culinary practices at professional conferences (eg, Healthy Kitchens Healthy Lives, Teaching Kitchen Research Symposium)		X	
6.1.4	Uses various teaching and communication methods (eg, online classes, written recipes, cooking demonstrations) when conducting classes in culinary nutrition		X	
6.1.5	Works with traditional and social media to communicate relevant and trending food and culinary topics (including local and artisan foods, culinary trends, and nutritional benefits of cultural foods)		X	
6.1.6	Evaluates and interprets resources and shares key findings/outcomes with stakeholders (eg, public health trends; epidemiological reports; regulatory, programs and standards specific to food and culinary professionals; and education programs)		X	
6.1.7	Develops and presents programs and resources to communicate evidence-based practice to increase stakeholder knowledge and support		X	
6.1.8	Develops or manages systematic processes to: <ul style="list-style-type: none">• identify, track and monitor resources used by the population• assess impact on outcomes• communicate recommendations related to findings			X
6.2 Participates in advocacy and public policy engagement and outreach				
6.2.1	Identifies and promotes credible sources of information on food and culinary practices (eg, water stewardship, climate change, biodiversity, agricultural practices, biotechnology) to educate patients, clients and customers	X		

Each RDN in Food and Culinary:			C	P	E
6.2.2	Considers legal and regulatory issues specific to organization, facility or operation when designing programs (eg, menu labeling, HACCP, FSMA, purchasing guidelines)		X		
6.2.3	Collaborates with K-12 education programs to promote careers in food, culinary, and nutrition-related fields (eg, ProStart; Family, Career and Community Leaders of America [FCCLA])		X		
6.2.4	Participates in legislative activities including testifying or advocating with lawmakers to support proposed legislation or regulation related to food and culinary settings		X		
6.2.5	Leads initiatives connecting agriculture, culinary arts, and nutrition science to solve systemic issues (eg, food access, food sovereignty, and traditional foodways)				X
6.2.6	Contributes as an expert resource within the food and culinary community by: <ul style="list-style-type: none"> • serving as a media spokesperson • serving in leadership roles on local, state, regional, national, or international committees/task forces in professional, governmental, or community-based organizations • collaborating with and advising other health care practitioners, community agencies, and stakeholders on issues and topics related to food and culinary • identifying new opportunities for collaboration and leadership across discipline boundaries to promote the role and contributions of RDNs • leading efforts to influence support for issues impacting food and culinary 				X
6.2.7	Serves as a resource on regulations for local, state, tribal, and federal agencies (eg, FSMA, USDA guidelines, county health department)				X

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