Clinical Nutrition Science Primer FOR Nutrition Students & Professionals FOR THE Certified Nutrition Specialist Exam

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The American Nutrition Association is pleased to provide this primer to nutrition professionals, students, those interested in furthering their nutrition education and those preparing for the Certified Nutrition Specialist® examination.

Nutrition is pivotal in the maintenance of health, prevention of disease, and management of chronic conditions. Because the complex physical and chemical processes of metabolism that are necessary for the maintenance of health and well-being depend on nutritional status, the basic and applied nutritional sciences are integral to life sciences generally. In addition, the use of individual nutrients in therapeutic amounts increasingly is becoming incorporated into health maintenance and management.
NOTE ON PRIMER CONTENT

The core elements of clinical nutrition knowledge and practice are outlined in Sections 1 through 8 of this Primer. In some areas, extended comments have been included to provide a more substantial framework for self-study. The CNS Examination Content Outline is found on page 11.

The purchase of this Primer is not required for CNS certification and is not a guarantee of improved performance on or passing the CNS exam or obtaining the CNS certification.
TABLE OF CONTENTS

Reference List for CNS Examination Content Outline .................................................. 9
CNS Examination Content .................................................................................................. 11
Core Readings ..................................................................................................................... 18

Section 1: Foundation Disciplines in Nutrition ................................................................. 20
Section 1A: Anatomy and Physiology of the Digestive Tract ............................................ 21
  Mouth, Tongue, Teeth and Throat .................................................................................... 21
  Stomach ........................................................................................................................... 21
  Small Intestine ................................................................................................................. 22
    Common Bile Duct .......................................................................................................... 23
    Pancreatic Enzymes ....................................................................................................... 23
    Ectoenzymes .................................................................................................................. 24
    Pancreatic Bicarbonate ................................................................................................. 24
    Bile ................................................................................................................................. 24
    Mechanisms of Nutrient Absorption ............................................................................ 25
    Intestinal Barrier Function .......................................................................................... 26
    Measuring Intestinal Permeability ............................................................................... 27
    Restoration of Intestinal Barrier Function .................................................................. 27
    Glutathione – Intestinal Antioxidant .......................................................................... 27
    Glutamine – Primary Fuel Source for Enterocytes ...................................................... 28
Large Intestine .................................................................................................................... 29
  The Large Intestine and Dietary Fiber .......................................................................... 29
  Colon Ecology ................................................................................................................. 30
  Colon Nutrition ............................................................................................................... 32
  Disturbance of Colon Ecologic Harmony ..................................................................... 32
  Restoration/Maintenance of Colon Ecologic Harmony ............................................... 34
  The Nervous System and Digestive Physiology ............................................................. 36
  Development and Digestive Physiology ......................................................................... 36
  Sample Questions, Section 1A ....................................................................................... 37

Section 1B: Endocrine Regulation of Metabolism and Eating Behavior ......................... 38
  Insulin ............................................................................................................................... 38
  Glucagon .......................................................................................................................... 39
  Carbohydrate Starvation ............................................................................................... 39
  Glucocorticoid Hormones .............................................................................................. 39
  Epinephrine ...................................................................................................................... 39
  Thyroid Hormones ......................................................................................................... 39
  Ghrelin ............................................................................................................................... 40
  Leptin ................................................................................................................................. 40
  Adiponectin ....................................................................................................................... 40

Section 1C: Genetics and Nutrient-Gene Interactions ....................................................... 41
  Mendelian Inheritance .................................................................................................... 41
Nutrient-Gene Interactions

Section 1D: Organic Chemistry
   Carbohydrates
   Proteins and Amino Acids
   Lipids
   Nucleic Acids
   Alcohols
   Organic Acids
   Vitamins
   Minerals
   Sample Questions, Sections 1B – 1D

Section 1E: Dietary Enhancement
   Food Substitutes and Food Additives
   Fortification, Nutrification and Supplementation
   Sample Questions, Section 1E

Section 1F: Non-Enzymatic Chemical Reactions

Section 1G: Nutritional Biochemistry (Enzymatic Chemical Reactions)

Section 1H: Metabolism
   Carbohydrates
   Proteins
   Lipids
   Nucleic Acids
   Sample Questions, Sections 1F – 1H

Section 1I: Data Analysis Introduction to Biostatistics
   Introduction to Biostatistics
   Descriptive Analysis of Data
   Comparative Analysis of Data
   Interpretation of Results
   Mathematical Modeling (Simulation)

Section 1J: Problem Solving

Section 1K: Nutritional Pharmacology
   Pharmacokinetics and Pharmacodynamics
   Bioavailability

Distribution
First-Pass Metabolism
Biotransformation
Section 4: Nutritional Requirements
   Section 4A: Nutrient Requirements Throughout the Life Cycle
      Term Neonate and Infant, not Premature or Small-for-Age
      Children
      Adolescents
      Adults
      Elderly
      142
   Section 4B: Modifications for Special Populations
      Traditional and Ethnic Dietary Practices
      Vegetarian Dietary Practices and Dietary Guidelines
      Food Allergies
      145
      Body Weight Control
      Physical Activity
      Competitive Athletics
      Suggested Additional Reading, Sections 4A & 4B
      Sample Questions, Sections 4A & 4B
      146
      147
Section 5: Nutritional Aspects of Disease Prevention
   Section 5A: Nutritional Epidemiology
      Dietary Causes of Disease
      Research Designs in Epidemiology
      149
      149
   Section 5B: Etiologic Relationships between Diet and Chronic Disease
      Nutritional Epidemiology
      Diet and Chronic Disease
      Eating Behavior
      Suggested Additional Reading, Sections 5A & 5B
      Sample Questions, Sections 5A & 5B
      150
      150
      152
      153
      153
Section 5C: Food Safety
   Food-Borne Illness
   Hazard Analysis and Critical Control Points (HACCP)
   Suggested Additional Reading, Section 5C
   Sample Questions, Section 5C
   154
   154
   155
   155
Section 5D: Nutrient/Nutrient Interactions
   Suggested Additional Reading, Sections 5D & 5E
   Sample Questions, Sections 5D & 5E
   156
   157
   161
Section 5E: Drug/Nutrient Interactions
   Suggested Additional Reading, Sections 5D & 5E
   Sample Questions, Sections 5D & 5E
   161
   161
Section 6: Therapeutic Nutrition
   Section 6A: Nutritional Requirements During Specific Disease Conditions
Sample Questions, Section 6A

Section 6B: Delivery of Therapeutic Nutrients
  Nutrition Support
  Enteral Nutrition
  Parenteral Nutrition
Sample Questions, Section 6B

Section 7: Nutrition Assessment
  Section 7A: Dietary Assessment
    Determination of Diet Composition
  Section 7B: Overall Health Assessment
    Nutrition History
    Anthropomorphic Measures
    Body Composition
  Section 7C: Assessment of Specific Nutritional Status
  Section 7D: Identification of Nutritional Disorders
    Sodium
    Potassium
    Calcium
    Acid-Base Imbalances
    Section 7E: Identification of Metabolic Disorders
      Amino Acid Disorders
      Carbohydrate Disorders
    Section 7F: Evaluation of Nutritional Needs and Dietary Adequacy
      Determination of Nutrient Requirements of an Individual
      Sample Questions, Sections 7A – 7F

Section 8: Professionalism: Professional and Practice Issues
  Professional and Practice Issues
  Professionalism
  Standards of Practice
  Important Nutritional Practice Skills
  Counseling for Change
Sample Questions, Section 8

Key to Sample Questions
Table of Daily Values
Appendix