

Bachelor Level Competencies for Nutrition and Dietetics

ACEND's Bachelor Level Competencies and Performance Indicators are organized hierarchically from broad learning expectations to more specific indicators.

- Level 1: The Units (e.g., Unit 1, Unit 2) are the broad content areas that describe a group of competencies and a focus area
- Level 2: The Competencies (e.g., 1.1, 1.2) follow and describe what learners should achieve within that unit. Competencies identify expected performance (knowledge, skill, and judgment)
- Level 3: The Performance Indicators are the sub-statements (e.g., 1.1.1, 1.1.2) that define each competency or the level of expected performance into specific, measurable skills that demonstrate how the broader outcome is applied in practice

Unit 1: Foundational Knowledge

1.1 Apply foundational sciences and knowledge in food and nutrition (S)

- 1.1.1 Describe nutrient metabolism, including the integration and regulation of macro- and micro-nutrition (K)
- 1.1.2 Apply organic chemistry and biochemistry knowledge to make informed food and nutrition decisions for medical nutrition therapy and optimal health (S)
- 1.1.3 Apply an understanding of social, physical, and behavioral factors that impact food and nutrition across the lifespan (S)
- 1.1.4 Integrate knowledge of molecular factors, including genes, proteins, and metabolites, in the development and management of disease (K)

1.2 Apply knowledge of pharmacology and pharmacokinetics to recommend, prescribe, and administer medical nutrition therapy (K)

- 1.2.1 Identify the classifications of nutraceutical and pharmacological agents and their actions on the body (K)
- 1.2.2 Apply knowledge of classifications, categories, and indications for commonly used medications and supplements (for example, weight management, hypertension, diuretics, cardiovascular disease, diabetes) (K)
- 1.2.3 Demonstrate understanding of pharmacokinetics as it applies to medications and supplements (K)

1.3 Apply an understanding of the impact of integrative and functional nutrition on disease, health, and wellness (S)

- 1.3.1 Explain how nutrients and nutrition supplements influence disease, physical activity, and wellness (K)
- 1.3.2 Evaluate the safety and efficacy of integrative and functional nutrition approaches and interventions (S)
- 1.3.3 Critically evaluate evidence-based literature to inform decisions about the use of integrative and functional nutrition (S)

1.4 Integrate research methods and principles into evidence-based practice (S)

- 1.4.1 Explain the steps of the research process (K)
- 1.4.2 Choose appropriate statistical methods, perform statistical analysis, and interpret results in various data analysis situations (S)
- 1.4.3 Evaluate research to support evidence-based decision-making and draw valid conclusions (S)

Unit 2: Community Services

2.1 Promote health and wellness for individuals and groups (S)

- 2.1.1 Engage in community outreach to address the nutrition-related needs of the target group (S)
- 2.1.2 Use nutrition and health coaching strategies to create a shared vision and goals with individuals (S)
- 2.1.3 Assess and monitor the effectiveness, adequacy, and quality of infant feeding practices (S)
- 2.1.4 Provide evidence-based breastfeeding education to promote human milk feeding, human lactation, nutrition, and well-being (S)

2.2 Design and implement a program that addresses the nutrition needs for health, wellness, and disease prevention (S)

- 2.2.1 Conduct a community needs assessment to identify the health status and behavior of the community and the gaps in resources and services (S)
- 2.2.2 Provide evidence-based education to address nutrition misinformation in a manner that supports informed decision-making (S)
- 2.2.3 Demonstrate an understanding of cultural differences as they pertain to patient/client care (S)

Unit 3: Leadership

3.1 Apply critical thinking to make ethical and evidence-based decisions (S)

- 3.1.1 Make decisions based on evidence-based practice and ethical principles (S)
- 3.1.2 Define the problem and determine steps for resolution (S)
- 3.1.3 Identify fundamental research concepts that inform evidence-based practice (K)

3.2 Demonstrate ethical and professional behaviors (S)

- 3.2.1 Apply knowledge of the professional Code of Ethics (S)
- 3.2.2 Maintain confidentiality and security when sharing, transmitting, storing, and managing protected health information (S)
- 3.2.3 Perform self-reflection to identify skills, strengths, knowledge, and experiences, and develop goals for self-improvement (D)
- 3.2.4 Identify and take steps to manage unethical, incompetent, and unsafe behavior (S)
- 3.2.5 Practice in a manner that respects patient/client needs (S)
- 3.2.6 Apply nutrition-related legislation, regulations, and standards of practice (K)

3.3 Apply leadership skills to guide practice (K)

- 3.3.1 Apply knowledge of leadership and management theories (K)
- 3.3.2 Gain an understanding of social cues and group dynamics to facilitate desired outcomes (K)

Unit 4: Nutrition Care Process and Medical Nutrition Therapy for Individuals

4.1 Conduct nutrition screening to identify health and nutrition-related problems (D)

- 4.1.1 Interview individuals and gather information from other sources, following established tools and guidelines (D)
- 4.1.2 Identify and prioritize needs based on screening results (S)

4.2 Conduct a nutrition assessment to inform the nutrition diagnosis (S)

- 4.2.1 Obtain diet history and the level of physical activity (D)
- 4.2.2 Select nutrition assessment tools for individuals and groups (S)
- 4.2.3 Recognize pertinent laboratory values and their impact on health and nutrition (S)
- 4.2.4 Address nutritional risk factors across the life span (S)
- 4.2.5 Conduct a nutrition-focused physical examination and interpret results (D)
- 4.2.6 Identify signs and symptoms of malnutrition and nutrient deficiencies and excesses (S)
- 4.2.7 Assess individual energy and nutrient needs based on physiology and health status (S)
- 4.2.8 Recognize and communicate the causes of disease and nutritional risks (K)
- 4.2.9 Develop a problem, etiology, signs and symptoms (PES) statement to communicate a nutritional diagnosis (S)

4.3 Develop an individualized plan of care that addresses nutrition care needs, diagnosis, and client/patient nutrition goals (S)

- 4.3.1 Develop goals that address nutrition care needs and diagnosis (S)
- 4.3.2 Create a nutrition prescription to address nutrition goals (S)

- 4.3.3 Describe the regulatory system related to billing and coding, what services are reimbursable by third-party payers, and how reimbursement may be obtained (K)

4.4 Create an intervention, monitoring, and evaluation plan to address nutrition diagnosis (S)

- 4.4.1 Evaluate and address the influence of food consumption on the development and management of diseases (S)
- 4.4.2 Address food-medication interactions and food allergies to ensure client/patient safety (S)
- 4.4.3 Apply medical nutrition therapy principles for the management of enteral and parenteral nutrition (S)
- 4.4.4 Explain the implications of genetic variation for nutritional needs and medical nutrition therapy (K)
- 4.4.5 Instruct clients/patients on self-monitoring blood glucose levels, with consideration of their diabetes medication, and the medical nutrition therapy plan (S)
- 4.4.6 Evaluate the impact of nutrition intervention on the nutrition diagnosis (S)
- 4.4.7 Document all elements of the nutrition care process following professional standards and organizational policies (S)

4.5 Apply counseling and behavior change theories to promote nutritional health and disease prevention (S)

- 4.5.1 Identify the benefits, risks, and limitations of counseling (K)
- 4.5.2 Apply counseling theories, psychological methods, and strategies that empower patients/clients to make changes (S)
- 4.5.3 Explain the effect of mental health on food behavior (K)

Unit 5: Foodservice

5.1 Apply sanitation and food safety principles in compliance with state and federal regulations (D)

- 5.1.1 Apply sanitation principles related to food safety, personnel, and consumers (D)
- 5.1.2 Demonstrate awareness of food regulations specific to the practice settings (K)
- 5.1.3 Adhere to policies and procedures to optimize food and water safety in compliance with state and federal regulations (D)

5.2 Design meals that promote health and disease management for various individuals and groups across the lifespan (D)

- 5.2.1 Develop and modify menus and meal plans to ensure acceptability and affordability, accommodating for age, dietary patterns, preferences, and health status (D)
- 5.2.2 Evaluate recipe acceptability using sensory evaluation methods (D)
- 5.2.3 Modify recipes and ingredients based on preferences, dietary needs, trends, seasonality, and product availability (D)

- 5.2.4 Design therapeutic diets applying food science principles (D)
- 5.2.5 Adjust recipes to scale for the desired quantity (D)
- 5.2.6 Modify recipes or develop a food product integrating principles of chemistry and food science (D)
- 5.2.7 Prepare infant formula and human milk safely and accurately to meet patient/client needs (S)

5.3 Manage the production, distribution, and service of quantity and quality food systems (S)

- 5.3.1 Perform functions related to purchasing, production, and service of food that meet nutrition guidelines, cost parameters, and health needs (S)
- 5.3.2 Perform human resource functions to achieve goals (S)
- 5.3.3 Perform foodservice budget activities to achieve financial goals (S)
- 5.3.4 Apply workplace safety principles to identify and mitigate safety hazards (S)
- 5.3.5 Analyze organizational needs, including workforce, equipment, space, and technology, to ensure sustainability (S)
- 5.3.6 Analyze the workflow design and make recommendations to improve system efficiency (S)
- 5.3.7 Develop disaster planning protocols to ensure safe and continuous food service (S)
- 5.3.8 Conduct a facility analysis of equipment based on resource availability, anticipated future growth, and sustainability (S)

5.4 Apply knowledge of purchasing, receiving, and storage of food products (S)

- 5.4.1 Identify inventory management principles to ensure food production needs are met (S)
- 5.4.2 Manage the process of receiving and storing products, demonstrating adherence to food safety code guidelines and regulations (K)
- 5.4.3 Manage the relationship between forecasting and production as it pertains to recipe needs and organizational demand (S)

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