

KETOGENIC NUTRITION TRAINING PROGRAM

Offered by the American Nutrition Association

Program Overview

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

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

Program Description

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

See Appendix A for Curriculum Outline

PROGRAM STRUCTURE

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

1. Foundational Ketogenic Nutrition

\$295

This course requires completion of modules 1 and 2, providing the basic concepts to enable health coaches and nutritionists to adequately counsel clients for whom a ketogenic diet has been prescribed by a Licensed Health Care Provider. No prerequisites are required, although a background in biochemistry or basic science is highly recommended.

2. Advanced Ketogenic Nutrition

\$695

This course requires the completion of all 6 modules and is intended for individuals who have a strong background in nutrition assessment, nutrition therapy, and biochemistry. It is designed for nutritionists and licensed healthcare practitioners with nutrition in their legal scope of practice.

This advanced training course is a required component for the Certified Ketogenic Nutrition SpecialistSM (CKNS) credential. After successful completion of the course, individuals will be eligible to apply for the Certified Ketogenic Nutrition SpecialistSM examination, leading to the credential.

General Module Format

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

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

Approximate learning time: 8-10 hours per module

PROGRAM DEVELOPMENT

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APPENDIX A – KETOGENIC NUTRITION CURRICULUM OUTLINE

Module I: Ketone Metabolism & Historical Clinical Evidence

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

Module II: How to Formulate a Ketogenic Nutrition Plan

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

Module III: Assessment, Implementation and Monitoring

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

Module IV: Disorders of Insulin Regulation

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

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

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

Module VI: Neurological Conditions

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

APPENDIX B – PROGRAM ELIGIBILITY

Pathway	Who is Eligible	Expected Time	Requirement	Qualifies for CKNS?
Foundational Ketogenic Nutrition	Health coaches, nutritionist and other healthcare practitioners	Approx. 16-20 hours	Completion of Modules 1-2	NO
Advanced Ketogenic Nutrition	Nutritionists and other Licensed healthcare practitioner with nutrition in legal scope of practice	Approx. 48-60 hours	Completion of Modules 1-6	YES

APPENDIX C – CERTIFIED KETOGENIC NUTRITION SPECIALIST (CKNS) Offered by the Board for Certification of Nutrition Specialists (BCNS)



Education Requirements

The candidate must meet the following criteria–

Hold either a:

1. Masters of Science degree in the field of nutrition or dietetics from a United States regionally accredited college or university, or its foreign equivalent; or
2. Doctoral degree in the field of nutrition, dietetics, related health science or medicine, from a United States regionally accredited college or university, or its foreign equivalent; or
3. Certified Nutrition Specialist (CNS) credential or Registered Dietitian Nutritionist (RDN) credential or licensed/certified as nutritionist/dietitian (LDN, CDN); or
4. License as a healthcare practitioner in the U.S. with nutrition in legal scope of practice, including MD/DO, DC, ND, NP, PA, RN, PharmD, Doctor of Nursing or foreign equivalent.

AND

1. Have completed all six modules of the American Nutrition Association (ANA) Certified Ketogenic Nutrition Specialist Training course.

“Regionally accredited” means an institution that was accredited, at the time the degree was awarded, by a regional accreditation body in the United States which is recognized by the Council for Higher Education Accreditation and the United States Department of Education.

Degrees from institutions outside the U.S. must be from that country’s equivalent of a regionally accredited U.S. institution and translated. Licenses from countries outside of the U.S. must be translated and have nutrition in legal scope of practice.

Examination Requirement

The candidate must achieve a passing score on the Certification Examination for Ketogenic Nutrition Specialists, offered two times per year. The exam will be held online.

The Certification Examination for Ketogenic Nutrition Specialists is designed to test the knowledge and skills acquired by those who have successfully completed the educational requirements outlined above.

The examination contains 60 multiple-choice, single answer questions, and will cover the topics as outlined below.

APPENDIX C – CKNS EXAMINATION OUTLINE

Domain I: Ketone Metabolism & Historical Clinical Evidence 10%

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

Domain IV: Disorders of Insulin Regulation 15%

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

Domain II: How to Formulate a Ketogenic Nutrition Plan 25%

- Ketogenic diet formulation
- Ketogenic Diet variants
- Troubleshooting and other common concerns

Domain V: A Case for Ketogenic Diet in Cancer Treatment Regimens 10%

- Current knowledge of ketogenic diets in cancer
- Diet formulation and special considerations

Domain III: Assessment, Implementation and Monitoring 25%

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

Domain VI: Neurological Conditions 15%

- Epilepsy
- Multiple Sclerosis (MS)
- Parkinson's Disease (PD)
- Alzheimer's Disease (AD)
- Traumatic Brain Injury (TBI)
- Amyotrophic Lateral Sclerosis (ALS)
- Migraine

CERTIFIED KETOGENIC NUTRITION SPECIALIST (CKNS) RE-CERTIFICATION REQUIREMENTS

The BCNS supports the ongoing professional development of its certificants. The mandatory recertification process provides the opportunity to demonstrate the retention, reinforcement, and expansion of knowledge and skills pertaining to new advances over the full spectrum of ketogenic nutrition science and nutrition care.

Each CKNS must recertify their credential every five years. This includes obtaining 30 Continuing Education (CE) credits and submitting them to the BCNS for review. Individuals may earn CEs in a variety of ways, such as:

- Participating in professional and structured educational activity specific to ketogenic nutrition.
- Teaching ketogenic nutrition courses at a regionally accredited institution
 - Such courses are eligible for 1 CE credit per lecture hour.
 - Documentation of eligible teaching will consist of a letter describing the course and the number of lecture hours taught by the submitting CKNS.
 - A maximum of 15 CE credits can be awarded in this category.
- Authoring or co-authoring books and articles in the field of ketogenic nutrition. The following are eligible for CE credits at the listed equivalencies:
 - Advanced level professional book or textbook on ketogenic nutrition: 40 CE credits
 - Professional review article or book chapter that is published in a peer-reviewed journal or in an advanced professional book: 25 CE credits
 - Full original research article published in a peer-reviewed journal
 - Primary author: 10 CE credits
 - Contributing author: 5 CE credits
 - Abstract of a scientific work or case history published in a peer-reviewed journal
 - Primary author: 2 CE credits
 - Contributing author: 1 CE credit
 - Non-professional publication that is peer reviewed or reviewed by BCNS credentials council and based on rigorous scientific research
 - Primary author: 10 CE credits.
 - Contributing author: 5 CE credits
- Presenting on ketogenic nutrition at a conference
 - Such courses are eligible for 1 CE credit per lecture hour.
 - Documentation of eligible presentation will consist of a letter describing the presentation and the number of lecture hours taught by the submitting CKNS.
 - A maximum of 15 CE credits can be awarded in this category.

Exam and Credential Fees:

Application for examination: \$50 (non-refundable)

Examination: \$150

Re-certification: \$100 every 5 years