

ARE YOU AS A NUTRITIONIST PRACTICING LEGALLY?

To use the title “Nutritionist” in your practice, you must be a licensed nutritionist in the state of Minnesota. According to statute 148.624 Licensure; Renewal, having the title of licensed nutritionist and licensed and/or registered dietitians is **required** to provide nutritional care in these specific areas –

Subd. 10. **Nutrition care services.**

"Nutrition care services" means:

- (1) assessment of the nutritional needs of individuals or groups;
- (2) establishment of priorities, goals, and objectives to meet nutritional needs;
- (3) provision of nutrition counseling for both normal and therapeutic needs;
- (4) development, implementation, and management of nutrition care services; or
- (5) evaluation, adjustment, and maintenance of appropriate standards of quality in nutrition care.

Subd. 11. **Nutritional assessment.**

"Nutritional assessment" means the evaluation of the nutritional needs of individuals or groups based on appropriate biochemical, anthropometric, physical, and dietary data to determine nutrient needs and recommend appropriate nutritional intake.

Subd. 12. **Nutrition counseling.**

"Nutrition counseling" means advising and assisting individuals or groups on appropriate nutritional intake by integrating information from the nutritional assessment with information on food and other sources of nutrients and meal preparation consistent with cultural background and socioeconomic status.

Licensed Nutritionist Qualification Requirements

- Has received a master's or doctoral degree from an accredited or approved college or university with a major in human nutrition, public health nutrition, clinical nutrition, nutrition education, community nutrition, or food and nutrition; **and**
- Has completed a documented supervised pre-professional practice experience component in dietetic practice of not less than 900 hours under the supervision of a registered dietitian, a state licensed nutrition professional, or an individual with a doctoral degree conferred by a United States regionally accredited college or university with a major course of study in human nutrition, nutrition education, food and nutrition, dietetics, or food systems management. Supervised practice experience must be completed in the United States or its territories. Supervisors who obtain their doctoral degree outside the United States and its territories must have their degrees validated as equivalent to the doctoral degree conferred by a United States regionally accredited college or university; **or**
- Has received certification as a Certified Nutrition Specialist (CNS) by the Certification Board for Nutrition Specialists. Please see <http://cbns.org/> for CNS certification requirements.

Eligibility Requirements for the CNS® Credential

*A candidate for the Certified Nutrition Specialist® (CNS) credential must meet the following **four** requirements:*

1. **Academic Requirement**

The candidate must –

A. Hold either a:

1. Masters of Science or Doctoral degree in the field of nutrition from a United States regionally accredited college or university, or its foreign equivalent; or
2. Doctoral degree in a field of clinical healthcare (including, but not limited to, MD, DO, DC, DDS, Doctor of Nursing, ND, PharmD) from a United States regionally accredited college or university, or its foreign equivalent.

And

B. Have completed the following minimum for-credit coursework:

1. Nutrition (minimum of nine semester credit hours).

Examples of such course topics include but are not limited to: therapeutic nutrition, nutrition assessment, developmental nutrition, micro nutrients, macro nutrients, functional nutrition, nutrient depletion & drug/herb interactions, dietary supplements, nutritional disorders, pharmacology, and biomedical science courses that involve nutrition-related metabolic systems.

2. Biochemistry (minimum of six semester credit hours)
3. Physiology or Anatomy/Physiology (minimum of three semester credit hours)
4. Clinical or Life Sciences (minimum of twelve additional semester credit hours). These courses may be prerequisites for the above courses and include, but are not limited to: biology, micro-biology, chemistry, organic chemistry, botany.

“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.

2. **Supervised Experience Requirement**

The candidate must complete 1000 hours of documented supervised practice experience in nutrition in accordance with the following:

A. Supervisor Qualifications:

1. The following individuals may serve as a Supervisor, provided he/she has a minimum of three full-time years of clinical experience in nutrition care. Must meet at least one of the following criteria:

- i. Certified Nutrition Specialist;
- ii. Holder of a Masters of Science or Doctoral Degree in the field of nutrition with a state license or certification; or
- iii. MD or other doctoral-level licensed professional whose scope of practice includes nutrition

2. Supervisor(s) must be approved by the CBNS Credentials Council. Supervisor Approval Request Form must be submitted to the CBNS Credentials Council.

B. Structure of the Supervised Experience:

1. 1000 hours supervised experience must include minimum hours in each of the following categories:

- i. Nutrition assessment (minimum 200 hours)
- ii. Nutrition intervention, education, counseling, or management (minimum 200 hours)
- iii. Nutrition monitoring or evaluation (minimum 200 hours)
- iv. The remaining hours may be in any of the above categories.

2. The Supervisor must:

- i. Meet at regularly scheduled sessions with the supervisee;
- ii. Verify completion of the supervised program; and
- iii. Submit the CBNS Supervised Practice Experience Report for approval by the CBNS Credentials Council.

3. A variety of experience with multiple supervisors and settings may be combined to achieve the 1000 hours.

4. Supervised experience setting may be any that facilitates the above requirements, including but not limited to:

- i. Internship, residency, or clinical rotation
- ii. Clinical practice
- iii. Institutional setting
- iv. Community setting

The Supervised Experience may be completed after passing the CBNS Certifying Examination, however the candidate will not be awarded, and may not use, the CNS credential until the Supervised Experience is completed and approved.

3. CBNS Certifying Examination

The candidate must successfully complete the CBNS Certifying Examination.

4. Re-certification

To maintain the CNS credential, the individual must re-certify every five years and document 75 Continuing Nutrition Education credits, in compliance with the CBNS Continuing Education Policy.

148.631 PENALTY

A person who violates sections [148.621](#) to [148.633](#) is guilty of a misdemeanor. If a person other than a licensed dietitian or nutritionist engages in an act or practice constituting an offense under sections [148.621](#) to [148.633](#), a district court on application of the board may issue an injunction or other appropriate order restraining the act or practice.

If the board finds that a licensed dietitian or nutritionist has violated a provision of sections [148.621](#) to [148.633](#) or rules adopted under them, it may impose a civil penalty not exceeding \$10,000 for each separate violation, the amount of the civil penalty to be fixed so as to deprive the dietitian or nutritionist of any economic advantage gained by reason of the violation charged, to discourage similar violations, or to reimburse the board for the cost of the investigation and proceeding, including, but not limited to, fees paid for services provided by the Office of Administrative Hearings, legal and investigational services provided by the Office of the Attorney General, services of court reporters, witnesses, reproduction of records, board members' per diem compensation, board staff time, and expenses incurred by board members and staff.