

<b>CBNS Certification Exam Content Domains</b>	<b>Target % on Exam</b>
<b>1: General Nutrition</b>	<b>20%</b>
1A. Epidemiology	
1B. Life cycle aspects	
1C. Dietary sources, adequacy	
1D. Energy balance nutritional values	
1E. Body composition, Regulation of metabolism	
1F. General GI Physiology	
1G. Eating behaviors	
1H. Evaluation of Data	
<b>2. Nutrients</b>	<b>30%</b>
2A. Biochemistry	
2B. Metabolism of nutrient	
2C. Specific digestion, absorption, transport of nutrient	
2D. Function of nutrient	
2E. Toxicity of nutrient	
2F. Requirements of nutrient	
2G. Sources	
2H. Phytochemicals	
2I. Botanicals	
2J. Deficiency of nutrient	
2K. Interactions between nutrients	
<b>3. Nutrition Assessment</b>	<b>20%</b>
3A. Medical history	
3B. Diet history	
3C. Assessment of nutrition status, laboratory data	
3D. Genetics	
3E. Anthropometrics	
3F. Assessment of diet adequacy	
3G. Identification of disorders	
<b>4. Clinical Nutrition</b>	<b>25%</b>
4A. Relationship to any system or disease	
4B. Drug-nutrient/ drug-herb interactions,	
4C. Specific dietary formulation	
4D. Specific dietary intervention	
<b>5. Professional Issues,</b>	<b>5%</b>
5A. Food safety	
5B. Practice issues, cultural issues	