

Week 14 Overview

This week you should cover Chapter 14, Nutritional Programming. Chapter 14 identifies tools to be used during the nutrition interview, how to address nutritional needs while staying in the scope of practice of an LWMC and nutritional program planning for the weight-loss client.

How This Applies To You



Lifestyle and Weight Management Consultants must stay within their scope of practice when dealing with nutritional programming. Understanding the tools available to identify clients' dietary habits and how to address them within the scope of practice of an LWMC is critical to being safe and effective.

What You Will Learn

Upon the completion of Week 14, you should have a working knowledge of:

- The use, procedure, necessary components and pros and cons of using a food diary, 24-hour recall and food-frequency questionnaire to identify client's eating patterns. (Chapter 14)
- The 2005 USDA Dietary Guidelines for Americans and general guidelines for each food group. (Chapter 14)
- Identifying nutrition topics appropriate for an LWMC and nutrition topics that need to be referred (Table 14-1). (Chapter 14)
- The three factors that determine daily caloric requirements: resting metabolic rate, thermogenesis and physical activity. (Chapter 14)
- Basal metabolic rate and resting metabolic rate equations available to calculate energy needs. (Chapter 14)
- Calculating caloric intake to lose, gain or maintain weight. (Chapter 14)



Your Next Steps

1. Print out this email and add it to your study binder.
2. After reading Chapter 14, write an explanation of each key concept in your own words so you develop a working knowledge.
3. If you have the Master the Manual workbook, complete Chapter 14.

Helpful Hints

1. If you are planning on taking the live exam at the end of your 20 week study session, you are approaching your [registration deadline](#).

