

Domain 1: Foundational Nutrition Knowledge 21 Competencies   48.0 hours				
Competency #	Competency Description	Rec. Hours	HMF Module	Time
1	Nutritional content of foods, macronutrients and micronutrients	3	24 hands-on cooking sessions	3.0 hours hands-on cooking session
			Module 7 - Carbohydrates, Diabetes	1.25 hours asynchronous 3.0 hours hands-on cooking session
2	Pathological states affecting nutrient absorption	3	Module 4 – Food Allergy and Intolerance	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 13 – Celiac Disease	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 17 – IBS/IBD/Gerd	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 19 – Nutrition in HIV and Aids	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 20 – Older Adult Nutrition	1.50 hours asynchronous 3.0 hours hands-on cooking session
			Module 25 – Bariatric Surgery	1.75 hours asynchronous 3.0 hours hands-on cooking session
			Module 29 – Parenteral and Enteral Nutrition	1.75 hours asynchronous
3	Identifies nutrient deficiencies, recommends foods/supplements	3	Module 8 – Pediatric Nutrition	1.75 hours asynchronous 3.0 hours hands-on cooking session
			Module 12 – Nutrition in Pregnancy	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 13 – Celiac Disease	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 15 – Neurocognition	2.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 17 – IBS/IBD/Gerd	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 20 – Older Adult Nutrition	1.50 hours asynchronous 3.0 hours hands-on cooking session
			Module 23 - Myths, Fads, Diets & Controversies	1.50 hours asynchronous 3.0 hours hands-on cooking session
			Module 25 – Bariatric Surgery	1.75 hours asynchronous 3.0 hours hands-on cooking session
Module 29 – Parenteral and Enteral Nutrition	1.75 hours asynchronous			

4	Difference between food allergies and intolerance including gluten	1.5	Module 4 - Food Allergies	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 13 – Celiac Disease	1.00 hours asynchronous 3.0 hours hands-on cooking session
5	Energy and nutrient requirements across lifespan	2.5	Module 2 – Weight Management	1.75 hours asynchronous 3.0 hours hands-on cooking session
			Module 8 – Pediatric Nutrition	1.75 hours asynchronous 3.0 hours hands-on cooking session
			Module 9 – Sports Nutrition	1.50 hours asynchronous 3.0 hours hands-on cooking session
			Module 12 – Nutrition in Pregnancy	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 20 – Older Adult Nutrition	1.50 hours asynchronous 3.0 hours hands-on cooking session
6	Drug-nutrient interactions	2.5	Modules 1 through 7 foundational knowledge; remaining modules for specific condition or disease specific issues	8.75 hours asynchronous 21.0 hours hands-on cooking session
7	Nutritional differences: minimally processed vs highly processed foods	2	Modules 1 through 7 foundational knowledge; remaining modules for specific condition or disease specific issues	8.75 hours asynchronous 21.0 hours hands-on cooking session
8	Interprets nutrition labels and menu labeling	2	All hands-on modules	
			Module 2 - Weight Management	1.75 hours asynchronous 3.0 hours hands-on cooking session
9	Clinically assisted nutrition (enteral/parenteral) – recommended at the GME level for appropriate specialties only	3	Module 29 - Parental and Enteral Nutrition	1.75 hours asynchronous
10	Functions of essential nutrients	2.5	Module 14 - Micronutrients	TBD
11	Principles of healthy balanced diet per national guidelines	2	Modules 1 through 7 foundational knowledge; remaining modules for specific condition or disease specific issues	8.75 hours asynchronous 21.0 hours hands-on cooking session
12	Evidence-based guidance on healthy beverage consumption	1.5	Module 7 - Carbohydrates, Diabetes	1.25 hours asynchronous, 3.0 hours hands-on cooking session
13	Mitochondrial metabolism and energy regulation: understand nutrient-driven ATP synthesis and how overnutrition leads to insulin resistance	4	Module 2 - Weight management	1.75 hours asynchronous 3.0 hours hands-on cooking session
			Module 7 - Carbohydrates, Diabetes	1.25 hours asynchronous 3.0 hours hands-on cooking session
14	Structural components from food: recognize how dietary amino acids, essential fatty acids, and cholesterol build proteins, membranes, and hormones	2.5	Module 3 - Fats	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 5 - Protein and Vegetarian Diets	1.00 hours asynchronous 3.0 hours hands-on cooking session
15	Micronutrient cofactors in enzymatic function: master how vitamins and minerals drive reactions and how deficiencies undermine function	4	Module 14 - Micronutrients: Vitamins and Minerals	TBD

16	Hormonal regulation through food composition: understand how meal composition affects GLP-1, CCK, PYY, leptin, and insulin signaling	3	Module 2 - Weight management	1.75 hours asynchronous 3.0 hours hands-on cooking session
			Module 32 - Pharmaceutical Tx of Obesity	1.0 hour asynchronous
			Module 33 - Systemic Approaches to Obesity	1.00 hours asynchronous 3.0 hours hands-on cooking session
17	Epigenetic modulation through nutrition: comprehend how methyl donors, phytochemicals, and feeding rhythms influence gene expression	3	Module 10a - Cancer Nutrition: Prevention and Survivorship	TBD
18	Microbiome-immune crosstalk: understand fiber fermentation producing butyrate for gut integrity and how ultra-processed diets cause dysbiosis	2.5	Module 15 - Neurocognition	2.00 hours asynchronous 3.0 hours hands-on cooking session
19	Cognitive and behavioral nutrition: apply mindful eating practices that enhance hormonal signaling and reduce reward-driven eating	1.5	Module 21 - Mindfulness and motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
20	Food bioavailability and synergies: knowledge of preparation methods enhancing absorption	1	Module 14 - Micronutrients: Vitamins and Minerals	TDB
			Module 10a - Cancer Nutrition: Prevention and Survivorship	TBD
21	Chronobiology and circadian nutrition: understand how meal timing affects nutrient absorption, hormonal rhythms, and metabolic efficiency	2	Module 23 - Myths, Fads, Diets, and Controversies	1.50 hours asynchronous 3.0 hours hands-on cooking session

Domain 2: Nutrition Assessment and Diagnosis 8 Competencies   27.5 hours				
Competency #	Competency Description	Rec.Hours	HmF Module	Time
22	Assesses nutritional status by integrating dietary history, clinical measurements (height, weight, BMI, skeletal muscle mass, visceral fat), and laboratory findings	4	All modules with case study component	
23	Comprehensive nutrition-focused physical examination	4	Module 7 - Eating Disorders Module 10b - Cancer Treatment Nutrition	2.00 hours asynchronous TBD
24	Interprets exam data and biomarkers for malnutrition risk	3	Module 10b - Cancer Treatment Nutrition	TBD
			Module 19 - Nutrition in HIV and AIDS	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 20 Older Adult Nutrition	1.50 hours asynchronous 3.0 hours hands-on cooking session
			Module 22 - Eating Disorders	2 hours asynchronous
			Module 25 - Bariatric Surgery	1.75 hours asynchronous 3.0 hours hands-on cooking session
25	Personalized metabolic biomarker interpretation: using fasting insulin levels, oral glucose tolerance testing (OGGT), HOMA-IR, TG:HDL ratio, advanced lipid panels, omega-3 index, and vitamin D to guide interventions	4	Module 3 Fats	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 7 Carbohydrates, Diabetes	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 14 - Micronutrients: Vitamins and Minerals	TBD
26	Continuous glucose monitoring (CGM) interpretation: analyze CGM data patterns to identify glycemic variability and guide dietary modifications and different use cases for specific populations, including diabetic patients		Module 7: Carbohydrates, Diabetes	1.25 hours asynchronous 3.0 hours hands-on cooking session
27	Early warning sign recognition: interpret nutrition-related symptoms (fatigue, bloating, anxiety) and signs (brittle nails, hair thinning)	3	Module 14 - Micronutrients: Vitamins and Minerals	TBD
28	Network biology disease assessment: evaluate organ symptoms as downstream manifestations of upstream cellular dysfunction	4	Module 6 -Sodium, Potassium, Renal Homeostasis	1.25 hours asynchronous 3.0 hours hands-on cooking session
29	Personal biomarker practicum: complete personal lab panels and build self- reflective nutrition plans with iterative testing	1.5	All modules with case study component that integrate labwork	

Communication Skills 9 Competencies   29.5 hours				
Competency #	Competency Description	Rec. Hours	HmF Modules	Hours
30	Integrates evidence-based nutrition information into patient care	2.5	All modules with case studies	
31	Uses behavior change models to counsel patients	4	All modules with case study component (Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issues)	
			Module 21 – Mindfulness and Motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 22 - Eating Disorders	2.0 hours asynchronous
32	Guides patients on lifelong dietary patterns for chronic disease	3	Modules 1 through 7 for foundational knowledge and remaining modules for specific condition or disease specific issue	8.75 hours asynchronous 21.0 hours hands-on cooking session+
			Module 21 – Mindfulness and Motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
33	Brief counseling for visceral adiposity/metabolic syndrome	4	Module 2 (slide 5)	
			Module 7: Carbohydrates, Diabetes	1.25 hours asynchronous 3.0 hours hands-on cooking session
34	Motivational interviewing for nutrition change: apply structured interviewing techniques to enhance autonomy and sustainable behavior change	4	Module 21 – Mindfulness and Motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Most modules with case studies	
35	Food journaling guidance: teach patients to maintain detailed food journals for pattern identification and accountability	3		
36	Mindfulness-based eating interventions: implement eating awareness training to improve hormonal signaling	3	Module 21 – Mindfulness and Motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
37	Patient empowerment and dietary autonomy: foster long-term self-efficacy through education, biomarker monitoring, and collaborative goal-setting	3	Module 21 – Mindfulness and Motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
38	Interceptive awareness training: help patients develop awareness of internal hunger/satiety cues to regulate intake naturally		Module 21 – Mindfulness and Motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
Domain 4: Collaborative, Interprofessional Referral and Patient Management 5 Competencies			12.0 hours	
Competency #	Competency Description	Rec. Hours	HmF Module	Hours
39	Works with other health professionals for multidisciplinary nutrition care	2.5	All modules with a case study component	
			Module 22 - Eating Disorders	2.0 hours asynchronous
40	Makes appropriate referrals to support patient health goals	2	Most Modules	
41	Health coach and functional nutritionist collaboration: effectively co-manage patients with non-physician experts	2.5	Module 33 - Systemic Approaches to Obesity	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 27 - Billing and Coding	1.50 hours asynchronous
42	Digital health technology integration: understand and recommend evidence-based wearables and platforms supporting nutrition outcomes	3	Module 21 – Mindfulness and Motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
43	Functional medicine clinic rotations: shadow practitioners implementing food-first interventions and metabolic health approaches	2		

Domain 5: Public Health Nutrition 6 Competencies   15.5 hours				
Competency #	Competency Description	Rec. Hours	HmF Module	Hours
44	Screens for food/nutrition needs and patients' ability to obtain sufficient nutrition, makes appropriate referrals	2.5	Module 10b: Cancer Treatment Nutrition	TBD
			Module 20: Older Adult Nutrition	1.50 hours asynchronous 3.0 hours hands-on cooking session
			Module 30a - Food Security - Snap & WIC Programs	0.5 asynchronous hour
			Module 30c - Food Security - Food Banks and Medically Tailored Meals	0.5 asynchronous hour
			Module 30e - Food Security - Older Adults	0.5 asynchronous hour
45	Agricultural systems and health outcomes: understand how soil health, monoculture, and pesticides determine food biochemical content	2.5	HmF Conference 2025	
46	Food systems-disease linkage: recognize evidence pathways between agricultural practices and chronic disease	4		
47	Policy advocacy for physicians: understand state and federal nutrition programs and identify opportunities for evidence-based reform	2.5	Module 20: Older Adult Nutrition	1.50 hours asynchronous 3.0 hours hands-on cooking session
			Module 30a - Food Security - Snap & WIC Programs	0.5 asynchronous hour
			Module 30c - Food Security - Food Banks and Medically Tailored Meals	0.5 asynchronous hour
			Module 30e - Food Security - Older Adults	0.5 asynchronous hour
48	Regenerative agriculture as clinical intervention: understand practices restoring soil microbiota and yielding nutrient-dense food	2	HmF Conference 2025	
49	Dietary Guidelines analysis: critically evaluate and translate the 2025 Dietary Guidelines into clinical practice	2		
Domain 6: Experiential Hands-on Learning (Culinary Medicine) 5 Competencies   16.0 hours				
Competency #	Competency Description	Rec. Hours	HmF Modules	Hours
50	Creates culinary nutrition SMART goals for personal use and patient care	3	Module 21 - Mindfulness and motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
51	Nutrient-preserving cooking techniques: master methods enhancing bioavailability through soaking, sprouting, fermenting	4	Module 10a - Cancer Nutrition: Prevention and Survivorship	TBD
			Module 14 - Micronutrients: Vitamins and Minerals	TBD
52	Personalized meal planning from clinical data: develop meal plans tailored to patient clinical history, biomarkers, and circumstances	4	Module 2 - Weight management	1.75 hours asynchronous 3.0 hours hands-on cooking session
			All modules with hands-on cooking sessions	24 hands-on cooking sessions 3.0 each = 72 hours
53	Anti-inflammatory meal preparation: prepare minimally processed, whole-food meals emphasizing nutrient density	3	All modules with hands-on cooking sessions	24 hands-on cooking sessions 3.0 each = 72 hours
54	Teaching kitchen learning laboratory: participate in multidisciplinary nutrition learning through hands-on cooking	2	All modules with hands-on cooking sessions	24 hands-on cooking sessions 3.0 each = 72 hours

Domain 7: Medical Interventions in Combination with Lifestyle Practices 6 Competencies | 17.5 hours

Competency #	Competency Description	Rec. Hours	HmF Module	Hours
55	GLP-1 agonists counseling with diet and lifestyle guidance	2	Module 32 - Pharmaceutical Tx of Obesity	1.0 hour asynchronous
			Module 33 - Systemic Approaches to Obesity	1.00 hours asynchronous 3.0 hours hands-on cooking session
			Module 2 - Weight Management	1.75 hours asynchronous 3.0 hours hands-on cooking session
56	Responsible use of AI for nutrition advice	2	HmF Conference 2024 Speaker on AI uses in culinary medicine and nutrition	
57	Disease-specific nutritional reversal protocols: implement evidence-based dietary strategies as first-line interventions for metabolic syndrome, prediabetes, type 2 diabetes, metabolic dysfunction-associated fatty liver disease, and polycystic ovarian syndrome; identify patients benefiting from low carbohydrate approaches through metabolic biomarkers, insulin resistance indicators, and response patterns.		Module 7 - Carbohydrates Diabetes	1.25 hours asynchronous 3.0 hours hands-on cooking session
58	Nutraceutical and anti-inflammatory nutrition interventions: apply evidence-based nutraceuticals (omega-3 fatty acids, plant sterols, fiber, polyphenols) and anti-inflammatory dietary patterns as initial interventions to manage dyslipidemia, reduce systemic inflammation, and treat inflammatory conditions.		Module 3 - Fats	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 7 - Carbohydrates Diabetes	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 10a - Cancer Nutrition: Prevention and Survivorship	TBD
			Module 10b – Cancer Treatment (publishing soon)	TBD
			Module 14 - Micronutrients Vitamins and Minerals	TBD
			Module 16 - Anti-inflammatory Diet	1.50 hours asynchronous, 3.0 hours hands-on cooking session
			Module 17 – IBS/IBD/Gerd	1.00 hours asynchronous 3.0 hours hands-on cooking session
59	Medication-nutrition synergy: guide patients combining medications, surgery, CGM, wearables with lifestyle practices	4	Module 21 - Mindfulness and motivational Interviewing	1.25 hours asynchronous 3.0 hours hands-on cooking session
			Module 25 – Bariatric Surgery	1.75 hours asynchronous 3.0 hours hands-on cooking session
			Module 32 - Pharmaceutical Tx of Obesity	1.0 hour asynchronous
			Module 33 - Systemic Approaches to Obesity	1.00 hours asynchronous 3.0 hours hands-on cooking session
60	Prioritize food-based medicine as the primary approach to chronic disease prevention and treatment, integrating both clinical interventions and patient self-management strategies		All modules	
61	Longitudinal biomarker monitoring: track patient progress through iterative laboratory testing and protocol refinement	2.5		

Domain 8: Personal Food & Lifestyle Behaviors for Health Care Professionals 4 Competencies   6.0 hours			
Competency #	Competency Description	Rec. Hours	HmF Modules
62	Identifies factors affecting personal health and nutrition status	1.5	All modules
63	Modeling patient-centered behaviors: recognize physician self-care behaviors strongly predict patient counseling patterns	2.5	Module 21 - Mindfulness and motivational Interviewing
64	Personal metabolic optimization: apply systems biology principles to own health data to experience clinical protocols	2	
Domain 9: Food Systems and Environmental Impacts 6 Competencies   16.5 hours			
Competency #	Competency Description	Rec. Hours	HmF Modules
65	Recognizes and promotes healthy food environments in healthcare delivery settings	2.5	HmF Conference 2023 CCMP curriculum
66	Nutrient density and soil health: understand relationship between soil microbiota diversity and mineral/nutrient content of foods	2.5	HmF Conference 2025
67	Regenerative agriculture immersion: participate in on-site learning at farms including soil sampling, composting, crop rotation	4	
68	Toxicology in the food supply: understand the impacts of potential toxicants in all parts of the food supply chain	4	HmF Conference 2025
69	Food quality determinants: evaluate nutrient density, chemical residue contamination, and additives as clinical impact elements	2	Module 2 - Weight management; other modules also touch on nutrient density
			Module 14 - Micronutrients: Vitamins and Minerals (chemical residues slides 92-96)
			Module 15 - Neurocognition (slides 16-22)
70	Environmental contaminant case studies: review clinical cases linking food-based exposures to patient outcomes	1.5	HmF Conference 2025 Foodborne Pathogens
Domain 10: Billing, Coding, and Reimbursement for Food and Nutrition Services 1 Competency   3.0 hours			
Competency #	Competency Description	Rec. Hours	HmF Module
71	Billing for nutrition services, culinary medicine consultations with RDNs	3	Module 27 - Billing and Coding