

Scope of Practice for Nutritional Therapy in South Africa

1. The application of knowledge and skills by:
 - 1.1. Preparing personal nutrition programmes based on individual need as exhibited by phenotype*, medical and family history, symptoms, lifestyle and dietary practice.
 - 1.2. Utilising appropriate biochemical, functional and genotype* testing: to assess function and nutrient status; to identify changes in body function and nutrient status in order to correct them before disease manifests; to inform individual nutritional based treatment protocols and programmes; to monitor the efficacy of nutritional interventions.
 - 1.3. Prescribing appropriate supplementary nutrients based on verifiable scientific evidence to safely balance biochemistry and promote optimal gene expression in order to maximise health.
 - 1.4. Providing advice on environmental and lifestyle changes that may include guidance on: natural detoxification; procedures to promote colon health; methods to support digestion and absorption; the avoidance of toxins or allergens; to alleviate or prevent chronic health problems and to promote optimal health.
 - 1.5. Participating in research on aspects of nutritional therapy.
 - 1.6. Participating in both formal and informal education within the field of nutritional therapy.
2. The promotion of community nutrition by:
 - 2.1. The unbiased professional interpretation of scientific data related to Nutritional Therapy.
 - 2.2. Effectively communicating the benefits of optimum nutrition, supplementation and a healthy lifestyle to groups and individuals, thereby encouraging improvement in their quality of health and aiming to combat chronic diseases.
 - 2.3. Being involved in community programmes such as school feeding schemes, AIDS programmes and nutritional product development.
3. Following integrative healthcare practice by working in close co-operation with the individuals' medical and other healthcare practitioners in order to achieve the best possible health outcomes.

*Phenotype: the environmentally and genetically determined observable appearance of an organism

*Genotype: an individual or group of organisms exhibiting a particular phenotype