

Section 1: Nutritional Science

- Chapter 1:** **Introduction** - Casey DeJong *MEd, MBA*, Jeri Dow *MS*, Andrew Payne *MS, NASM-CPT, PES, CES, BCS*, Brian Sutton *MS, MA, NASM-CPT, PES, CES*
- Chapter 2:** **Scope of Practice** - Kelly Spivey *ND, MSS*
- Chapter 3:** **Evidence-Based Nutrition and Practice** - James Krieger *MS, MS*
- Chapter 4:** **Food Preference and Influences** - Scott Roberts *PhD, FAACVPR, FACSM*
- Chapter 5:** **Energy Balance and Metabolism** - Scott Roberts *PhD, FAACVPR, FACSM*
- Chapter 6:** **Protein** - Jordan Joy *PhD*
- Chapter 7:** **Carbohydrates** - Fabio Comana, *MS, MA, CISSN, NASM CPT, CES, PES; NSCA CSCS; ACE-CPT & HC; ACSM EP-C; USAW1*
- Chapter 8:** **Fats** - Michelle Zive *PhD, MS, RD*
- Chapter 9:** **Alcohol** - Matthew Barnes *PhD*
- Chapter 10:** **Micronutrients** - Brad Dieter *PhD, MS*
- Chapter 11:** **Hydration** - Eric O'Neal *PhD*
- Chapter 12:** **Nutrient Timing** - Chris Mohr *PhD, RD*
- Chapter 13:** **Supplements** - Kat Barefield *MS, RDN*

Section 2: Behavior Change Strategies

- Chapter 14:** **Psychology of Weight Control and Behavior Change** - Cher McLester *PhD, MS*
- Chapter 15:** **Coaching and Communication** - Tracie Rogers *PhD*
- Chapter 16:** **Motivational Interviewing** - Justin Kompf *PhD*
- Chapter 17:** **Goal Setting** - Bob Weinberg *PhD*

Section 3: Nutrition Coaching

- Chapter 18:** **Dietary Assessment and Body Composition Testing** - Grant Tinsley *PhD*
- Chapter 19:** **Food & Supplement Labels and Portion Sizes** - Farah Kahn *MS, RD, CDN*
- Chapter 20:** **Helping Clients Navigate the Real World** - Farah Kahn *MS, RD, CDN*
- Chapter 21:** **Navigating Diets** - Danny Lennon *MSc*
- Chapter 22:** **Nutrition Hot Topics and Controversies** - Alex Leaf *MS, CISSN*
- Chapter 23:** **Weight Loss Plateaus and Maintaining Weight Loss** - James Krieger *MS, MS*
- Chapter 24:** **Programming / Putting it All Together** - Brad Dieter *PhD, MS, Antoinette Schoenthaler Ed.D, FAACH*

Reviewers

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