

# CERTIFICATION EXAMINATION FOR CULINARY MEDICINE SPECIALISTS

## *HANDBOOK FOR CANDIDATES*



### 2017 TESTING PERIODS

#### Application Deadline

February 28, 2017  
July 31, 2017  
October 15, 2017

#### Testing Window

March 25 – April 8, 2017  
August 12 – August 26, 2017  
November 4 – November 18, 2017



**PROFESSIONAL TESTING CORPORATION**® 1350 BROADWAY • 17th FLOOR • NEW YORK, NY 10018

## TABLE OF CONTENTS

CERTIFICATION .....	2
PURPOSES OF CERTIFICATION .....	2
ADMINISTRATION.....	2
ELIGIBILITY REQUIREMENTS.....	2
ATTAINMENT OF CERTIFICATION AND RECERTIFICATION CRITERIA.....	3
REVOCAION OF CERTIFICATION.....	3
COMPLETION OF APPLICATION .....	3
EXAMINATION ADMINISTRATION .....	4
ONLINE TESTING SOFTWARE TUTORIAL.....	4
SCHEDULING YOUR EXAMINATION APPOINTMENT .....	4
SPECIAL NEEDS .....	4
CHANGING YOUR EXAMINATION APPOINTMENT .....	5
RULES FOR THE EXAMINATION.....	5
FEES.....	5
REFUND POLICY.....	5
REPORT OF RESULTS .....	5
REEXAMINATION.....	5
CONFIDENTIALITY .....	6
CONTENT OF EXAMINATION .....	6
CONTENT OUTLINE .....	6
SAMPLE EXAMINATION QUESTIONS .....	8
ONLINE PRACTICE TEST.....	9
REFERENCES .....	10

This handbook contains necessary information about The Certification Examination for Culinary Medicine Specialists. Please retain it for future reference. Candidates are responsible for reading these instructions carefully. This handbook is subject to change.

## CERTIFICATION

The North American Center for Continuing Medical Education (NACCME), in partnership with The Goldring Center for Culinary Medicine (GCCM) at Tulane University, has established the Certified Culinary Medicine Specialist (CCMS) designation to identify clinicians who have the comprehensive knowledge of nutrition and culinary techniques to deliver the most informed, practical, and effective nutritional counseling to their patients. Certification as a culinary medicine specialist recognizes physicians, advanced practice registered nurses, nurse practitioners, physician assistants, registered dietitians, pharmacists, certified diabetes educators, and others who demonstrate a competent level of professional practice and conduct. Certification is an indication of current knowledge in a specialized area of practice.

## PURPOSES OF CERTIFICATION

Certification as a culinary medicine specialist provides formal recognition of knowledge and practice in the field by:

1. Formally recognizing those individuals who meet the eligibility requirements of the CCMS program and pass the Certification Examination for Culinary Medicine Specialists.
2. Encouraging continued personal and professional growth as a culinary medicine specialist.
3. Providing a standard of knowledge requisite for certification, thereby assisting in the assessment of culinary medicine specialists.

## ADMINISTRATION

The Certification Program is sponsored by North American Center for Continuing Medical Education (NACCME), LLC. The Certification Examination for Culinary Medicine Specialists is administered for NACCME by the Professional Testing Corporation (PTC), 1350 Broadway, 17th Floor, New York, New York 10018, (212) 356 0660, [www.ptcny.com](http://www.ptcny.com). Questions concerning the examination should be referred to PTC.

## ELIGIBILITY REQUIREMENTS

Candidates must meet the following eligibility criteria as of the application deadline indicated on the cover of the handbook:

- A. Be currently licensed to practice medicine in the United States or Canada as one of the following:
  1. Physician (MD or DO)
  2. Advanced Practice Registered Nurse (APRN)
  3. Nurse Practitioner (NP)
  4. Physician Assistant (PA)
  5. Registered Dietitian (RD)
  6. Pharmacist (PharmD or RPh)
  7. Certified Diabetes Educator (CDE)

A copy of current license must accompany application.

- B. Have active board certification in an American Board of Medical Specialties (ABMS) member board or osteopathic medicine equivalent for physician candidates. Documentation of board certification must accompany application.

- C. Complete a minimum of 60 credit hours of approved nutrition education (or 24 credit hours if previously certified by NBPNS, NBNSC, or ACN), of which 12 hours must be obtained by hands-on participation at an approved Culinary Medicine Teaching Kitchen event. Information on approved coursework can be found at: [www.culinarymedicinecertified.com](http://www.culinarymedicinecertified.com).
- D. Complete 2 online post-tests assessing knowledge based on 2 of 5 seminal culinary medicine readings. Information on the required readings can be found at: [www.culinarymedicinecertified.com](http://www.culinarymedicinecertified.com)
- E. Pay required fees.

## ATTAINMENT OF CERTIFICATION AND RECERTIFICATION CRITERIA

Candidates who pass the Certification Examination for Culinary Medicine Specialists will receive certificates indicating their certification status as a Certified Culinary Medicine Specialist and will be entitled to use the trademarked designation CCMS™ after their names.

Certification for Culinary Medicine Specialists is recognized for a period of five (5) years at which time additional coursework and re-examination will be required to maintain certification.

## REVOCATION OF CERTIFICATION

Certification will be revoked for any of the following reasons:

1. Falsification of any part of an application.
2. Revocation of any current license to practice medicine.
3. Misrepresentation of certification status.

The Board of the CCMS Program shall make all decisions regarding revocation of certification.

## COMPLETION OF APPLICATION

Once NACCME has approved a candidate for testing, the candidate will receive an approval code to be used when applying to take the examination. The Application must be completed online at [www.ptcny.com/clients/ccms](http://www.ptcny.com/clients/ccms). Provide ALL information requested on the Application. Mark only one response unless otherwise indicated. Candidates who do not complete the Application in its entirety will not be able to submit the Application but can save the work done and return to complete it at a later time.

**NOTE: The name you enter on your Application must match exactly the name shown on your current government-issued photo ID such as driver's license or passport. Do not use nicknames or abbreviations.**

The online application and appropriate fees for the examination must be received on or before the appropriate deadline listed in this Handbook.

## EXAMINATION ADMINISTRATION

The Certification Examination for Culinary Medicine Specialists is administered on a quarterly basis during an established two-week testing period, Monday through Saturday, excluding holidays, at computer-based testing sites in the United States, as well as Canada. Scheduling is done on a first-come, first-served basis. To find a testing center near you, visit [www.ptcny.com/cbt/sites.htm](http://www.ptcny.com/cbt/sites.htm) or call PSI at (800) 733-9267.

Please note: Hours and days of availability vary at different centers. You will not be able to schedule your examination appointment until you have received an Eligibility Notice from PTC.

## ONLINE TESTING SOFTWARE TUTORIAL

A testing tutorial can be viewed, free of charge, online. Please visit [www.ptcny.com/cbt/demo.htm](http://www.ptcny.com/cbt/demo.htm). This document can give you an idea about the features of online testing.

## SCHEDULING YOUR EXAMINATION APPOINTMENT

Within 6 weeks prior to the first day of the testing period, you will be sent an Eligibility Notice by email. The Eligibility Notice will indicate how to schedule your examination appointment as well as the dates during which testing is available. Appointment times are first-come, first-serve, so schedule your appointment as soon as you receive your Eligibility Notice in order to maximize your chance of testing at your preferred location and on your preferred date.

If you do not receive an Eligibility Notice at least three weeks before the beginning of the testing period, contact the Professional Testing Corporation at (212) 356-0660 for a duplicate. Scheduling Authorization emails sometimes do end up in junk/spam mail folders. Please add [notices@ptcny.com](mailto:notices@ptcny.com) to your email contacts or email safe sender list.

**Your current government-issued photo identification, such as a driver's license or passport, must be presented in order to gain admission to the testing center. PTC recommends you take a printed copy of your Eligibility Notice as well as your PSI appointment confirmation as well.**

- It is highly recommended that each candidate become familiar with the location of the testing site before the scheduled testing date.
- It is the candidate's responsibility to call PSI to schedule the exam appointment.
- Arrival at the testing site at the appointed time is the responsibility of the candidate. Please plan for weather, traffic, parking, and any security requirements that are specific to the testing location. Late arrival may prevent you from testing.

## SPECIAL NEEDS

NACCMME and PTC support the intent of and comply with the Americans with Disabilities Act (ADA). PTC will take steps reasonably necessary to make certification accessible to persons with disabilities covered under the ADA. Special testing arrangements may be made upon receipt of the Application, examination fee, and a completed and signed Request for Special Needs Accommodations Form, available from [www.ptcny.com](http://www.ptcny.com) or by calling PTC at (212) 356-0660. This Form must be uploaded with the online application at least EIGHT weeks before the testing period begins. Please use this Form if you need to bring a service dog, medicine, food or beverages needed for a medical condition with you to the testing center.

Information supplied on the Request for Special Accommodations Form will only be used to determine the need for special accommodations and will be kept confidential.

## CHANGING YOUR EXAMINATION APPOINTMENT

If you need to cancel your examination appointment or reschedule to a different date within the two-week testing period, you must contact PSI at (800) 733-9267 no later than noon, Eastern Time, of the second business day PRIOR to your scheduled appointment. **Please note:** PSI does not have the authority to authorize refunds or transfers to another testing period.

If you fail to arrive for your appointment or cancel without giving the required notice, you will forfeit your testing fee.

## RULES FOR THE EXAMINATION

1. All electronic devices that can be used to record, transmit, receive, or play back audio, photographic, text, or video content, including but not limited to, cell phones, laptop computers, tablets, Bluetooth devices; all wearable technology such as smart watches; MP3 players such as iPods, pagers, cameras and voice recorders are not permitted to be used and cannot be taken into the examination room.
2. No books, papers, or reference materials may be taken into nor removed from the examination room.
3. Simple, nonprogrammable calculators are permitted with the exception of calculators as part of cell phones, etc. A calculator is also available on screen; if needed.
4. No questions concerning the content of the examination may be asked during the examination session. The candidate should read carefully the directions that are provided on screen at the beginning of the examination session.
5. Candidates are prohibited from leaving the testing room while their examination is in session, with the sole exception of going to the restroom.

## FEES

The application fee for the Certification Examination for Culinary Medicine Specialists is \$400.00.

Make check or money order payable to: PROFESSIONAL TESTING CORPORATION. Visa, MasterCard, and American Express are also accepted. **DO NOT SEND CASH.**

## REFUND POLICY

There will be no refund of any fees. Fees will not be transferred from one testing period to another.

## REPORT OF RESULTS

Candidates will be notified by U.S. mail within three weeks of the end of the testing period whether or not they have passed the examination. Scores on the major areas of the examination and on the total examination will be reported to the candidate and to NACCME. Successful candidates will also receive certificates from NACCME.

## REEXAMINATION

The Certification Examination for Culinary Medicine Specialists can be repeated an unlimited number of times. The candidate must file a new Application and submit the full application fee each time.

**CONFIDENTIALITY**

NACCME will release the individual test scores ONLY to the individual candidate. Any questions concerning test results should be referred to NACCME or to PTC. Upon request from individuals and/or the public, NACCME will verify the certification of a candidate.

**CONTENT OF EXAMINATION**

1. The Certification Examination for Culinary Medicine Specialists is a computerized examination composed of a maximum of 100 objective, multiple-choice questions with a total testing time of two hours.
2. The content for the examination is described in the Content Outline starting on page 6.
3. The questions for the examination are obtained from individuals with expertise in culinary medicine and are reviewed for construction, accuracy, and appropriateness by NACCME and the CCMS Advisory Board.
4. NACCME and the CCMS Advisory Board, with the advice and assistance of PTC, prepare the examination.
5. The Certification Examination for Culinary Medicine Specialists will be weighted in approximately the following manner:

I. GENERAL DIET AND LIFESTYLE PRINCIPLES .....	45%
II. NUTRITION PRINCIPLES .....	15%
III. NUTRITION AND HEALTH .....	20%
IV. CULINARY PRINCIPLES .....	20%

**CONTENT OUTLINE**

**I. GENERAL DIET AND LIFESTYLE PRINCIPLES**

- A. Weight Management
  1. Diet
  2. Exercise
  3. Mindfulness
  4. Portion Control
- B. Eating Habits/Food Selection
  1. Menu Strategies
  2. Social/Philosophical Impacts
  3. Knowledge of Nutrition Information
    - a. Nutrition Labels
    - b. MyPlate Recommendations
  4. Organic and Locally-Grown Foods
- C. Diets
  1. Mediterranean Diet
  2. DASH Diet
  3. Vegetarian Diets
  4. Pediatric Diets
  5. Fad Diets
  6. Sports Diets

**II. NUTRITION PRINCIPLES**

- A. Carbohydrates
  - 1. Impact
  - 2. Glycemic Index/Glycemic Load
- B. Proteins
  - 1. Metabolism
  - 2. Sources for Vegetarian Diet
- C. Lipids
  - 1. Impact
  - 2. Sources in Diet
- D. Sodium
  - 1. Impact
  - 2. Sources in Diet
- E. Vitamins and Minerals
  - 1. Impact
  - 2. Sources in Diet

**III. NUTRITION AND HEALTH**

- A. Hypertension
- B. Cancer
- C. Heart Disease
- D. Pregnancy
- E. Food Allergies
- F. Food Intolerance
- G. Celiac Disease
- H. Sports Nutrition
- I. HIV/AIDS

**IV. CULINARY PRINCIPLES**

- A. Menu/Meal Planning
- B. Selection and Modification of Recipes
- C. Selection of Ingredients
- D. Food Preparation/Kitchen Skills
- E. Cooking Methods/Culinary Techniques
- F. Flavor Building
- G. Special Ingredients
  - 1. Fiber
  - 2. Fats
  - 3. Sweeteners
  - 4. Thickening Agents



## SAMPLE EXAMINATION QUESTIONS

Q1: Which of the following flours contains gluten?

- a. Millet
- b. Wild rice
- c. Semolina
- d. Buckwheat

Q2: According to the Mediterranean Diet, what is the recommended MINIMUM number of servings of fish per week?

- a. One
- b. Two
- c. Three
- d. Four

Q3: Which of the following is the best source of beta carotene?

- a. Oranges
- b. Bananas
- c. Sweet potatoes
- d. Summer squash

Q4: Which of the following foods would provide satiety with the fewest calories?

- a. Fish
- b. Eggs
- c. Pasta
- d. Fruits and vegetables

**Correct Answers to Sample Questions:**

**Q1: c; Q2: b; Q3: c; Q4: d**

## ONLINE PRACTICE TEST

**The practice test for the Certification Examination for Culinary Medicine Specialists is now available.**

### **WHY TAKE IT**

To experience taking a computerized exam, to review content included in Certification Examination for Culinary Medicine Specialists, and to learn more about question format, style, and level of difficulty.

### **SCORE REPORT**

After completing the online practice test, you will receive an instant score report showing test performance in each of the content areas. The score report does not provide correct answers or indicate which questions were answered correctly and incorrectly.

**NOTE:** Performance on the online practice test may differ from actual performance on the Certification Examination. Thus, there is no guarantee that taking this practice test will help you pass the Certification Examination. Participants may, however, find it helpful to review content in any areas of weakness indicated on the score reports prior to taking the Certification Examination.

### **CONTENT INCLUDED**

- I. General Diet and Lifestyle Principles
- II. Nutrition Principles
- III. Nutrition and Health
- IV. Culinary Principles

### **FEES**

\$50, paid by credit card.

### **HOW TO APPLY**

Go to <https://secure.ptcny.com/webtest> and follow the directions to apply.

## REFERENCES

Ahluwawlia N, Andreeva VA, Kesse-Guyot E, et al. Dietary patterns, inflammation and the metabolic syndrome. (2013) *Diabetes Metab.* April, 39(2), pp. 99-110.

Akobeng Ak, Thomas AG. Systematic review: tolerable amount of gluten for people with celiac disease (2008) *Aliment Pharmacol Ther.* 27, pp. 1044-1052.

American College of Cardiology/American Heart Association. Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society (2013).

Butryn ML, Phelan S, Hill JO, et al. Consistent self-monitoring of weight: a key component of successful weight loss maintenance (2007) *Obesity*, December 15(12), p. 309.

Church T. Exercise in obesity, metabolic syndrome and diabetes, progress in cardiovascular disease (2011) 53(6), pp. 412-418.

Craig W, Mangels A. Position of the American Dietetic Association: Vegetarian Diets. (2009) *Journal of the American Dietetic Association*, 109, pp. 1266-1282.

Culinary Institute of America. *Techniques of Healthy Cooking*, Professional edition.

Culinary Institute of America. *The Professional Chef*. Most recent edition.

Dontas SA, Zerefos NS, Panagiotakos DB, Valis DA. Mediterranean diet and prevention of coronary heart disease in the elderly (2007). *Clin. Interv. Aging.* 2, pp. 109–115.

Dunford M. *Sports Nutrition: A Practice Manual for Professionals* (2012). 5<sup>th</sup> ed.

Estruch R, Rose, E, Salas-Salvado J. et al. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. (2013) *New England Journal of Medicine*, 368 (14), p. 1368.

Grams J, Garvey WT. Weight Loss and the Prevention and Treatment of Type 2 Diabetes Using Lifestyle Therapy, Pharmacotherapy, and Bariatric Surgery: Mechanisms of Action. (2015) *Curr Obes Rep*, June, 4(2), pp. 287-302.

Gudzune KA, et al. Efficacy of Commercial Weight-Loss Programs: An Updated Systematic Review. (2015) *Ann Intern Med*, April, 162(7), pp. 501-512.

Johnson and Wales University. *Culinary Fundamentals*. Most recent edition.

Karanja N, Erlinger T, Pao-Hwa L, et al. The DASH diet for high blood pressure: From clinical trial to dinner table (2004), *Cleveland Clinic Journal of Medicine*, 71(9), pp. 745-753.

Kastorini CM, et al. The Effect of Mediterranean Diet on Metabolic Syndrome and its Components: A Meta-Analysis of 50 Studies and 534,906 Individuals. (2011) *J Am College Card*, March, 57(11) pp. 1299-1313.

Katz D. *Nutrition in Clinical Practice*, 2<sup>nd</sup> edition.

Metzgar CJ, Nickols-Richardson SM. Determinants of weight gain prevention in young adult and midlife women: study design and protocol of a randomized controlled trial. (2015) *JMIR Res. Protoc.* March 26, 4(1), e36.

Moynihan AB, et al. Eaten up by boredom: consuming food to escape awareness of the bored self (2015) *Front Psychol.* April, 6, p. 369.

Phillips SM. Dietary protein requirements and adaptive advantages in athletes. (2012) *British Journal of Nutrition*, 108: S158-S167.

Pi\_Sunyer X. The Look Ahead Trial: A review and discussion of its outcomes. (2014) *Curr Nutr Rep*, December, 3(4), pp. 387-391.

Rolls B. *The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories* (2007).

Sacks F, Bray G, Cray V, et al. Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates (2009). *New England Journal of Medicine*, 360, pp. 859-873.

Shaukat A. et al. Systematic Review: Effective management strategies for lactose Intolerance (2010) *Ann Intern Med*, 152, pp. 797-803.

Tershakovec AM. *Infants, Children and Adolescents* (1999), in *Medical Nutrition and Disease* (Ch. 4).

Trakselis L. *Culinary Nutrition Principles and Applications* (2013).

Trichopoulou A, Bamia C, Trichopoulos D. Anatomy of health effects of Mediterranean diet: Greek EPIC prospective cohort study. (2009) June, *British Medical Journal*, 338.

Vallis M, Piccinini-Valis H, Sharma AM, et al. Clinical review: Modified 5 As: minimal intervention for obesity counseling in primary care. (2013) *Can Fam Physician*. January, 59(1), pp.27-31.

Wadden TA et al. Eight-year weight losses with an intensive lifestyle intervention: the look AHEAD study. *Obesity (Silver Spring)*. (2014) January, 22(1), pp. 5-13.

Wansink B. *Mindless Eating: Why We Eat More than We Think* (2007).