

UNDERSTANDING THE DIFFERENCES

FUNCTIONAL DIETETICS and NHS DIETETICS

	FUNCTIONAL DIETETICS	CURRENT NHS DIETETICS
Professional practice modality	Principles-based P4 Process (Personalised, Predictive, Proactive, Participatory)	Protocol-based Public Health One Size Fits All
Individualised professional practice	Yes Individual Food Reactome and Framework Anthropometry, biochemical and functional assessments Environmental exposure assessment	No Dept. of Health Eatwell Plate Anthropometry and biochemical assessments Population Reference Ranges
Recommendations for chronic disease dietary management	Individualised Anti-inflammatory	Dept of Health Eatwell Plate Population Reference Ranges
Population advice	BANT Wellbeing Guidelines Flexible to underscore 1) variation in population initial conditions and 2) outliers.	Dept of Health Eatwell Plate Population Reference Ranges
Functional	Yes Individualised professional practice (as above)	No One Size Fits All (as above) **except inborn errors of metabolism
Key References	2010 Textbook of Functional Medicine Institute of Functional Medicine 2008 Laboratory Evaluations Lord & Bralley	2014 Manual of Dietetic Practice British Dietetic Association Food Fact Sheets British Dietetic Association