

A client reports to her CEP that she is having trouble sticking to a diet. She wants her CEP to help her design a new diet plan. How should the CEP respond?

A

The CEP cannot legally discuss anything about food with clients. The client should be referred to a specialist, and her diet not discussed any further.

B

The CEP can discuss general concepts surrounding diet, but for specific dietary planning, the client must be referred to a dietitian or nutrition specialist

C

The CEP should develop an in-depth dietary plan to help the client reach her goals

D

The CEP should remind the client that if she works hard enough in the gym, it doesn't matter what she eats