



RD EXAM CRASH COURSE

This event is designed to deliver game-changing insights, situational practice questions, and proven strategies to help you confidently master key topics and crush the RD exam. We'll break down each domain with focused lectures, interactive quizzes, and reviews of homework and handouts from our MyRDguide Course. By combining high-yield material with practical applications, you'll gain the tools and confidence you need to **PASS THE RD EXAM.**

Dates and times:

Friday, February 20th, 2026 (9:20 am EST – 4:10 pm EST)

Saturday, February 21th, 2026 (9:20 am EST – 3:30 pm EST)

Sunday, February 22nd, 2026 (9:20 am EST – 4:00 pm EST)

Day 1 – Friday, February 20th

Times (EST)	Topics
9:20am – 9:30am	Welcome and Agenda
9:30am – 10:30am	Session 1: Health Promotion, Education, and Counseling
10:30am – 11:15am	Session 2: Statistics and Research
11:15am – 11:30am	15 min break
11:30am – 12:30pm	Session 3: Absorption/Excretion of Nutrients, Glycolysis and the TCA Cycle
12:30pm – 1:30 pm	Session 4: Vitamins, Minerals, and other Essential Nutrients
1:30pm – 2:00pm	30 min lunch
2:00pm – 3:00pm	Session 5: Energy, Water, and Acid-Base Balance
3:00pm – 4:00pm	Session 6: Nutrition Patterns Throughout Life and Inborn Illnesses
4:00pm – 4:10pm	Recap

Day 2 – Saturday, February 21th

Times (EST)	Topics
9:20am – 9:30am	Welcome and Agenda
9:30am – 10:15am	Session 7: Entitlement vs Non-Entitlement Programs, Surveillance Systems, and Guidelines
10:15am – 11:00am	Session 8: Nutrition Screening, Biochemical Assessment, and Medications
11:00am - 11:15am	15 min break
11:15am – 1:45pm	Session 9, 10, 11: Medical Nutrition Therapy
1:45pm – 2:15 pm	30 min lunch
2:15pm - 3:15pm	Session 12: Enteral and Parenteral Nutrition Support
3:15pm - 3:30pm	Recap

Day 3 – Sunday, February 22nd

Times (EST)	Topics
9:20am – 9:30 am	Welcome and Agenda
9:30am – 10:30am	Session 13: Function of Management
10:30am – 11:15am	Session 14: Human Resources and Accounting
11:15am – 11:30pm	15min break
11:30am – 12:30pm	Session 15: Marketing and Quality Control
12:30pm – 1:30pm	Session 17: Food Science, Sanitation, and Safety
1:30pm – 2:00 pm	30 min lunch
2:00pm -3:00pm	Session 18: Menu Development, Procurement, and Food Quality
3:00pm – 3:45pm	Session 19: Production Systems, Equipment, and Facility Planning (Sustainability)
3:45pm – 4:00pm	Recap and Closing Statements