

IN THE MATTER OF * BEFORE THE MARYLAND
M. COURTNEY CARPENTER, LDN * MARYLAND STATE BOARD OF
LICENSE NUMBER: DX7605 * DIETETIC PRACTICE
RESPONDENT * CASE NUMBER: 25-012
* * * * *

PRE-CHARGE CONSENT ORDER

On or about May 27, 2025, the Maryland State Board of Dietetic Practice (the “Board”) received a complaint alleging that **M. COURTNEY CARPENTER** (the “Respondent”), license number: **DX7605** was practicing without a license.

In or around July 2025, the Board initiated an investigation into the complaint. At the conclusion of the investigation, the Board determined that it had grounds to charge the Respondent with violating provisions of the Maryland Licensed Dietitian-Nutritionists Act (the “Act”), Md. Code Ann. Health Occ. § 5-101 *et seq.* (2021 Repl. Vol & 2025 Supp.).

The pertinent provisions of the Act provide the following:¹

§ 5-301. License Requirements.

- (a) Except as otherwise provided in this subtitle, an individual shall be licensed by the Board before the individual may practice dietetics in the State.

¹ All statutory and regulatory references herein are to the applicable statutes and regulations in effect at the time of the Respondent’s conduct.

§ 5-401. License required to practice dietetics

Except as otherwise provided in this title, a person may not practice, attempt to practice, or offer to practice dietetics in the State unless licensed by the Board.

§ 5-402. Representations to the public, dietetics

- (a) Except as otherwise provided under this title, a person may not represent or imply to the public by use of the title “licensed dietitian-nutritionist”, by other title, by description of services, methods, or procedures that the person is authorized to practice dietetics in the State.
- (b) Unless authorized to practice dietetics under this title, a person may not use the words or terms “dietitian-nutritionist”, “licensed dietitian-nutritionist”, “LDN”, “dietitian”, “licensed dietitian”, “D”, “LD”, “nutritionist”, “licensed nutritionist”, or “LN”.

Prior to the issuance of disciplinary charges, the Respondent agreed to enter into the following Consent Order, consisting of Findings of Fact, Conclusions of Law, Order, and Consent.

FINDINGS OF FACT

The Board finds:

1. The Respondent was first licensed by the Board to practice dietetics on or about November 10, 2025, under license number: DX7605. The Respondent’s license expires on October 31, 2027.
2. At all times hereto, the Respondent was employed at a natural food market (the “Food Market”) located in Maryland. The Respondent began working at the Food Market in or around 1994.²

² The names of the Newspaper and the Food Market have been omitted to protect confidentiality. The names of the Food Market and the Newspaper will be provided to the Respondent upon request to the Administrative Prosecutor.

3. On or about October 14, 2008, the Board received a complaint about an article written by the Respondent that was published in an educational newspaper (the "Newspaper") serving women in Howard County, Maryland.

4. The article stated that Respondent was a "nutritionist". The article also stated the Respondent "provides nutritional counseling" for Food Market patrons.

5. In a letter to the Respondent dated December 8, 2008, the Board informed the Respondent that she could not use the term "Nutritionist" because she was not licensed to practice dietetics in Maryland. The letter also informed the Respondent that under the Act, an individual must be licensed before the individual can practice dietetics in Maryland.³ The Board demanded that the Respondent "immediately cease and desist" using the term "Nutritionist".

³ Health Occ. § 5-101(h) provides:

- (1) "Practice dietetics" means to apply the principles derived from integrating knowledge of food, biochemistry, physiology, management science, behavioral science, and social science to human nutrition.
- (2) "Practice dietetics" includes:
 - (i) Assessing individual and community food practices and nutritional status using anthropometric, biochemical, clinical, dietary, and demographic data, for clinical, research, and program planning purposes;
 - (ii) Developing, establishing, and evaluating nutritional care plans that establish priorities, goals, and objectives for meeting nutrient needs for individuals or groups;
 - (iii) Nutrition counseling and education as a part of preventive or restorative health care throughout the life cycle;
 - (iv) Determining, applying, and evaluating standards for food and nutrition services; and
 - (v) Applying scientific research to the role of food in the maintenance of health and the treatment of disease.

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6. On or about May 25, 2025, the Board received a complaint alleging that the Respondent was possibly practicing dietetics without the license. The complaint included a document with the Respondent's name, telephone number, and email address. The document also stated that the Respondent was a certified nutrition specialist for the Food Market. The document further included a QR code: "Scan my QR code for information and appointments or go to EatSleepTrainRepeat.com"

7. As part of the investigation, the Board obtained the Respondent's client list from January 1, 2025, to July 29, 2025. The list contained the names of thirty-seven (37) clients from the Respondent's private practice. The Board requested and received from the clients' records showed that the Respondent provided dietetic care to her clients.

8. On September 26, 2025, the Respondent was interviewed under oath by Board staff. During the interview, Respondent admitted that she provided dietetic services to her clients. The Respondent also admitted that she utilized EatSleepTrainRepeat.com for clients and/or potential clients to contact her for services.

9. The Respondent further admitted under oath that she knew that she was required to be licensed by the Board before she could provide these services to her client.

10. The Respondent stated during the interview that she had not applied for a license to practice dietetics in Maryland "[b]ecause [her] personal life has kind of been a complex mess".

CONCLUSIONS OF LAW

Based on the foregoing Findings of Fact, the Board concludes as a matter of law that the Respondent's actions constitute: a violation of Health Occ. § 5-301; Health Occ. §5-401; Health Occ. §5-402.

ORDER

Based upon the foregoing Findings of Fact and Conclusions of Law, it is by a majority of the quorum of the Board considering this case hereby:

ORDERED that no later than **SEPTEMBER 1, 2027**, the Respondent shall pay the Board a civil fine in the amount of **FIVE THOUSAND DOLLARS (\$5,000)**. Failure to pay this monetary penalty in full to the Board by **SEPTEMBER 1, 2027** shall constitute a violation of this Consent Order; and it is further

ORDERED that the Respondent may not renew her license to practice dietetics until the monetary penalty is paid in full; and it is further

ORDERED that the effective date of the Consent Order is the date this Consent Order is signed by the Board; and it is further

ORDERED that for purposes of public disclosure and as permitted by Md. Code Ann., Gen. Prov. § 4-333(b)(6), this document consists of the foregoing Findings of Fact, Conclusions of Law, and Order, and is reportable to any entity to whom the Board is obligated to report; and it is further

ORDERED that this Consent Order is a Final Order and as such is a public record pursuant to Md. Code Ann., Gen. Prov. §§ 4-101 *et seq.* (2019 Repl. Vol. & 2025 Supp.).

5/28/2026

Date



Linda Paren, LDN
Board Chair
Maryland State Board of
Dietetic Practice

CONSENT

I, M. Courtney Carpenter, LDN, acknowledge that I have had the opportunity to consult with legal counsel before signing this Consent Order.

By this Consent Order and for the purpose of resolving the issues raised by the Board, I agree to be bound by the foregoing Consent Order and its conditions. I waive any rights I may have to contest the Findings of Fact and the Conclusions of Law. I acknowledge the validity of this Consent Order as if entered into after the conclusion of a formal evidentiary hearing in which I would have had the right to counsel, to confront witnesses, to give testimony, to call witnesses on my own behalf, and to all other substantive and procedural protections provided by the law. I acknowledge the legal authority and jurisdiction of the Board to initiate these proceedings and to issue and enforce this Consent Order.

I affirm that I am waiving my right to appeal any adverse ruling of the Board that might have followed any such hearing. I sign this Consent Order, voluntarily and without reservation, after having an opportunity to consult with counsel, and I fully understand and comprehend the language, meaning and terms of this Consent Order.

22 May 2026
Date

M. Courtney Carpenter, LDN
M. Courtney Carpenter, LDN

NOTARY

STATE OF MARYLAND
CITY/COUNTY OF Howard

I HEREBY CERTIFY that on this 22 day of May, 2026, before me, a Notary Public of the foregoing State and City/County personally appear Margaret M. Courtney Carpenter, LDN, and made oath in due form of law that signing the foregoing Consent Order was her voluntary act and deed.

AS WITNESSETH my hand and notary seal.

[Signature]
Notary Public

My commission expires: 04/28/2029

