

# **Course Title: Mastering Diet Planning for Every Age and Health Condition**

**Eligibility – All categories that has completed any one nutrition course**

**Duration – 2-3 months**

**This course includes practical steps to diagnose medical conditions and create comprehensive diet plans. The following structure integrates necessary diagnostic tests, calculation methods, comprehensive planning, and menu planning.**

## **Module 1: Introduction to Nutrition and Dietetics**

1. Overview of Nutrition: Macronutrients and Micronutrients
2. Dietary Guidelines and Food Pyramids
3. Understanding Caloric Needs and Metabolism

## **Module 2: Diet Plans for Different Age Groups**

1. Infancy
2. Preschooler and scholar
3. Adolescents
4. Older age
5. Adult hood

### **Module 3: Diet Plan Calculation for Specific Conditions**

1. Pregnancy
2. Lactation
3. Night shift worker

### **Module 4: diet plan for common medical conditions**

1. Pcos
2. Thyroid
3. Diabetes
4. Constipation
5. Hypertension

### **Module 5: Diet Plan Calculation for Weight Management**

1. Fat loss
2. Fat gain

## Benefits of this course -

- Holistic understanding of nutrition
- Practical diagnostic skills
- Tailored diet plans
- Expertise in weight management
- Comprehensive menu planning
- Personalized diet plans
- Monitoring and adjustment techniques
- Knowledge of supplements and food safety
- Real-world application
- Professional certification
- Supportive learning resources



## ONLINE CERTIFICATION IN NUTRITION

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