



DIET PLAN MAKING PROGRAM

(BASIC LEVEL)



About Nutri World

Nutri World, established in 2017 by Dietitian Dipanwita Saha, is a renowned Sole Proprietorship Nutrition Education and Consultancy business based in India. Certified by IAF, ISO, MSME, and TRADEMARKED, Nutri World has educated over 20,000 students globally, offering a range of nutritional courses and diet consultancy services. With a dedicated team of 25 Nutrition Faculties and 10 Clinical Dietitians, the organization works internationally, serving countries like Bangladesh, the UK, USA, Netherlands, Nigeria, and the Philippines. Nutri World aims to promote nutrition education, raise awareness for healthy lifestyles, and become a leading platform for education and diet-related services in India.





Founder & Director **DIPANWITA SAHA**

Clinical Dietitian & Nutripreneur M.Sc. (Clinical Nutrition & Dietetics), | PGD (Food Technology) | Certified Diabetes Educator | Certified Oncology Dietitian | Associated with Kolkata Heart Foundation as a Consultant Dietitian| Consultant Dietitian at Suraksha Polyclinic | Sr. Nutritionist at Hiya Heart Clinic | Sr. International Nutri Educator at 20 Minutes Medical, Bangladesh| Life Member of Indian Association of Parenteral & Enteral Nutrition | Bengali Book Writer - "Aapnar Shoreer Bolchhi"

Achievement

- The Real Super Woman Award, 2022 by by Forever Star India
- India's Top Ideal Woman Award 2023, Presented by Femmetimes India - Category- Woman Healthpreneur & Also Featuring of Entrepreneur Journey on Femmetimes Magazine
- Star Woman of the Year-2023 Presented by India Star Community- Category- Young Dietitian
- International Diabetes Educator Excellence Award 2023 by USV & NDEP
- Bengal Leadership Award Holder 2024 by Today's Story



About Course

Nutri World's Basic Diet Plan Making Program is crafted for nutrition students eager to build a strong foundation in diet planning. This course covers essential concepts, including dietary assessments, nutrient calculations, and practical meal structuring techniques tailored to meet individual health goals. Designed as an interactive, beginner-friendly program, it empowers students with the skills to create effective, balanced diet plans, enabling them to gain practical knowledge essential for their future in nutrition.



COURSE DETAILS

DURATION	5 Classes
FORMAT LIVE ONLINE CLASSES	1 hour 30 mints classes conducted on the Google Meet Platform
DATE & TIME	Sunday 9 am
ELIGIBILITY	B.sc in Nutrition (Honours)Final Year/Msc in Nutrition Pursuing or Passed out
CERTIFICATION	Provide E-Certification (ISO Registered Certification)
EXAMINATION	F.M : 50 Marks- MCQ Type Google Form Exam (Pass Marks will 70% in total will be needed to qualify in exam)

SPECIAL FEATURES

- 1 Recorded Classes will be provided after every class
- 2 Exclusive soft copy study materials will be provided

Course Syllabus

Module 1

Introduction & Basic Dietary Calculation

Module 2

Food Exchange System & Menu splitting techniques

Module 3

Obesity Diet & Counseling Management

Module 4

Underweight Diet & Counseling Management

Module 5

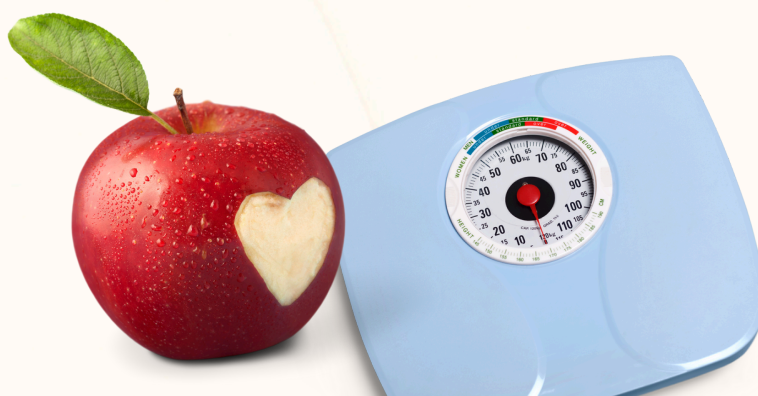
Diet Counseling





Our Instructor
DIPANWITA SAHA

**Clinical Dietitian & Nutripreneur
Certified Diabetes Educator
Certified Oncology Dietitian**



Admission Process & Fees Structure



Register Now

(Click the link & fill up the admission form)

Fees Structure

Full payment: ₹799/-

(After enrolment fee cannot be refunded at any circumstances)



Disclaimer

This training program/course is not designed to qualify participants as dietitians or to use the title of a dietitian. Becoming a legitimate dietitian or nutritionist requires a minimum of five years of formal education at a recognized college or university. This typically includes pursuing advanced degrees such as a Master's in Food & Nutrition, Food Science, or Dietetics, complemented by a practical internship in a hospital setting. Additionally, it is advisable to pass the national Registered Dietitian (RD) examination to achieve professional recognition in this field. Please note that our program does not support or advocate for short-term crash courses that claim to certify individuals as dietitians in an unrealistic timeframe. Our aim is to provide foundational knowledge and skills, not to replace the extensive education and certification required for dietetics professionals.

Contact Details

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