



ADVANCED MASTERCLASS

IN KETOGENIC DIET



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

This masterclass aims to provide in-depth knowledge about the principles and practical applications of the ketogenic diet. Participants will learn the science behind ketosis, its benefits for weight management and therapeutic uses, as well as how to plan and implement keto-friendly meal plans. The course will equip students with the skills to guide clients in adopting the ketogenic lifestyle safely and effectively, with a focus on individual nutritional needs.



Course Details

Time

Every week 1 day (Class Day & Time Schedule will be provide after admission)

Duration

10 Classes live online classes conducted on the Google Meet Platform

Eligibility

B.Sc. in Nutrition (Honours) Final Year or M.Sc. in Nutrition Pursuing or passed out/ Dietitians/Nutritionist

Examination

F.M: 50 Marks –MCQ type Google Form Exam (Pass Marks will 70% in total will be needed to qualify in exam)

Certification

Provide E-Certificate (ISO Registered Certificate)

Special Features

Recorded Classes will be provided after every class Exclusive Soft copy study materials will be provided

Course Modules

Module: 1

- Concepts of fats and oils
- Types of Fats
- Sources of fat in the diet
- Benefits of using fats as a primary source of energy and limitation
- Fat Metabolism System in our body
- Types of oil present in Indian Market & Fatty acid distribution

Module: 2

- Concept of Keto Diet
- Concept of Ketones & Ketosis
- Keto non-veg
- Keto Fruits-Vegetables
- Keto Nuts & Seeds
- Keto Dairy
- Concept of Vegan Keto
- Keto Diet and Nutrients deficiencies
- Side effects of Entering Ketosis
- Concept of Keto Flu
- Keto Supplements

Module: 3

- Concept of Classic Ketogenic
- Role of Classic ketogenic in Fat loss and Slimming
- Ketogenic Diet Plan Making and It's Restrictions



Module: 4

- Modified Ketogenic Diet
- Concept of Autism & It's Symptoms
- MNT in Mild to Moderate Autism
- Diet Plan for Autism Patients
- Supplementation and Restrictions Details

Module: 5

- Concept of MCT Oil using in Keto Diet
- Features
- Requirements
- Gut Health & Cognitive Development
- Alzheimer's Disease and Parkinson's Disease and Keto Diet
- Keto Diet Plan Making & Restrictions

Module: 6

- Low GI Keto Diet or Cyclic Keto Diet
- T2DM, GDM and Keto Diet
- T1DM and Keto Diet
(Details Physiological Process with Diet Plan Making)

Module: 7

- Modified Atkins Diet
- Concept and Four Phases of Atkins Diet
- Difference between Modified Atkins Diet and Classic Keto Diet
- Modified Atkins Diet in Seizures
- Diet Plan Making and Restrictions

Module: 8

- Case Study
- Counselling Technique for Keto Diet
- Doubt Clearing Session





Our Instructor

DEBLINA CHATTERJEE BASAK

**M.Sc in Food Processing & Nutrition Science |
PGD in Diabetes Educator | Clinical Dietitian &
Nutritionist | PhD Scholar at SVU**

14 years over Experience



Admission Process

Fees Structure

Rs. 1999/-

**for 10 classes
(Two Installation Available)**

Register Now

(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.



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