



**Advanced Maternal
NUTRITION & LACTATION
Therapy (AMNLT)**



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
- Bengal Icon Award Holder 2024 by Today's Story

About Course

Nutri World presents Advanced Maternal Nutrition & Lactation Therapy (AMNLT) for nutrition students and professionals who want to develop strong practical knowledge in programis acomprehensive, clinically-focused course designed to providein-depth understanding of pregnancy nutrition, lactation care, and therapeutic diet planning.

This course emphasizes Medical Nutrition Therapy (MNT), case-based learning, and hands-on diet planning, helping you confidently manage both normal and high-risk maternal conditions.

Objectives

- Understand physiological & hormonal changes during pregnancy and lactation
- Master diet planning & nutritional assessment techniques
- Manage high-risk pregnancy complications through nutrition
- Gain expertise in lactation counselling & breastfeeding support
- Develop clinical skills through case study discussions



COURSE DETAILS

DURATION

2 Months)

FORMAT LIVE ONLINE CLASSES

1 Hour classes conducted on the
Google Meet Platform

DATE & TIME

Starting Date: 2nd June, 2026
Class Time: Tuesday 9 pm

ELIGIBILITY

- Nutrition & Dietetics Students
- Interns & Aspiring Dietitians
- Healthcare Professionals

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

Fundamentals of Pregnancy Nutrition & Assessment

- Physiological changes during pregnancy
- Trimester-wise nutritional requirements
- Macronutrients & Micronutrients (Iron, Calcium, Folic Acid, Protein) Recommended weight gain guidelines
- Nutritional Assessment: BMI, Dietary Recall, Clinical Signs

Module 1

Advanced Diet Planning & Special Case Management

- Step-by-step diet chart making
- Portion size & meal distribution

Special Cases:

- Underweight pregnancy
- Overweight/Obese pregnancy
- Twin pregnancy basics

Module 1

Pregnancy Complications & Management

- Gestational Diabetes Mellitus (GDM)
- Pregnancy-Induced Hypertension (PIH)
- Anaemia in pregnancy
- Thyroid disorders
- Hyperemesis gravidarum
- Constipation & acidity

Module 1

Lactation Nutrition & Counselling

- Physiology of lactation
- Nutritional requirements during lactation
- Galactagogues (milk-boosting foods)
- Importance of exclusive breastfeeding

Diet Planning:

- Lactating mother diet chart
- Meal frequency & hydration

Module 1

Postpartum Nutrition & Case Handling

- Safe weight loss after delivery
- Recovery nutrition

Practical Learning:

- Case study discussions
- Clinical diet planning practice



Admission Process & Fees Structure

Upgrade your skills and become a specialist in maternal & lactation nutrition



Enroll Now

Fees Structure

ONE-TIME PAYMENT:

₹2500/-

****Note:**

The registration fee is non-refundable if a participant fails to attend the session after registering





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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