



The Science of Clinical Nutrition

Clinical Nutrition Program

A 4-month course on clinical nutrition and dietetics — from food science foundations to lifecycle nutrition and therapeutic management of gastrointestinal, metabolic, cardiovascular, renal, and other clinical conditions.

INVESTMENT

₹39,999

DURATION

4 MONTHS

SCHEDULE

2 CLASS / WEEK

CLASS LENGTH

90 MINUTES

LED BY

Princy Rasaniya

NUTRITION COACH

ENROLL

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Program Overview

The Science of Clinical Nutrition is a structured, 4-month program built for anyone who wants a serious, clinically grounded understanding of nutrition — from the biochemistry of nutrients to the therapeutic diets used to manage real medical conditions. The course moves from food science fundamentals into full clinical application, giving you a practical, condition-by-condition framework for nutritional management across the human lifecycle.

What You Will Gain

- A strong foundation in nutrients, food groups, and core nutrition concepts
- The ability to plan nutrition across every life stage — pregnancy to old age
- Skills to therapeutically modify a normal diet for clinical conditions
- Condition-specific dietary management across GI, metabolic, cardiac, renal, and liver disorders
- Awareness of food allergies, intolerances, and diet for mental health conditions
- Hands-on practice building real diet plans, plus an industry-recognized certificate

Who Should Enroll

- Nutritionists and dietitians seeking clinical depth
- Doctors, nurses, and allied health professionals
- Fitness and wellness coaches moving into therapeutic nutrition
- Anyone building a career in clinical dietetics

"From food science basics to therapeutic diet management across gastrointestinal, metabolic, cardiovascular, renal, and other clinical conditions."

Introduction to Nutrition, Dietetics and Food Science

Module I builds the scientific foundation of food and nutrition — the building blocks every clinical dietitian needs before moving into therapeutic diets.

1. Foods, Nutrition and Health

- Core fundamentals connecting food, nutrition, and health

2. Nutrients in Foods

- Carbohydrates
- Proteins
- Fats
- Minerals
- Vitamins
- Water

3. Core Nutrition Concepts

- Basal Metabolic Rate & energy balance
- Food & food groups; calorie requirements
- Introduction to the Food Exchange List
- Meal planning fundamentals
- Cooking & cooking methods
- Methods of improving the nutritional quality of food
- Food adulteration

Clinical Nutrition

Module II moves from theory into clinical application — nutrition across the lifecycle and therapeutic diet management for gastrointestinal and allergy-related conditions.

1. Nutrition in the Lifecycle

- Pregnancy
- Lactation
- Infancy
- Childhood
- Adolescence
- Old age

2. Therapeutic Modification of Normal Diet

- Principles of adapting a normal diet for therapeutic needs

3. Gastrointestinal Disorders

- Gastritis and hernia
- Diarrhoea and constipation
- Peptic ulcer, ulcerative colitis, and Crohn's disease
- Dumping syndrome
- Nutritional management in dysphagia

4. Food Allergies & Food Intolerance

- Identifying and managing food allergies and intolerances

5. Metabolic Disorders

- Diabetes
- Hypothyroidism & hyperthyroidism
- PCOS

6. Cardiovascular Disorders

- Hypertension
- Atherosclerosis
- Myocardial Infarction

7. Renal Diseases

- Nephrotic syndrome and renal stones
- Dialysis
- Acute & chronic renal failure; end-stage renal disease

8. Inflammatory Diseases

- Rheumatoid arthritis
- Asthma

9. Diet for Mental Disorders

- Autism
- ADHD
- Schizophrenia

10. Liver Disorders

- Jaundice
- Hepatitis
- Diseases of the gall bladder

11. Additional Clinical Areas

- Nutrition for cancer
- Burns & injuries
- Practical: building real diet plans

Meet Your Instructor



Princy Rasaniya

Clinical Dietician & Diabetes Educator

**Bsc (FSN), P.G in Dietetics, Msc (DFSM), CDE
With 14 years of Experience**

Princy brings practical, real-world nutrition coaching experience to this diploma, guiding learners from foundational science to hands-on clinical diet planning.

✉ hello@acmeskillverse.com

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ENROLL NOW — START YOUR JOURNEY IN CLINICAL NUTRITION