

DIPLOMA IN FOOD SCIENCE & NUTRITION

Build a career in Clinical Nutrition & Dietetics

A comprehensive 6-month diploma covering nutrition science, food science, anatomy & physiology, dietary assessment, dietetics, and therapeutic nutrition — preparing learners for practical diet planning and clinical nutrition support.

PRICE

₹51,999

DURATION

6 MONTHS

SCHEDULE

3X / WEEK

CLASS LENGTH

90 MINS

ENROLL NOW

Instructor: **Princy Rasaniya**

① WHY THIS COURSE

From Foundations to Practical Mastery

This diploma is designed for aspiring dietitians, nutrition coaches, health enthusiasts, and clinical support professionals who want a solid, practical grounding in nutrition and dietetics.

Across 6 structured modules, you'll move from core science — nutrients, food composition, human anatomy — to real-world application: meal planning, dietary counselling, and therapeutic diets for clinical conditions.

Program Highlights

- Practical diet planning training — from theory to real diet charts
- Clinical nutrition support skills for therapeutic conditions
- Complete life-cycle nutrition coverage — infancy to old age
- Disease-specific dietetics: diabetes, cardiovascular, renal, cancer & more
- Live, instructor-led batches — **3 classes a week, 90 minutes each**
- 6-month, career-oriented curriculum with 6 in-depth modules

Who Should Enroll

- Aspiring dietitians & nutritionists
- Fitness & wellness coaches expanding into nutrition
- Healthcare support staff & caregivers
- Anyone seeking a science-backed understanding of food & health

What You Will Learn

6 modules designed to take you from foundations to practical mastery.

Module I — Nutrition

- **Introduction to Nutrition** — health, nutrition, balanced diet, preventive health care
- **Carbohydrates, Proteins, Fats/Lipids** — classification, functions, RDA, metabolism
- **Water** — distribution, functions, requirement, fluid balance
- **Energy Metabolism** — BMR, energy balance
- **Vitamins (A, D, E, K, C, B-Complex)** — functions, sources, deficiency, toxicity
- **Minerals & Trace Elements** — Calcium, Iron, Iodine, Zinc, electrolytes & more
- **Phytochemicals & Antioxidants**

Module II — Food Science

- **Introduction to Food Science** — classification, food patterns
- **Cereals, Grains, Fruits & Vegetables** — composition, storage, cookery
- **Fats & Oils, Pulses, Milk & Products** — nutritive value & processing
- **Flesh Foods** — Meat, Poultry, Fish, Egg
- **Food Adulteration** — laws & standards (PFA, FPO, BIS, HACCP)
- **Food Preservation & Additives** — GM foods, organic foods, supplements
- **Functional Foods & Methods of Improving Nutritional Quality**

Module III — Anatomy & Physiology

- **Cells** — structure, function, mitosis & meiosis
- **Digestive, Excretory & Integumentary Systems**
- **Musculoskeletal, Endocrine & Cardiovascular Systems**
- **Lymphatic, Nervous, Respiratory & Reproductive Systems**

Advanced Modules

Module IV — Dietary Assessment

- **Methods of Nutritional Status Assessment** — anthropometry, biochemical, clinical, dietary
- **Counselling Skills** — process & application

Module V — Dietetics

- **Introduction to Dietetics** — RDA principles
- **Fundamentals of Meal Planning** — food guide pyramid, healthy eating
- **Food Exchange Lists** — guidelines & exchanges
- **Nutrition Through the Life Cycle** — pregnancy, lactation, infancy, childhood, adolescence, adulthood, old age

Module VI — Therapeutic Nutrition

- **Therapeutic Diet Modification** — fluid, soft diets, TPN & enteral
- **Gastro-Intestinal Disorders** — GERD, ulcers, IBD, celiac & more
- **Metabolic Disorders** — diabetes, gout, thyroid, PCOS/PMS
- **Cardiovascular & Liver Disorders** — hypertension, atherosclerosis, hepatitis
- **Renal Diseases, Musculoskeletal Disorders & Febrile Disorders**
- **Weight Management** — obesity, fad diets, dietary management
- **Nutrition in Cancer & AIDS**
- **Diet Plans** — hands-on therapeutic & clinical diet planning practice

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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