

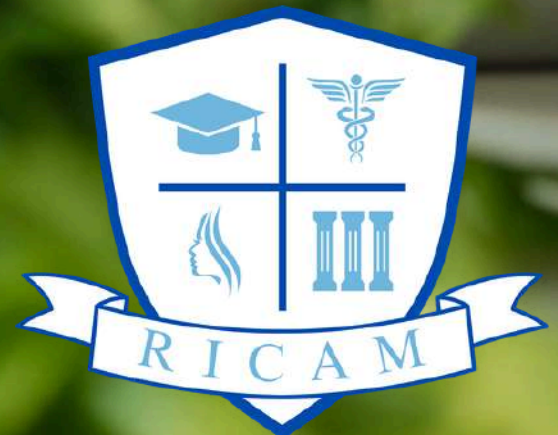
# DIPLOMA IN CLINICAL DIET & NUTRITION



COURSE DURATION - 1 MONTH



FORMAT – ONLINE &  
CLASSROOM



# Why Us ?

- ✓ RICAM is run under Roshan Foundation a Government Registered Non-Profitable Organisation with Regd no : E-6811 (Pune)
- ✓ More focus on clinical knowledge which will help in setting up practice immediately after training
- ✓ Extensive hands on experience for all participants
- ✓ Marketing knowledge (digital marketing, Meta ads, Google marketing, What's app marketing, etc)
- ✓ Knowledge of setting up and running your centre successfully
- ✓ Session to cover medico legal aspect
- ✓ Experienced and certified faculty
- ✓ Lifetime membership once purchased a course. Can attend lectures and hands on training as many times as required
- ✓ What's app group after the course to support in difficult cases
- ✓ Vendor details for machine and products selection.



**Skill India**  
कौशल भारत - कुशल भारत



**MSME**  
MICRO, SMALL & MEDIUM ENTERPRISES  
सुगम अर्थ वा माहल उद्यम



# CURRICULUM OVERVIEW

## INTRODUCTION TO NUTRITION SCIENCE

- Food, Nutrition and health
- Digestion ,absorption and utilization of nutrients
- Recommended dietary allowance for nutrients

## NUTRITION

- Carbohydrates
- Fats and other Lipids
- Proteins and amino acids
- Energy Metabolism
- Fat soluble Vitamins
- Water soluble Vitamins
- Major and trace minerals
- Water, fluids, electrolyts and acid base
- Balance
- Disorders of Nutrition (protein energy malnutrition)

## MEAL PLANNING

- Food guides for selecting an adequate diet
- Food groups
- Meal planning and exchange list
- Carbohydrates
- Fats and other lipids
- Proteins and amino acids
- Energy metabolism
- Fat soluble vitamins
- Water soluble vitamins
- Major and trace minerals
- Water, fluids, electrolyts and acid base
- Balance
- Disorders of Nutrition (protein energy malnutrition)

## MEDICAL NUTRITION THERAPY

- Critical Care Nutrition
- Copd Bronchitis
- Diet in mental disorder
- Diet in gynec disorder

# CURRICULUM OVERVIEW

## MEDICAL NUTRITION THERAPY

- Diet for Gastrointestinal disorders
  - a. Constipation
  - b. Diarrhea
  - c. Irritable Bowel Syndrome
- Metabolic Disorders
- Diabetes and Thyroid
  - a. Diet for diabetes mellitus
  - b. Diet for thyroid
- Diet for Cardiovascular diseases
  - a. Hypertension
  - b. Atherosclerosis
  - c. Dyslipidemia
- Diet for kidney disorders
  - a. End stage renal disease (Chronic Kidney Failure)
  - b. Dialysis
- Diet for gout/arthritis
- Diet for Liver diseases
  - a. Cirrhosis
  - b. Hepatitis
  - c. ALD (Alcoholic liver disease)
- Diet for Obesity
- Diet for cancer

## NUTRITIONAL ASSESSEMENT

- Body weight evaluation and indications of
- nutrition related problems
- Body mass index and determining ideal body weight (IBW) based on height to weight
- Standard body weight (SBW) determination
- Estimation of energy, protein and fat requirement

## LIFECYCLE NUTRITION

- Nutrition in pregnancy + Diet plan
- Nutrition in Adolescents / adults + Diet plan
- Nutrition in Preschool / School going children + Diet plan
- Nutrition throughout Geriatrics population + Diet plan
- Nutrition in infants + Diet plan

RICAM is run by Roshan Foundation' is a non-profit organization dedicated to making a positive impact on the lives of the underprivileged in India. Founded in 2014, our organization has been actively involved in addressing various social issues and working towards the betterment of society. Our Mission is to educate each student to the highest levels of academic achievement and to enable them to expand their potential, and prepare them to become Productive, Responsible, Ethical, Creative and Compassionate members of the society.



## SUPPORT AFTER COURSE COMPLETION

- LIFETIME WhatsApp support for all after the end of their course
- Support in procurement of machines and material in case you need them for your centre
- Marketing and lead generation support for your new Cosmetology Centre if needed
- Guidance for Interior Designing for your clinic setup

## CONTACT US



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