

Diet and Pregnancy

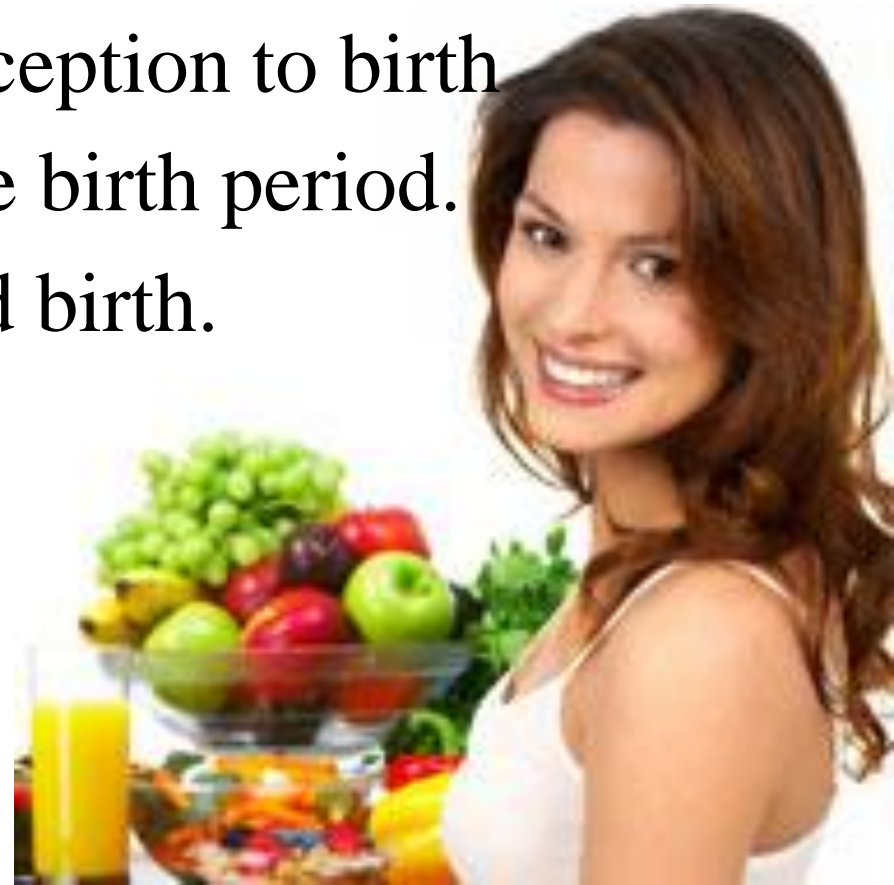


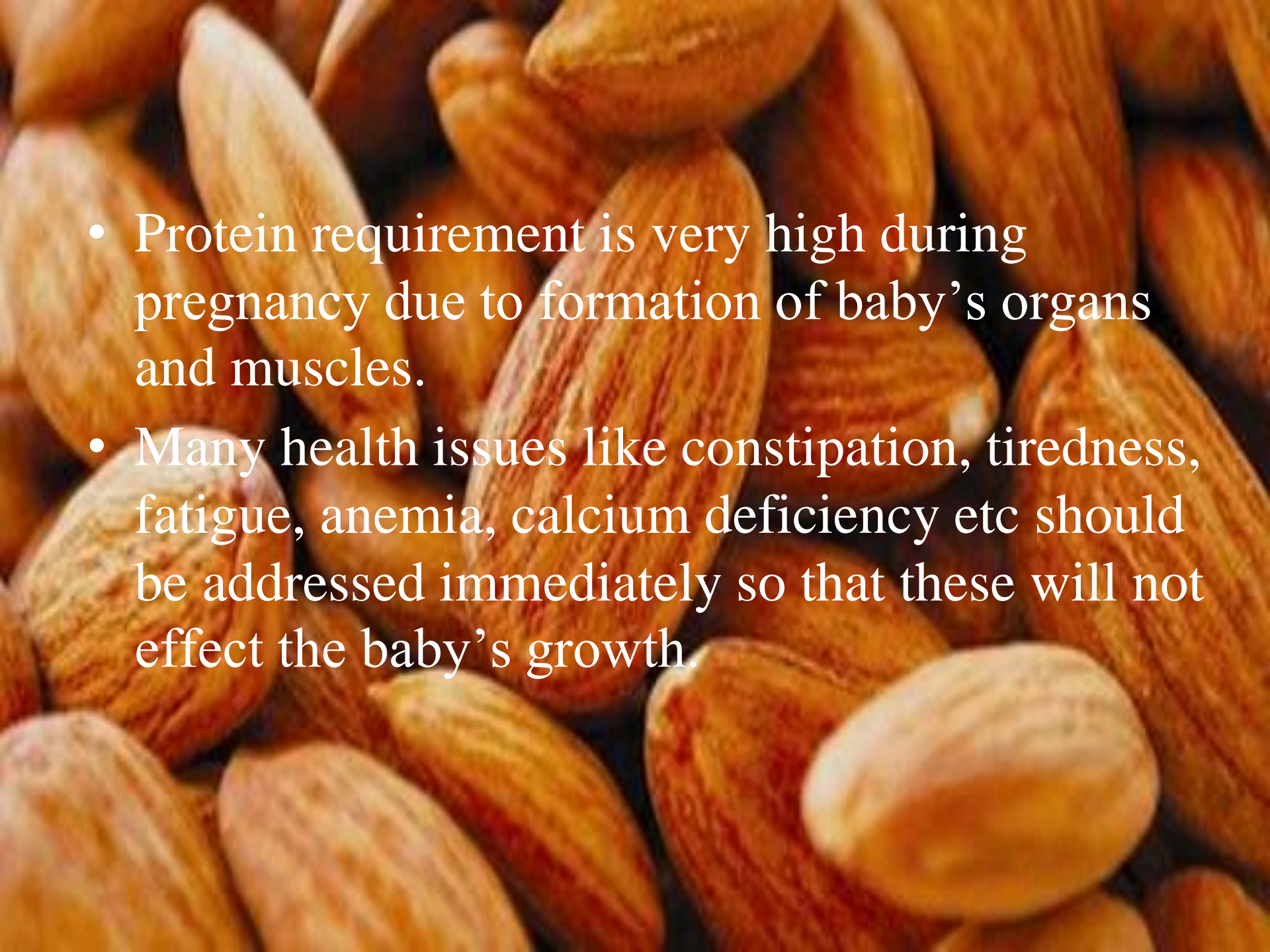
- During pregnancy , the diet plan should be very meticulously prepared so that the mother also enjoys and also does not harm the baby at any cost.
- It should be nutritious for both mother and baby.



Types of diet plans

- Diet plan varies depending on the stage of pregnancy:
- Prenatal: starting of conception to birth
- Perinatal: just around the birth period.
- Post natal: after the child birth.



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- Protein requirement is very high during pregnancy due to formation of baby's organs and muscles.
 - Many health issues like constipation, tiredness, fatigue, anemia, calcium deficiency etc should be addressed immediately so that these will not effect the baby's growth.

Diet Plan

- Visit our nutrition experts for a proper diet plan.

FEE STRUCTURE

Online 500.00

Offline 500.00



FEE STRUCTURE

- Fee structure is as

- **Online**

- **1 Portion**

- **Monthly Rs 500.00 (7 Days in a week)**
- **Quarterly Rs.1200.00 (7Days in a week)**
- **Half yearly Rs.2100.00 (7 Days in a week)**

- **Academy**

- **1 Portion**

- **Monthly Rs 500.00 (7 Days in a week)**
- **Quarterly Rs.1200.00 (7Days in a week)**
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THANK YOU