



# CCN Maternal Nutrition Program

Doctor-led clinical nutrition for fertility, safe pregnancy, healthy baby growth and post-delivery recovery. Our comprehensive program supports Indian mothers through every stage of their maternal journey with personalised, evidence-based nutrition plans that honour traditional wisdom whilst incorporating modern clinical science.

## Expert-Led Guidance



Benefit from **doctor-led clinical nutrition** with personalised, evidence-based plans tailored for your unique journey.

## Nourishing Traditions



Our approach honours **traditional wisdom** seamlessly blended with modern clinical science for holistic well-being.

## Journey to Parenthood



Supporting you through every stage: **fertility, safe pregnancy, healthy baby growth, and post-delivery recovery.**

# Why Maternal Nutrition Matters

According to Krause's Maternal & Fetal Nutrition, WHO and ICMR guidelines, proper nutrition during the maternal journey influences critical health outcomes for both mother and baby. Each phase of pregnancy requires a different nutritional strategy tailored to developmental needs.

## Key Health Impacts

- Fertility and ovulation patterns
- Hormone balance and regulation
- Baby's brain development
- Healthy maternal weight gain
- Immunity and anaemia control
- Gestational diabetes risk reduction
- Blood pressure stability
- Milk supply during lactation
- Mother's long-term health outcomes



**Clinical Insight:** Nutrition shapes both mother and baby's future health. Every phase needs a different nutrition strategy backed by medical science.

# Pre-Pregnancy Fertility Nutrition Program

Improve fertility, regulate hormones and prepare the body for healthy conception through targeted clinical nutrition. Our fertility programme addresses PCOS, thyroid disorders, insulin resistance and egg quality optimisation.



## Hormone Balance

Ovulation nutrition, PCOS management, thyroid support, endometrial lining improvement



## Nutrition Focus

Folate, B12, iron, omega-3, inositol, chromium, zinc, selenium, anti-inflammatory foods



## Body Preparation

Weight optimisation, inflammation reduction, gut repair, preconception blood analysis

## Programme Options

### 3-Month Fertility Plan

**Month 1:** Hormone reset and insulin balance with fertility-focused diet, anti-inflammatory plan, gut repair

**Month 2:** Egg quality and lining improvement through omega-3, antioxidant meals, blood sugar stability

**Month 3:** Conception preparation with micronutrient optimisation, stress reduction foods, final fertility readiness

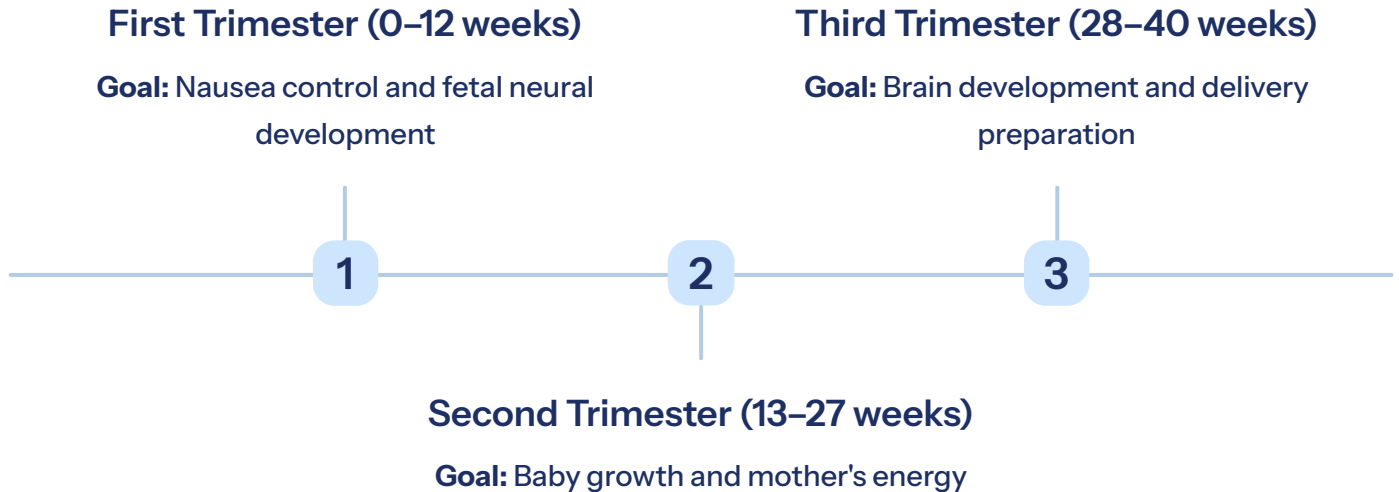
### 6-Month Advanced Plan

**For:** PCOS, endometriosis, repeated failures, severe insulin resistance, thyroid conditions

**Includes:** Egg-quality therapy, thyroid-PCOS synergy, follicular and luteal phase diets, fertility trigger week plan, long-term hormone reset

# Pregnancy Nutrition Programme

Healthy mother, healthy baby — trimester-wise clinical nutrition supporting every stage of pregnancy with personalised meal plans, symptom management and fetal growth optimisation.



## Comprehensive Support Includes

### Medical Management

- Gestational diabetes control
- Blood pressure monitoring
- Haemoglobin improvement
- Weekly weight tracking

### Symptom Relief

- Nausea and vomiting support
- Acidity management
- Constipation relief
- Safe hydration strategy

### Fetal Growth

- Protein-specific diet
- Brain development foods
- Safe exercise guidance
- Delivery preparation

## 3-Month Programme

Ideal for trimester entry or managing specific conditions like gestational diabetes, low haemoglobin or severe nausea. Includes symptom control, baby growth plan and delivery preparation.

## 6-Month Programme

Complete trimester support with blood sugar and BP monitoring, weight tracking, gestational diabetes management, fetal growth nutrition and hospital-ready pre-delivery planning.

# Post-Pregnancy & Lactation Nutrition

Fast recovery, high milk supply and strength-building for new mothers. Our post-pregnancy programme focuses on wound healing, lactation support, safe weight management and emotional wellbeing through clinical nutrition.

## Month 1: Healing Phase

Soft gut-friendly meals, tissue and wound healing, constipation management, C-section recovery



## Month 2: Milk Supply

High-protein meals, galactagogue foods, energy-boosting nutrition, strength building

## Month 3: Weight Balance

Safe postpartum weight loss, hormone support, stress management, mood-focused foods

## Comprehensive Post-Delivery Support

### Recovery Focus

- Wound healing after C-section or normal delivery
- High-milk-supply diet with galactagogues
- Gut repair and digestive healing
- Anaemia recovery nutrition

### Long-Term Wellness

- Safe weight loss after delivery
- Mood and anxiety nutrition support
- Hair fall correction through diet
- Thyroid and insulin balance

## Nutrition Priorities



High-protein wound healing diet



Iron, folate, calcium supplementation



Omega-3 for brain and mood



Galactagogue foods for milk supply



Anti-inflammatory meals



Structured hydration schedule



# Why Choose CCN for Maternal Nutrition



## Doctor-Led Clinical Care

Evidence-based fertility and pregnancy nutrition programmes designed by qualified medical professionals with specialisation in maternal health



## Trimester-Specific Plans

Personalised clinical plans tailored to each trimester with PCOS, thyroid and insulin resistance specialisation



## Indian Home-Friendly

Meal plans designed for Indian kitchens using locally available ingredients that honour traditional food culture



## Daily WhatsApp Support

Continuous guidance and real-time support through convenient WhatsApp communication with your nutrition team



## Blood Report Analysis

Nutrition plans adjusted based on your blood reports, monitoring haemoglobin, glucose, thyroid and other vital markers



## Baby-Growth Focused

Planning centred around optimal fetal development with emotional nutrition support for mother's mental wellbeing

## Comprehensive Condition Management

Our specialised programmes address nausea, gestational diabetes, anaemia, blood pressure management, post-delivery healing and lactation support. Every plan is personalised to your unique health needs, cultural preferences and family situation.

### Fertility Enhancement

PCOS, thyroid, insulin resistance management

### Pregnancy Support

GDM, anaemia, BP control, symptom relief

### Post-Delivery Care

Healing, lactation, weight management

**Begin your maternal nutrition journey with CCN.** Our doctor-led programmes support Indian mothers through fertility, pregnancy and post-delivery with personalised clinical nutrition that combines medical expertise with cultural understanding.