



Central Child Nutrition
by UNICEF

CCN- Kids' Nutrition & Growth Programme

Science-backed nutrition for children. Early nutrition shapes lifelong health, and timely correction prevents future diseases. Our programme focuses on:



Growth

Supports healthy physical development and vital milestones.



Immunity

Strengthens natural defense mechanisms to fight illness.



Brain Development

Enhances cognitive function, learning, and mental clarity.



Gut Health

Promotes a balanced digestive system for overall wellbeing.



Why Personalised Nutrition Matters for Children

According to Krause's Paediatric Nutrition and Indian Academy of Paediatrics guidelines, childhood nutrition profoundly impacts every aspect of development. The food choices we make today determine not just current health, but set the foundation for decades to come.



Physical Growth

Height, weight development and healthy BMI percentiles



Brain Development

Cognitive function, attention and memory enhancement



Strong Immunity

Disease resistance and faster recovery from illness



Gut Health

Proper digestion and nutrient absorption

Academic
Performance

Long-term Health

Early nutritional





Comprehensive Care Package

Our Kids' Nutrition & Growth Care programme provides everything parents need to support their child's optimal development through expert guidance and practical solutions.

01

Comprehensive Paediatric Assessment

Growth chart evaluation, dietary recall, appetite analysis, picky-eating assessment, gut health screening and blood report interpretation

02

Personalised Nutrition Plan

Growth-focused, immunity-boosting, picky eating solutions, gut health protocols and weight management strategies

03

Child-Friendly Meal Plans

Indian home-style meals, easy tiffin ideas, school snacks and seasonal fruit and vegetable plans

04

Supplement Guidance

Clinical recommendations for iron, vitamin D, B12, probiotics, zinc and omega-3 when required

05

Monthly Growth Monitoring

Weight, height, appetite and sleep tracking with progress reports

06

Daily Parent Support

WhatsApp guidance for tiffin ideas, illness days and recipe modifications

Growth Focus

- Balanced calorie-protein plans
- Age-specific portions
- Height-boosting foods
- Natural appetite enhancers

Immunity Building

- Vitamin C, D, zinc-rich foods
- Gut-friendly options
- Anti-inflammatory meals
- Seasonal protection

Gut Health

- Constipation protocols
- Fibre-fluid balance
- Bloating solutions
- Prebiotic and probiotic foods

Programme Packages

3-Month Programme

Foundation for Growth & Immunity

Ideal for underweight children, frequent illnesses, picky eaters, constipation issues and poor appetite. Includes 12 consultations with weekly meal plans.

- Month 1: Fix gut and improve appetite
- Month 2: Increase weight, height and strength
- Month 3: Brain and immunity boost

6-Month Programme

Advanced Growth & Development

Ideal for chronic underweight, gut issues, asthma, allergies, autism spectrum or long-term immunity problems. Comprehensive transformation plan.

- Phase 1: Gut and appetite foundation
- Phase 2: Growth acceleration phase
- Phase 3: Brain, immunity and stability



Doctor-Led Care

Expert paediatric nutrition guidance with clinical oversight and professional monitoring



Easy Home Meals

Simple Indian recipes that fit your family's routine and preferences



Child-Friendly Approach

Behavioural feeding strategies that work with your child's unique needs



Daily Support

WhatsApp assistance for tiffin ideas, illness days and recipe questions



Growth Monitoring

Regular tracking of weight, height, appetite and overall development



Lab Interpretation

Blood report analysis and deficiency correction with safe supplements

Early nutrition shapes lifelong health. Choose CCN's Kids' Nutrition Programme for comprehensive, compassionate care that supports your child's complete development—from gut health to growth, immunity to brain function.