

# NUTRITION FOR PREGNANCY AND BABIES

COURSE CONTENT OVERVIEW



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This Nutrition for Pregnancy and Babies course has been designed by a qualified dietician to help prospective and expectant parents, as well as those who work with parents, understand the importance of maintaining good nutritional stands pre, during and post-pregnancy. The course also explains the nutrients that new-borns and infants need in order to develop healthily and without problems.

#### **Module One: Pre-Conception Nutrition for Men**

This module looks at the foods men should be eating when trying to conceive, as well as taking a look at the foods and drinks they should avoid.

- Sperm production and structure
- Weight
- Dietary fat
- Micronutrients and antioxidants
- Putting the diet into practice
- Alcohol

#### **Module Two: Pre-Conception Nutrition for Women**

This module looks at the foods women should be eating when trying to conceive, including the use of vitamin supplements to ensure that the body is healthy and well prepared.

- Weight
- Diabetes
- Eating before pregnancy - fruit and vegetables, iron and dietary fats
- Folic acid, choline and supplements
- Caffeine and alcohol
- Pre-pregnancy physical activity

#### **Module Three: Nutrition During Pregnancy**

This module looks at the best foods to eat during pregnancy to ensure both your body and the baby remain healthy.

- Folic acid
- Vitamin D
- Recommended foods
- Weight
- Foods to avoid
- Alcohol
- Sickness during pregnancy

#### **Module Four: Nutrition for Infants**

This module explains the benefits of breastfeeding and shows how you can wean a baby from milk onto solid foods. The module outlines which foods are the most suitable for weaning and provides some useful baby recipes.

- Breastfeeding
- Weaning
- How much and how often?
- Foods to avoid
- Nut allergies
- Milk, water and juice
- Baby-led weaning
- Recommended foods
- Recipes

## Aims of the Training

By the end of this course, learners will:

- Understand the benefits of having different nutrients in the diet for both men and women who are trying to conceive.
- Understand the importance of good nutrition whilst pregnant.
- Know which foods to avoid pre-pregnancy and during pregnancy in order to maintain the health of the baby.
- Know which foods are best to feed a young baby and have an understanding of how to wean a baby from milk onto food.