

Course title	Nutrition during pregnancy and lactation - course not only for nutritionists
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Academic year	2020/2021
Semester	winter/summer
Content	<ol style="list-style-type: none"> <li>1. Basic changes in the body of a pregnant and lactating woman</li> <li>2. Nutritional demands of pregnancy and lactation (Energy, proteins, carbohydrates, fats, key mineral and vitamin need)</li> <li>3. Recommendations for total weight gain and rate of weight gain during pregnancy</li> <li>4. Food products recommended during pregnancy and Lactation</li> <li>5. Eliminating selected foods during pregnancy - when and why</li> <li>6. Current recommendations for supplementation during pregnancy</li> <li>7. Tips on general concerns and gastrointestinal problems in pregnancy and be able to characterize them.</li> <li>8. Nutritional-related risk factors in pregnancy (at the onset and during pregnancy)</li> <li>9. Recognizing special counseling needs</li> <li>10. Complications of pregnancy</li> </ol>

	<p>11. Advantages of breastfeeding for infants and mothers</p> <p>12. Facts and myths about nutrition during pregnancy and lactation</p> <p>13. Basic information on the use of medicines during pregnancy and lactation, including galactagogues.</p>
Learning outcomes	<p>At the end of the course the learner is expected to be able to:</p> <ol style="list-style-type: none"> <li>1. Characterize basic changes in the body of a pregnant and lactating woman</li> <li>2. Explain nutritional demands of pregnancy and lactation (Energy, proteins, carbohydrates, fats, key mineral and vitamin need)</li> <li>3. Know recommendations for total weight gain and rate of weight gain during pregnancy</li> <li>4. Food products recommended during pregnancy and lactation</li> <li>5. Eliminating selected foods during pregnancy - when and why</li> <li>6. Describe current recommendations for supplementation during pregnancy</li> <li>7. Give tips on general concerns and gastrointestinal problems in pregnancy and be able to characterize</li> </ol>

	<p>them.</p> <ol style="list-style-type: none"> <li>8. Indicate nutritional-related risk factors in pregnancy (at the onset and during pregnancy)</li> <li>9. Recognize special counseling needs</li> <li>10. Characterize complications of pregnancy</li> <li>11. Describe advantages of breastfeeding for infants and mothers</li> <li>12. Discuss facts and myths about nutrition during pregnancy and lactation</li> <li>13. Describe basic information on the use of medicines during pregnancy and lactation, including galactagogues.</li> <li>12. Characterize consequences of using selected drugs during pregnancy and lactation.</li> </ol>
Selected literature	<ol style="list-style-type: none"> <li>1. Publications from the pubmed database</li> <li>2. Staci Nix, Williams's Basic Nutrition and Diet Therapy, Elsevier 2017</li> <li>3. Glucman Peter, Nutrition and Lifestyle for Pregnancy and Breastfeeding, Oxford Univeristy Press, 2014</li> </ol>
Teaching tools/methods	<ol style="list-style-type: none"> <li>1. Lectures</li> <li>2. Practical classes with analysis of the composition of</li> </ol>

	<p>selected dietary supplements intended for use in pregnancy and lactation</p> <p>3. Practical classes to make drinks intended for pregnant women and lactation in special problems</p> <p>4. Discussion with the group</p>
Form of examination	Test of knowledge