



Lifecycle Nutrition

Pregnancy and Lactation

Infants, Children and Adolescents

Older Adults



Pregnancy

- Importance of Nutrition
- First two months of pregnancy paramount in regards to nutritional status
- Focus on high nutrient dense foods throughout childbearing years



Growth and Development

- Placental development



Fetal Development

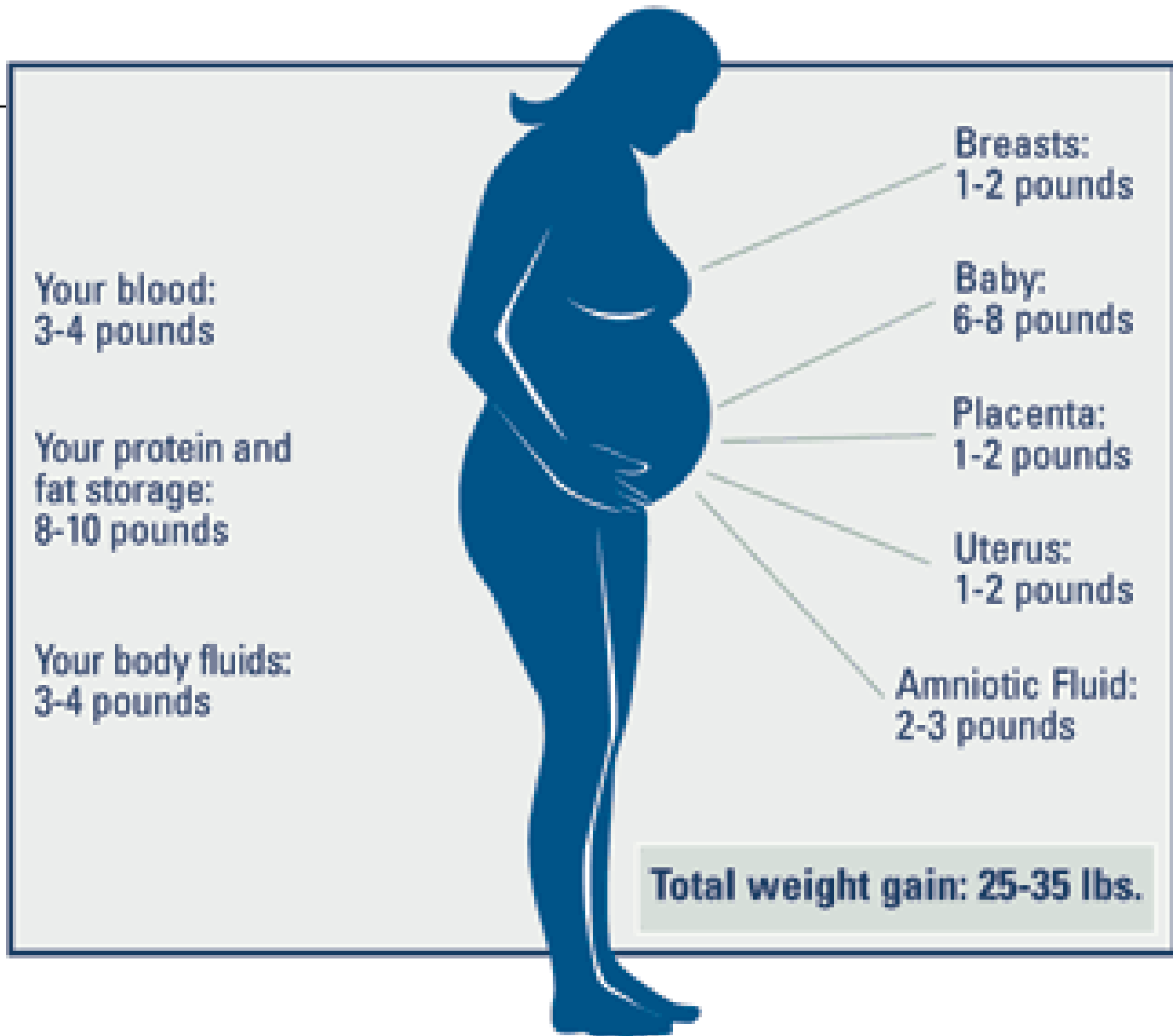
- Critical Stages of development



Weight Gain

- Pre-pregnancy weight
- Recommended Weight Gain

Components of Weight Gain





Rate of Weight Gain

- 1st trimester
- 2nd and 3rd trimester
- Weight gain should be smooth and progressive



Nutrient Requirement in Pregnancy

- Energy
- Protein
- Essential Fatty Acids
- Vitamins and Minerals



Nutrition During Lactation

- Energy
- Protein
- Vitamins/Minerals
- Fluids



Infancy

- Energy Needs
- Growth charts reliable indicator of normal growth rate



Breastmilk

- Nutritional Benefits
 - Energy
 - Vitamins/Minerals



Breastmilk

- Other protective factors
 - Immunological factors
 - Allergies
 - Obesity



Infant Formula

- Formulas developed to be similar to infant formulas
- All formula fed babies should receive iron fortified formula
- Risks:



Introduction of Solid Foods

- Infant Needs
- Physical Readiness
- Control Allergic Reactions



Childhood Nutrition

- Energy Needs
- Insuring Adequate Growth



Encouraging Healthy Eating Habits

- Serve regular meals/snacks
- Respect children's food preferences
- Serve age appropriate food portions
- Avoid food battles
- Serve as role model



Tweens and Teens

- Rapid growth increase
 - Girls
 - Boy
- Energy and Nutrient Needs
 - Energy:
 - Nutrients:



Food Choices and Challenges

- Irregular eating habits
- Food availability
- Independence
- Food consumption away from home
- Peer influence



Childhood Obesity

- 17-20% of children are overweight
- Causes
 - Genetic
 - Environment
- Concerns



Preventing Childhood Obesity

- Insist children consume regular meals and snacks
- Reduce sodas, fruit juices
- Reduce frequency of fast foods and dining out
- Increase fresh fruits/vegetables
- Encourage daily physical activity
- Remove TV from bedrooms
- Limit TV, video games, computer to 1 hr/day



Nutrition and Aging

- Life expectancy has increased in the 20th century
- Factors that enhance longevity include:



Aging Process and Effects on Nutrition

- Physiological changes
- Psychological changes



Energy and Nutrient Needs

- Energy needs decline:
- Nutrient Needs
- Water – dehydration risk



Insuring Adequate Nutrition

- Seniors at risk for malnutrition
 - Determine (pg 609)
- Food Assistance Programs