

- 1 **Lifecycle Nutrition**
 - Pregnancy and Lactation
 - Infants, Children and Adolescents
 - Older Adults
- 2 **Pregnancy**
 - Importance of Nutrition
 - First two months of pregnancy paramount in regards to nutritional status
 - Focus on high nutrient dense foods throughout childbearing years
- 3 **Growth and Development**
 - Placental development
- 4 **Fetal Development**
 - Critical Stages of development
- 5 **Weight Gain**
 - Pre-pregnancy weight
 - Recommended Weight Gain
- 6 **Components of Weight Gain**
- 7 **Rate of Weight Gain**
 - 1st trimester
 - 2nd and 3rd trimester
 - Weight gain should be smooth and progressive
- 8 **Nutrient Requirement in Pregnancy**
 - Energy
 - Protein
 - Essential Fatty Acids
 - Vitamins and Minerals
- 9 **Nutrition During Lactation**
 - Energy
 - Protein
 - Vitamins/Minerals
 - Fluids
- 10 **Infancy**
 - Energy Needs
 - Growth charts reliable indicator of normal growth rate
- 11 **Breastmilk**
 - Nutritional Benefits
 - Energy

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●Vitamins/Minerals

12 **Breastmilk**

○Other protective factors

●Immunological factors

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●Allergies

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●Obesity

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13 **Infant Formula**

○Formulas developed to be similar to infant formulas

○All formula fed babies should receive iron fortified formula

○Risks:

14 **Introduction of Solid Foods**

○Infant Needs

○Physical Readiness

○Control Allergic Reactions

15 **Childhood Nutrition**

○Energy Needs

○Insuring Adequate Growth

16 **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

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17 **Tweens and Teens**

○Rapid growth increase

●Girls

●Boy

○Energy and Nutrient Needs

●Energy:

- Nutrients:
- 18 **Food Choices and Challenges**
 - Irregular eating habits
 - Food availability
 - Independence
 - Food consumption away from home
 - Peer influence
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- 19 **Childhood Obesity**
 - 17-20% of children are overweight
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 - Causes
 - Genetic
 - Environment
 - Concerns
- 20 **Preventing Childhood Obesity**
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 - 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
- 21 **Nutrition and Aging**
 - Life expectancy has increased in the 20th century
 - Factors that enhance longevity include:
- 22 **Aging Process and Effects on Nutrition**
 - Physiological changes
 - Psychological changes
- 23 **Energy and Nutrient Needs**
 - Energy needs decline:
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 - Nutrient Needs
 - Water – dehydration risk

24  **Insuring Adequate Nutrition**

Seniors at risk for malnutrition

Determine (pg 609)

Food Assistance Programs