

Beyond Eating for Two: Nutrition for Preconception & Pregnancy

Most women who are pregnant or trying to conceive understand the importance of eating well to provide the essential nutrients that they and their baby need at this time. But there is more to it than this. Research has shown that adopting healthy lifestyle habits prior to conceiving can not only improve fertility in both men and women, but may also affect the future health of a child, including their risk of obesity, type 2 diabetes and heart disease. This means that optimising weight, nutrition and exercise, and reducing exposure to harmful substances such as alcohol, smoking and some environmental chemicals, can offer the best chance of a healthy pregnancy and give a child the best chance of a healthy future.

This course explores the following topics:

- ▲ Why nutrition matters in preconception and pregnancy
- ▲ Optimising lifestyle for preconception
- ▲ Nutrition in pregnancy (including key nutrients)
- ▲ Food safety in pregnancy
- ▲ The importance of weight and optimising weight gain
- ▲ The importance of blood glucose levels in pregnancy
- ▲ Gestational diabetes
- ▲ The benefits of breastfeeding

Upon successful completion, course participants will:

- ▼ Understand the importance of nutrition in preconception and pregnancy
- ▼ Be aware of the lifestyle factors which should be optimised prior to pregnancy
- ▼ Be familiar with nutrition recommendations for pregnancy
- ▼ Understand the importance of food safety in pregnancy
- ▼ Recognise the importance of weight and optimising weight gain for pregnancy outcomes
- ▼ Understand the importance of managing blood glucose levels in pregnancy
- ▼ Be aware of gestational diabetes and its management
- ▼ Appreciate the benefits of breastfeeding for a woman and her baby

Course creator bio: Kate is an Advanced Accredited Practicing Dietitian with a Masters of Nutrition and Dietetics and PhD in nutrition from the University of Sydney. She works in private practice in Sydney and has a particular interest in diabetes (including gestational diabetes), polycystic ovary syndrome (PCOS), vegetarian nutrition and nutrition in pregnancy & pre-conception. Kate is co-convenor of the Dietitians Association of Australia (DAA) National Diabetes and Vegetarian Interest Groups and the DAA National PCOS discussion group. She is co-author of *The Bump to Baby Diet* and has provided advice on nutrition for pregnancy and pre-conception to a number of consumer publications and websites including Sydney's Child, Coles Toddler & Baby and Cradle to Kindy. Kate believes that optimising the nutrition and lifestyle of both women and men, prior to and during pregnancy, can have a significant impact on the future health of their child and is one way we can tackle our current epidemic of obesity and chronic disease.

