

**Nutrition and Medicine, 2006**  
**Tufts University School of Medicine**  
**Pregnancy and Lactation:**  
**Lecture Outline**

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- I. Issues relating to nutrition in pregnancy, lactation, and early infancy
- II. Dietary factors optimizing nutrition of the pregnant woman and fetus, and pregnancy outcomes
  - A. Prepregnancy weight and weight gain during pregnancy
  - B. Vitamins and minerals: iron, folic acid, calcium, fluorides
  - C. Other issues influencing diet and outcome of pregnancy, such as alcohol, smoking, medications
- III. Factors optimizing nutrition during lactation for mother and infant
  - A. Maternal intakes
    1. Energy and weight/fat loss
    2. Vitamins and minerals, water
    3. Special Problems
  - B. Gauging infant intakes and monitoring weight gain of infant
  - C. Breast feeding pros and cons
  - D. Usual recommendations
- IV. Nutritional factors optimizing health during early infancy period
  - A. Vitamin K at birth
  - B. Breast feeding
  - C. Artificial feeding: acceptable breast milk substitutes
- V. Nutritional factors optimizing health during later infancy
  - A. Nutrient needs and meeting them
  - B. Weaning from breast to bottle
  - C. Introducing complementary feedings of solids
- VI. Nutrition counseling: tips for helping patients, establishing therapeutic alliances, and when to refer to registered dietitian