

## Nutrition & Lifestyle during Pregnancy



This module aims to address appropriate maternal nutrition and lifestyle before & during pregnancy and its significance for favourable pregnancy outcomes.

Unit 1: Maternal Metabolism and Fetal Growth & Development

Unit 2: Conceptual Nutritional Advice

Unit 3: Special Nutritional Considerations

Unit 4: Lifestyle in Pregnancy

Unit 5: Nutritional Aspects of Common Pregnancy Complications

## Breastfeeding



This module aims to provide HCPs with information on counselling mothers to breastfeed and assess barriers to initiation

Unit 1: The Practice of Breastfeeding

Unit 2: Current Knowledge of the Benefits of Breastfeeding

Unit 3: Helping Women Breastfeed

## Breastmilk Substitutes



This module aims to provide an overview of BMS and outline the most important aspects associated with BMS feeding.

Unit 1: An Introduction to Breast Milk Substitutes

Unit 2: Indications for and Effect of Breast Milk Substitutes

Unit 3: Types and Composition of Breast Milk Substitutes

Unit 4: Correct Formula Preparation and Bottle Feeding

## Nutritional Care of Preterm Infants



This module aims to address the importance of appropriated nutrition and the clinical practice of nutritional care in preterm infants

Unit 1: The Importance of Optimal Nutrition

Unit 2: Nutritional Requirements of the Preterm Infant

Unit 3: Nutritional Management of Preterm Infants

## Malnutrition



The identification and management of malnutrition module aims to facilitate learning of how to identify and manage infants and children with severe acute malnutrition.

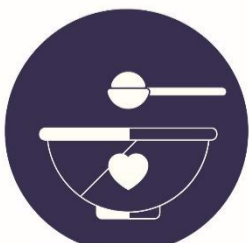
Unit 1: Definition and Classification of Malnutrition

Unit 2: How to Identify Children with Malnutrition

Unit 3: How to Manage Children with Malnutrition

Unit 4: Case Studies

## Complementary Feeding



Complementary feeding typically covers the period from 6 to 24 months of age, which represents a critical period of rapid physical, neuro-cognitive and emotional development. This module aims to address the importance of appropriated nutrition during this critical first 1000 days.

Unit 1: Introduction

Unit 2: Under- and Overnutrition

Unit 3: Iron, Iodine, Zinc and Calcium

Unit 4: Vitamins