

Chapter 15: Pregnancy and Lactation:

Understand the concept of a “critical period”

What is the function of the placenta?

At what stage in pregnancy is there a beating heart and complete nervous system?

The neural tube forms the initial part of what structure?

When is taking folate to lower birth is defects most effective?

Ideally how much weight should a normal woman gain during pregnancy?

What is the minimum recommended weight gain for a pregnant obese woman?

Know the best indicator of an infant’s overall health status

How many extra calories are needed per day in the 2nd and 3rd trimester?

Which nutrients increase their absorption in pregnancy?

What nutrients are required in higher amounts due to their role in red blood cell synthesis?

Which nutrients are particularly difficult to meet the RDA during pregnancy?

What is pica?

Know the common gastrointestinal problems associated with pregnancy

Know what a pregnant woman can do to alleviate her nausea

What practices should be totally eliminated during pregnancy?

What is the recommendation for alcohol in pregnancy issued by the Surgeon General?

Know how many extra calories are needed per day during lactation

What effect do nutritional inadequacies have on the milk of a lactating woman?

Know what period of pregnancy would the most damage occur from alcohol