**Discussion**

**Directions:**
Your instructor will assign you certain questions to answer. You will need to make an initial post with your answers. Then, you will be able to interact with your peers to answer the remaining questions.

1. Discuss key factors that affect nutritional needs during pregnancy.
2. Discuss the role of carbohydrates, proteins, and fats during pregnancy; know the recommended daily amount for each.
3. State the recommended calorie intake during pregnancy, during lactation.
4. Define the necessity of iron, and the recommended daily amount during pregnancy.
5. Define the best sources of folate, the necessity during pregnancy, and understand the rationale for adequate intake starting in the periconceptual period.
6. Define the role of the following vitamins during pregnancy: A, C, D, and B.
7. Discuss teaching points for Non-pharmacologic ways to treat the female experiencing “morning sickness.” Define hyperemesis gravidarum, and what you would then teach your new mom to be.
8. Discuss why constipation is a problem during pregnancy and what teaching points you would provide to the pregnant female.
9. Define the population of females at greatest risk for pregnancy, labor, & delivery complications.
10. Age, environment, physical health, number of births, births with complications, and weight.
11. Define “glycosuria,” and the disease process associated with this laboratory finding during pregnancy.
12. Discuss the disease processes that accompany pregnancy-induced hypertension.
13. Discuss benefits of breastfeeding, and the key features optimizing a female’s ability to breastfeed.
14. Discuss the expected growth rates during infancy, childhood, and adolescence.
15. Describe the plan for assuring the breastfed infant receives enough iron.
16. Define the importance of adequate calcium intake for the growing child.
17. Discuss teaching points to the new mom for introducing solids.
18. Define colostrum, and discuss the benefits to the infant.
19. Discuss why bottle-fed infants should not recline, or have their bottle propped during feeding.
20. Define the age and fat content in cow’s milk appropriate for the growing infant, and understand the rationale for assuring recommendations are followed.
21. Identify contributing factors for infants termed “Failure to Thrive” (FTT).
22. Define the types of foods that should not be introduced during/prior to the 1st year, and toddler years, and know why.
23. Define psychosocial development differences, health concerns, and nutritional needs for young adults, middle adults, and older adults.
24. Discuss the recommendations for vitamin and mineral supplements, and define common deficiencies.