

## 4-12 Prenatal Nutrition online course

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The Prenatal Nutrition course covers the unique nutrition needs of a pregnant woman. Certifiers must complete this course before they can certify or counsel pregnant women.

### What you need to do

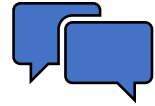
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1. Work with your training supervisor to determine a time to complete the *Prenatal Nutrition* online course. It takes about 2 hours to complete.  
Date and time \_\_\_\_\_
2. Complete the *Prenatal Nutrition* online course, learning activities and posttest.
3. Make note of any questions or concerns you have about information in the module.
4. Schedule a time to discuss what you learned with your training supervisor using the *Talk it over* section below.  
Date and time \_\_\_\_\_

## Talk it over

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1. Review your notes and ask any questions you have about the course.
2. How does prenatal nutrition differ from basic nutrition?
3. How do the recommendations on prenatal weight gain compare to what you have heard before? Did anything surprise you?
4. What prenatal nutrition information is the most important to consider when working with WIC moms?
5. What are the most common prenatal nutrition issues seen in your area?

## References

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[Nutrition During Pregnancy](#) – from the American College of Obstetricians and Gynecologists  
[Pregnancy Nutrition](#) – from USDA

