

## **CME Preconceptional and Prenatal Nutrition**

**Participants:** Health professionals

**Modality:** online

**Course type:** módulo

**Length:** 25 hours

P2N is a certificated Continuing Medical Education CME course coordinated by the Research and Education Center on Nutrition CIENutrition. P2N course is based on nutrition during preconceptional and perinatal periods.

### **Learning aims:**

- To learn about the key nutrients on the 500 days before conception
- To employ the guidelines for nutrition during 270 pregnancy days, considering healthy women and with morbidities like obesity and gestational diabetes, as well as the prevention of allergies since pregnancy
- To know new clinical guidelines and recommendations on nutrition in 730 days after birth: breast-feeding in healthy and obese women, and allergies prevention during complementary feeding

**Methodology:** the course will be developed in 5 units. Each unit will be covered in 5 hours. The classes include video classes with audio voice notes recorded, references with links as complementary material, an activity to develop during midterm course and a final assessment to be completed after finishing the course

### **Syllabus**

- **Unit 1:** epigenetics and preconceptional nutrition
- **Unit 2:** nutrition during pregnancy for healthy women
- **Unit 3:** nutrition during pregnancy for women with morbidities
- **Unit 4:** breast-feeding in healthy and obese women
- **Unit 5:** complementary feeding

**Lecturers:** health professionals with degree at the master's or doctoral level, members of the international scientific societies.

**Certificate:** after completing the course and achieving the final assessment grade (the minimum grade expected is 80%), the certificate will be sent by email.