

WIC/FHV Maternal & Child Nutrition Webinars- Second in a Series

DATE: JUNE 27, 2022

Description

This second in a series presentation will focus on key aspects of infant health and nutrition.

Objectives

- Describe feeding patterns of infants, including milk-based and solid food sources
- List at least 3 nutrients of concern among infants 12 months and younger
- Discuss recommendations for multivitamin and mineral supplementation, with a focus on iron and vitamin D
- Describe developmental benchmarks related to introduction and progression of solid foods, focusing on how these inform baby-led weaning
- Provide counseling recommendations and resources related to new 2020 Dietary Guidelines for Americans that focus on infant nutrition
- Describe guidelines for introducing potentially allergenic foods into the diets of infants
- Discuss concerns over heavy metals and other potential food contaminants
- Provide practical messages regarding improving dietary intake of infants, with a focus on beverages

Presenter:

Jamie Stang, PhD, MPH, RND

Agenda:

The webinar will be held Monday, **June 27, 2022, from 8:30-10:30 am CST (2 hours)**.

NOTE: This time frame includes 1 ½ hour presentation and a live 30-minute Q&A session.

Continuing Education:

We are in the process of applying for CPEUs and CERPs.

For Registered Nurses and all other Licensing Boards: It is the licensee's responsibility to determine whether a current nursing certificate, a continuing education activity, or a

WIC/FHV MATERNAL & CHILD NUTRITION WEBINARS- SECOND IN A SERIES

professional activity meets the continuing education requirements. We will provide the information necessary to meet the provider requirements.

****The speakers have declared no actual or potential conflict of interest in relation to this presentation.***

Minnesota Department of Health - WIC Program, 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

This institution is an equal opportunity provider.