



**San Diego County
Breastfeeding Coalition**

Recorded Webinar

EATIN' AT MOM'S: HOW THE PARENTAL DIET INFLUENCES BREASTMILK

Dr. Anne Eglash MD, IBCLC, FABM

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OBJECTIVES

1. Describe the role of the maternal diet in allergic disease of the breastfeeding infant.
2. Explain the role of DHA in the maternal diet, and current recommendations on DHA intake.
3. Identify how vitamin supplementation influences vitamin levels in breastmilk.
4. Describe how calcium supplementation for breastfeeding women influences maternal bone density.
5. Discuss the role of maternal Vit D supplementation and breastmilk vitamin D level.
6. Explain the role of choline in infant development and dietary sources of choline.
7. Explain why breastmilk may have an off odor.
8. Understand the effect of maternal pro

REFUND POLICY

After completing your purchase you will receive access to the webinar recording and all of the accompanying materials. No refund will be provided. Thank you for understanding. For questions, please contact: Jose Gonzalez at:
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CONTINUING EDUCATION

IBCLC: San Diego County Breastfeeding Coalition is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT 112-10. 1 L-CERPs will be awarded.

RN: San Diego County Breastfeeding Coalition is an approved provider by the California Board of Registered Nursing. This course offers 1 contact hour of continuing education. San Diego County Breastfeeding Coalition's provider number is CEP 17550. Licensee must maintain certificate for a period of four years.

RD & OT: Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio.