



LACTOGENIC FOODS FOR MILK PRODUCTION

Recorded
Webinar

Lisa Marasco, MA, IBCLC, FILCA

Recorded On
March 30, 2022

LIVE WEBINAR PROGRAM DETAILS

1 CEU CONTACT HOUR

**1.5 L-CERPS-PSYCHOLOGY, SOCIOLOGY, & ANTHROPOLOGY
FOODS TO EAT/AVOID THAT AFFECT LACTATION**

SPEAKER

Lisa Marasco has been working with breastfeeding mothers for 35 years and has been Internationally Board Certified since 1993. She holds a Master's degree in Human Development with specialization in Lactation Consulting and was designated a Fellow of ILCA in 2009. Lisa is co-author of Making More Milk: The Breastfeeding Guide to Increasing Your Milk Production, a contributing author to the Core Curriculum for Interdisciplinary Lactation Care, and a new Cochrane Collaborative author. She is employed by WIC of Santa Barbara County while she continues to research, write and speak. In addition, Lisa is affiliated with La Leche League of So. Calif/Nevada, and serves on the Breastfeeding Coalition of Santa Barbara County.

AGENDA

- Lactogenic Foods for Milk Production
- Live Q&A with Lisa Marasco
- Closing Comments

DESCRIPTION

Historically, nutrition has always been a part of the health strategy of traditional cultures. New mothers especially have been offered special foods to ensure good milk production. Western society often views these practices as myths, but is that all they are? This session looks at the role of nutrition in milk production and existing research on certain foods as they relate to lactation.

REGISTRATION

- **General Registration:**
 - SDCBC Members: \$24.50
 - Non-Members: \$35.50

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POLICIES & CONTINUING EDUCATION

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. 1.5 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.

MD/DO: Category 1 AMA CME is not available currently.

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REFUND POLICY

The recording will be available to view for up to 1 year from its release. It is the responsibility of the registrant to view the webinar recording while it is still available. No refund will be provided or the deadline to view the webinar extended.

