

## *Certificate of Completion*

THIS CERTIFIES THAT  
***CALEB FELLOWES***

has participated in the following education session:

### **Practical dietary tips for pregnancy**

Presenter Melanie McGrice

Family and Prenatal Dietician of Nutrition Plus

By the end of this session you will:

- Understand what epigenetics is and how the perinatal diet influences it
- Describe the foundations of a healthy pregnancy diet
- Be able to list 3 dietary tips for clients with morning sickness
- Identify reliable resources for helping patients to optimise their diet

Completed on

**23 April 2019 (duration of 1 hour/s)**

**This equates to 1 CPD Hour/s (Continuing Professional Development)**

#### REFLECTION:

A 2016 study found that 61% of pregnant women thought they were eating well during pregnancy, but zero met the recommended guidelines. In this webinar, prenatal dietitian, Melanie McGrice will provide practical tips on how to help your clients eat a nourishing pregnancy diet when they're contending with morning sickness, heartburn and exhaustion.



Cheryl Dezotti

Director of the Nursing CPD Institute

Certificate #264410 issued by the  
Nursing CPD Institute

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