

Perinatal Nutrition and Neonatal Outcomes

Supplemental Resources

Preterm Nutrition Guidelines

Nutritional Care of Preterm Infants. Scientific Basis and Practical Guidelines. 2nd ed.

Koletzko B, Cheah F-C, Domellöf M, Poindexter BB, Vain N, Van Goudoever JB. *Nutritional Care of Preterm Infants. Scientific Basis and Practical Guidelines. 2nd ed.* Karger; 2021.

Available for purchase» <https://www.karger.com/Article/FullText/514773>

Importance of Maternal DHA Exposure

7-Question Food Survey for Screening DHA Intake in Pregnant Women

Christifano DN, Crawford SA, Lee G, et al. Docosahexaenoic acid (DHA) intake estimated from a 7-question survey identifies pregnancies most likely to benefit from high-dose DHA supplementation. *Clin Nutr ESPEN.* 2023;53:93-99.

Available» [doi:10.1016/j.clnesp.2022.12.004](https://doi.org/10.1016/j.clnesp.2022.12.004)

7-Question Food Survey Validation

Crawford SA, Christifano DN, Kerling EH, et al. Validation of an abbreviated food frequency questionnaire for estimating DHA intake of pregnant women in the United States. *Prostaglandins Leukot Essent Fatty Acids.* 2022;177:102398.

Available» [doi:10.1016/j.plefa.2022.102398](https://doi.org/10.1016/j.plefa.2022.102398)

Christifano DN, Gustafson KM, Carlson SE, et al. Maternal docosahexaenoic acid exposure needed to achieve maternal-newborn EQ. *Nutrients.* 2022;14(16):3300.

Available» [doi:10.3390/nu14163300](https://doi.org/10.3390/nu14163300)

Carlson SE, Gajewski BJ, Valentine CJ, et al. Higher dose docosahexaenoic acid supplementation during pregnancy and early preterm birth: A randomised, double-blind, adaptive-design superiority trial. *EClinicalMedicine.* 2021;36:100905.

Available» [doi:10.1016/j.eclinm.2021.100905](https://doi.org/10.1016/j.eclinm.2021.100905)

Maternal Nutrition

Ramakrishnan U. Focusing on maternal nutrition to improve the health and well-being of pregnant women in the United States. *Am J Public Health.* 2022;112(S8):S763-S765.

Available» doi.org/10.2105/AJPH.2022.307081

Essel K. The first 1000 days—a missed opportunity for pediatricians. *Am J Public Health.* 2022;112:S757-S759.

Available» doi.org/10.2105/AJPH.2022.306999

The Power 4: Prenatal Vitamins for Pregnant Women (downloadable PDF infographic)

The Power 4: Breastfeeding Support (downloadable PDF infographic)

UNICEF Maternal Nutrition

Preventing Malnutrition in Pregnant and Breastfeeding Women

Available» <https://www.unicef.org/nutrition/maternal>

UNICEF Nutrition and Child Development

Multiple Micronutrient Supplementation: An approach to improving women's nutrition during pregnancy and preventing low birthweight. January 2022.

Available» <https://www.unicef.org/media/123271/file>

World Health Organization. Regional Office for Europe. Good maternal nutrition: the best start in life. World Health Organization. 2016.

Available» https://www.euro.who.int/_data/assets/pdf_file/0008/313667/Good-maternal-nutrition-The-best-start-in-life.pdf

Components of Human Breast Milk

Gates A, Marin T, De Leo G, Waller JL, Stansfield BK. Nutrient composition of preterm mother's milk and factors that influence nutrient content. *Am J Clin Nutr.* 2021;114(5):1719-1728.

Available» [doi:10.1093/ajcn/nqab226](https://doi.org/10.1093/ajcn/nqab226)

Kim SY, Yi DY. Components of human breast milk: from macronutrient to microbiome and microRNA. *Clin Exp Pediatr.* 2020;63(8):301-309.

Available» [doi:10.3345/cep.2020.00059](https://doi.org/10.3345/cep.2020.00059)

Borràs-Novell C, Herranz Barbero A, Balcells Esponera C, et al. Influence of maternal and perinatal factors on macronutrient content of very preterm human milk during the first weeks after birth. *J Perinatol.* 2023;43(1):52-59.

Available» [doi:10.1038/s41372-022-01475-6](https://doi.org/10.1038/s41372-022-01475-6)

Donor Human Milk Bank Standards and Screening

HMBANA Standards for Donor Human Milk Banking: An Overview. 2020.

Available» https://www.hmbana.org/file_download/inline/95a0362a-c9f4-4f15-b9ab-cf8cf7b7b866

Donor Milk Safety and Screening. Mothers' Milk Bank Northeast.

Available» <https://milkbankne.org/safety/>

International Lactation Consultant Association. Lactation Matters. ILCA, ABM, and WABA Joint Statement for the Commission on the Status of Women.

Available» <https://lactationmatters.org/2018/03/16/ilca-abm-and-waba-joint-statement-for-the-commission-on-the-status-of-women-csw62/>

Resources were developed in support of these CE courses:

[Targeting Maternal Diet in the First 1,000 Days to Impact Outcomes](#)

Featuring Christina J. Valentine, MD, MS, RD

[Nutritional Care of the Preterm Infant: International Guidelines](#)

Featuring Berthold Koletzko, MD, PhD

[Personalized Human Milk Fortification Strategies to Impact Micronutrition and Growth](#)

Featuring Christina J. Valentine, MD, MS, RD

[Early Metabolic Programming of Growth and Long-Term Health](#)

Featuring Berthold Koletzko, MD, PhD