

1. Which of the following nutrients is/are of special consideration during pregnancy and lactation?
 - a. Folate/folic acid
 - b. Choline
 - c. Iodine
 - d. **All of the nutrients above are important considerations during pregnancy and lactation.**
2. What is considered the critical period for folic acid supplementation?
 - a. **At least 1 month before conception through the first 2 to 3 months of pregnancy.**
 - b. Throughout 9 months of pregnancy through lactation.
 - c. At least 1 month before conception.
 - d. Conception through the entire pregnancy.
3. Which is true about iron supplementation during lactation?
 - a. Iron needs are higher compared to pregnancy.
 - b. Prenatal supplements are designed to meet iron needs during lactation.
 - c. Iron deficiency affects about 1 in 10 during lactation.
 - d. **Iron needs drop during lactation once menstruation has returned.**
4. During pregnancy, which of the following strategies is the preferred way to meet increased iodine needs?
 - a. Start using table salt if not already using.
 - b. **Regularly consume dairy products, eggs, seafood or use iodized table salt.**
 - c. Take any prenatal vitamin as they all contain iodine.
 - d. Drink salt water.
5. Which of the following should be considered when following a vegetarian or vegan dietary pattern during pregnancy and lactation?
 - a. Iron coming from plant sources only contains non-heme iron which is less bioavailable than heme iron.
 - b. Vitamin B12 may be inadequate as it is only present in animal source foods.
 - c. A consult with a healthcare provider can determine if nutrient supplementation is needed.
 - d. **All the above**
6. Which of the following is not listed as a choline-containing food source?
 - a. Eggs
 - b. **Leafy greens**
 - c. Meats
 - d. Beans, peas, lentils

7. What do the *Dietary Guidelines for Americans, 2020-2025* say about seafood intake during pregnancy?
- Seafood should be avoided to limit methylmercury exposure.
 - The best sources of seafood during pregnancy are shark, swordfish, and mackerel.
 - Consume at least 8 to 12 ounces of a variety of low- methylmercury seafood choices each week.**
 - Seafood is recommended to prevent neural tube defects.
8. Recommendations for intake of beverages containing alcohol and caffeine change during pregnancy and lactation. Which of the following is a true statement about these recommendations?
- It is not safe to drink any type or amount of alcohol during pregnancy.**
 - Caffeine that passes in small amounts through breastmilk may adversely affect the infant.
 - During lactation, drinking 1 standard drink a day is the safest option.
 - The recommendation for caffeine during pregnancy and lactation is 2 to 3 cups since all caffeinated beverages have standard caffeine content.
9. What are some good food safety practices to follow during pregnancy?
- Foods containing seafood, meats, poultry or eggs should only be eaten if cooked to the recommended safe minimum internal temperatures.
 - No unpasteurized juice or milk, raw sprouts, or soft cheeses made from unpasteurized milk should be consumed.
 - Deli and luncheon meats and hot dogs should be reheated to steaming hot or 165°F to kill *Listeria*.
 - All the above**
10. Physical activity following the birth of a child continues to benefit the mother's overall health. Which of the following is **not** a reason postpartum physical activity is important?
- Physical activity can increase cardiorespiratory fitness
 - Physical activity may improve mood
 - Physical activity can reduce risk of gestational diabetes**
 - Physical activity can help to reduce symptoms of postpartum depression
11. Which of the following examples can provide support with meeting breastfeeding goals?
- Worksite programs and policies that allow adequate time to pump breast milk when away from the child
 - Breastfeeding support groups provided through local hospitals
 - Access to breastfeeding peer counselors such as those used in WIC
 - All the above**