

COURSE PROGRAMME 2026: Nutritional Management in Pregnancy

The welcome session is live and a great way to introduce yourself and meet your course mates.

All recorded sessions will be released by 10am on Tuesdays each week: the course is hosted on the BDA Learning Zone.

The Live sessions will be delivered on the Teams platform: links will be sent front he BDA Events Team for these. These will be recorded and uploaded to the Learning Zone platform.

Date	Week	Content
2/6/26 Recorded	1	<ul style="list-style-type: none"> ● LIVE Welcome & Introductions (30mins) at 1pm on 2/6/2026 ● Optimising Health From The Start: The Importance of Preconception Nutrition (60 mins) ● The Development of a Fertility Wellbeing and Weight Management Service (60 mins)
9/6/26 Recorded	2	<ul style="list-style-type: none"> ● Food, Nutrition and Food Safety During Pregnancy: Nourishing Mum and Baby (60mins) ● Nutritional Requirements & Supplementation During Pregnancy: Supporting Optimal Maternal and Foetal Health (45mins) ● LOOK OUT FOR A SURPRISE BONUS RECORDING THIS WEEK
16/6/26 Recorded	3	<ul style="list-style-type: none"> ● Complications of Pregnancy: The Evidence: Hyperemesis Gravidarum (45mins) ● Complications of Pregnancy in Practice: HG and Low BMI (60mins)
23/6/26 Recorded	4	<ul style="list-style-type: none"> ● Nutritional Considerations for Weight Gain in Pregnancy (60mins) ● The Nutritional Considerations of Navigating Pregnancy After Bariatric Surgery (60 mins) ● LOOK OUT FOR A SURPRISE BONUS RECORDING THIS WEEK
30/6/26 Recorded	5	<ul style="list-style-type: none"> ● Optimising Diabetes Management in Pregnancy: Type 1 & Type 2 Diabetes (60 mins) ● Optimising Diabetes Management in Pregnancy: Gestational diabetes (60 mins)
7/7/26 LIVE 3-5pm	6	LIVE Q&A Panel session

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14/7/26 Recorded	7	<ul style="list-style-type: none"> • Health inequalities and culturally competence pregnancy nutrition (60 mins) • Interpreting micronutrient deficiencies and blood markers in preconception and pregnancy (60 mins)
21/7/26 Recorded	8	<ul style="list-style-type: none"> • Eating Disorders in Pregnancy: A Psychologist's Perspective (60 mins) • Eating Disorders in Pregnancy: A Dietitian's Perspective (60 mins)
28/7/26 Recorded	9	<ul style="list-style-type: none"> • Empowering Pregnancy & Beyond: The Role of Physical Activity and Exercise in Maternal Health (60 mins) • Empowering Pregnancy & Beyond: Nutritional Management of the Pregnant Female Athlete: From Preconception to Postpartum (60 mins)
AUGUST BREAK AND CATCH UP		
8/9/26 Recorded	10	<ul style="list-style-type: none"> • Postpartum Nutritional Considerations (60 mins) • The impact of maternal body image during pregnancy, birth and the postpartum period upon wellbeing and infant care (60 mins) • LOOK OUT FOR A SURPRISE BONUS RECORDING THIS WEEK
15/9/26 Recorded	11	<ul style="list-style-type: none"> • Supporting women after pregnancy loss: the patient experience (60 mins) • Nutrition after pregnancy loss and preparing for future pregnancy (60 mins)
22/9/26 LIVE 2-3.30/4pm	12	<ul style="list-style-type: none"> • Crafting Excellence: Creating a Pregnancy Management Plan (60 mins) • Empowering Innovation & Sharing Ideas: Exploring Service Development Ideas and Projects in Preconception, Pregnancy and Postpartum (60 mins)
29/9/26 LIVE 2-4.30/5pm	13	Live Q&A Panel Discussion