

COURSE PROGRAMME 2026: Nutritional Management in Pregnancy

The welcome session is live and a great chance to meet your course mates.

Recorded sessions are released by 10am each Tuesday on the BDA Learning Zone.

Live sessions take place on Teams; links are sent by the BDA Events Team, and recordings are uploaded to the Learning Zone.

Date	Wk	Content	Speaker
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) 	Anita Beckwith Anita Eugenia Grand
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 	Margaret Charnley Julie Abayomi
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) 	Kate Maslin Hazel Billson
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 (60mins) • LOOK OUT FOR A SURPRISE BONUS RECORDING THIS WEEK 	Julie Abayomi TBC
30/6/26 Recorded	5	<ul style="list-style-type: none"> • Optimising Diabetes Management in Pregnancy: Type 1 & Type 2 D (60) • Optimising Diabetes Management in Pregnancy: Gestational GDM (60) 	Anita Beckwith Catherine Gallagher
THURSDAY 9/7/26 LIVE 3-5pm	6	<p>LIVE Q&A session Chair: Anita</p>	Teaching Group Panel

Date	Week	Content	Speaker
14/7/26 Recorded	7	<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) 	TBC
21/7/26 Recorded	8	<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) 	TBC
1/9/2026 Recorded	9	<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) 	TBC
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 	TBC Prof Amy Brown
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 m) 	TBC
22/9/26 LIVE 2-3.30/4pm	12	<ul style="list-style-type: none"> Crafting Excellence: Creating a Pregnancy Management Plan Empowering Innovation & Sharing Ideas: Exploring Service Development Ideas and Projects in Preconception, Pregnancy and Postpartum 	TBC
29/9/26 2-4.30/5pm	13	<ul style="list-style-type: none"> Live Panel Discussion Chair: Anita 	Teaching Group Panel