

Life Cycle Nutrition I (NUTD238)
Assignment: Nutrition during Lactation

Student Name: _____

Please answer the following two questions:

Question 1: Discuss three common fallacies/myths regarding food and food sensitivity in the breastfeeding mother and infant. State the fallacies or myth and then state your response to the client/participant/patient. (Does not need to be referenced, you can ask your mother, sister, friend, or grandmother about the myths/ fallacies)

Question 2: Describe one of the latest commercial diet plans and if it is suitable to be adopted by lactating women to lose weight, give your recommendations of weight loss for the breastfeeding mother after 3 months postpartum. (Please reference your answer)

😊 Good Luck 😊