



Washington WIC – Certifier Competency Training Worksheet

15. Prenatal Nutrition

Competency	Certifier is able to:	Training Requirements
<p>Understand the nutrition requirements and recommendations for pregnant participants.</p> <p>Know safe and unsafe food and nutrition practices for pregnant participants.</p>	<p>View the Prenatal Nutrition course and complete the post-test with 80% or higher.</p>	<p>The Learning Center (TLC)</p> <ul style="list-style-type: none"> • DOH STATE WIC Prenatal Nutrition Curriculum <p>Participant Nutrition Education Handouts</p> <ul style="list-style-type: none"> • Tips for Healthy Pregnancy • Iodine Information Sheet • Healthy Weight Gain During Pregnancy • My Pregnancy, My Baby, and Me: Gestational Diabetes <p>USDA – WIC Works</p> <ul style="list-style-type: none"> • Smoking During Pregnancy: Understanding the Risks • Eating fish while you are pregnant or breastfeeding • Keep yourself and your baby safe from listeriosis • Keep yourself and your baby safe from toxoplasmosis <p>WA State DOH Website</p> <ul style="list-style-type: none"> • Food Safety • Healthy Fish Guide <p>DHHS – Office on Women’s Health</p> <ul style="list-style-type: none"> • Folic Acid



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Additional Training Resources

WA-State Department of Health

- [Washington Quit Tobacco Information](#)
- 1-800-Quit-Now (1-800-784-8669)

Note: Prenatal Online course quit line is for Arizona participants only.

FDA – Food Safety

- [Food Safety for Moms-to-Be](#)
- [Food Safety for Pregnant Women](#)

Books

- Eating Expectantly 4th Edition, Bridget Swinney, 2013

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
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