

IP4: Continuing Professional Education Units (CPEUs)

Yingyi Deng

Independent Practice

CUNY Brooklyn College

Table of Contents

From Science to Skillet: Choosing Fats for Better Cooking and Health	1.25 CPEUs
Sensitive Nutrition Assessment in Pediatric Obesity	1.0 CPEUs
Hydration Demystified: What Dietitians Should Know About Composition and Claims	1.0 CPEUs
Gut Microbiome Testing: Is Emerging Science Ready for Clinical Application?	1.0 CPEUs
Fiber Forward: Resistant Starch, TikTok Trends, & Insights for the Modern	1.0 CPEUs
Preventing & Supporting Anemia During Pregnancy, Webinar (Part I)	2.0 CPEUs
Anemia in Infants and Children: Part II	1.0 CPEUs
Failure to Thrive: Our Role in WIC	1.0 CPEUs
Daily Nutrition Needs and Recommendations for Children Birth Through 5	1.5 CPEUs
Common Postpartum Concerns	1.0 CPEUs
Preterm Series Part 1: Providing Support for Families Experiencing Preterm Birth	1.5 CPEUs
Preterm Series Part 2: Newborn/Infant Nutrition	2.0 CPEUs
TOTAL: 15.25 CPEUs	

From Science to Skillet: Choosing Fats for Better Cooking and Health

This session gave a better understanding of how different types of fats affect both cooking and overall health. It explained the differences between saturated and unsaturated fats and shared practical tips on choosing healthier oils for everyday meals. I also learned how cooking temperatures and preparation methods can impact the nutritional quality of fats.

Sensitive Nutrition Assessment in Pediatric Obesity

This presentation focused on approaching pediatric obesity with empathy and sensitivity. It emphasized the importance of creating a supportive environment for children and families while avoiding stigma or judgment. I learned more about using family-centered communication and considering social and emotional factors during nutrition assessments.

Hydration Demystified: What Dietitians Should Know About Composition and Claims

This webinar helped clarify common confusion around hydration and popular beverage claims. It reviewed hydration needs, electrolyte balance, and the differences between water, sports drinks, and other hydration products. I found it helpful in understanding how to provide evidence-based recommendations to clients.

Gut Microbiome Testing: Is Emerging Science Ready for Clinical Application?

This session explored the growing interest in gut microbiome testing and whether it is truly ready to be used in clinical practice. It discussed the current research, possible benefits, and limitations of testing. I appreciated learning how important it is to critically evaluate new nutrition trends before recommending them to clients.

Fiber Forward: Resistant Starch, TikTok Trends, & Insights for the Modern

This presentation discussed the benefits of fiber and resistant starch for gut health and blood sugar control while also addressing nutrition trends seen on social media. It was interesting to

compare evidence-based recommendations with information commonly shared online. I also learned practical ways to help clients increase fiber intake in realistic and sustainable ways.

Preventing & Supporting Anemia During Pregnancy, Webinar (Part I)

This webinar reviewed the importance of preventing and managing anemia during pregnancy. It covered increased iron needs, common risk factors, and nutrition strategies to improve iron intake and absorption. I gained a better understanding of how dietitians can support pregnant individuals through education and early intervention.

Anemia in Infants and Children: Part II

This session focused on identifying and preventing anemia in infants and children. It reviewed common causes, signs and symptoms, screening recommendations, and nutrition interventions. I found it helpful in understanding how early nutrition education and iron-rich foods can support healthy growth and development.

Failure to Thrive: Our Role in WIC

This presentation highlighted the important role WIC staff play in identifying and supporting children experiencing failure to thrive. It discussed growth monitoring, feeding challenges, and family support strategies. I appreciated learning more about how early intervention and compassionate counseling can positively impact child health outcomes.

Daily Nutrition Needs and Recommendations for Children Birth Through 5

This session reviewed nutrition recommendations for children from infancy through age five. It covered topics such as breastfeeding, complementary feeding, portion sizes, and key nutrient needs during early childhood. I found it helpful for reinforcing age-appropriate nutrition guidance and healthy feeding practices.

Common Postpartum Concerns

This presentation discussed many of the challenges new mothers may experience during the postpartum period, including recovery, breastfeeding concerns, fatigue, and emotional health. It emphasized the importance of providing supportive care and nutrition guidance during this transition. I appreciated the focus on both physical and emotional well-being.

Preterm Series Part 1: Providing Support for Families Experiencing Preterm Birth

This session focused on the emotional and practical support needed for families experiencing preterm birth. It discussed ways healthcare professionals can provide encouragement, education, and resources during a stressful time. I found the emphasis on compassionate and family-centered care especially meaningful.

Preterm Series Part 2: Newborn/Infant Nutrition

This presentation reviewed the unique nutritional needs of preterm infants and newborns. Topics included feeding support, growth monitoring, breast milk fortification, and nutrient supplementation. I gained a better understanding of the importance of individualized nutrition care in supporting healthy growth and development for preterm infants.