

Healthy Eating During Pregnancy

Date: Wednesday, May 28, 2025

Time: 12–1 pm (Eastern Time)



How many calories do I need? What specific foods should I focus on? What should be in my prenatal vitamin? Find out the answers to these questions and more as Aoife Gilvarry, MS, an MGH Dietetic Intern, reviews what Healthy Eating in Pregnancy really means. She will also discuss some of the misinformation and myths that might be out there as well so you will be able to tell fact from fiction.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this webinar, click on the link or scan the QR code:
<https://partners.zoom.us/j/86310696935>



- This program is a collaboration between the Blum Center and Diabetes in Pregnancy Engagement Program at Mass General.

For more information, call 617-724-7352
or email PFLC@partners.org

Featured Speakers



Aoife Gilvarry, MS
MGH Dietetic Intern
MGH Nutrition and Food Services



Stacey Nelson, MS, RD, LDN
Clinical Nutrition Manager
MGH Nutrition Services and Vincent Obstetrics



Blum Center Program Schedule

Scan this QR code with your phone's camera
to see our program schedule online

