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Graduate Certificate in Nutritional Psychology

# Introduction to Nutritional Psychology

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mindmap

root((Introduction to Nutritional Psychology))

- Nutrition Basics

  - Macronutrients

  - Micronutrients

- Mental Health

  - Anxiety

  - Depression

- Diet Patterns

  - Mediterranean

  - Western

- Brain Function

  - Neurotransmitters

  - Neuroplasticity