
Postgraduate Certificate in Nutritional Psychology

Introduction to Nutritional Psychology

mindmap

root((Introduction to Nutritional Psychology))

- Nutrition Basics

 - Food Choices

 - Nutrient Intake

- Mental Health

 - Mood Disorders

 - Cognitive Function

- Diet Patterns

 - Nutrient Dense

 - Dietary Plans

- Wellness Tips

 - Healthy Eating

 - Lifestyle Changes