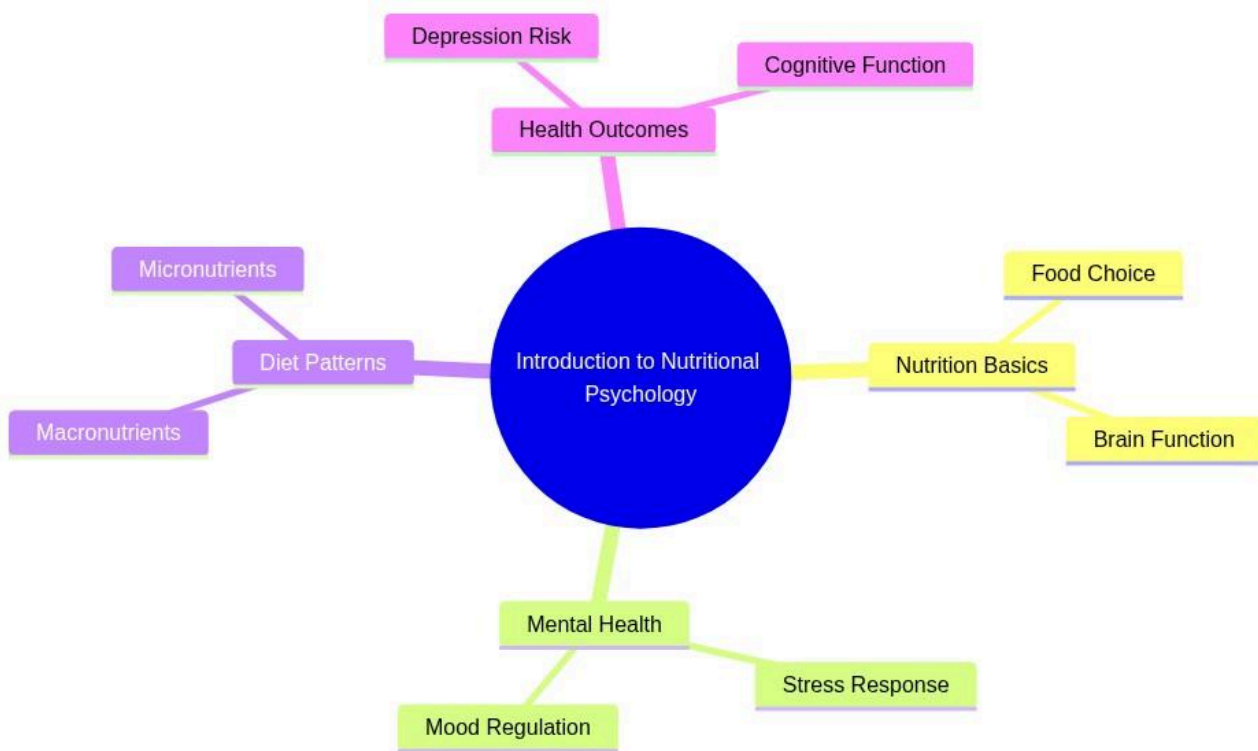


Global Certificate in Nutritional Psychology

Introduction to Nutritional Psychology



mindmap

root((Introduction to Nutritional Psychology))

Nutrition Basics

Food Choice

Brain Function

Mental Health

Stress Response

Mood Regulation

Diet Patterns

Macronutrients

Micronutrients

Health Outcomes

Depression Risk

Cognitive Function