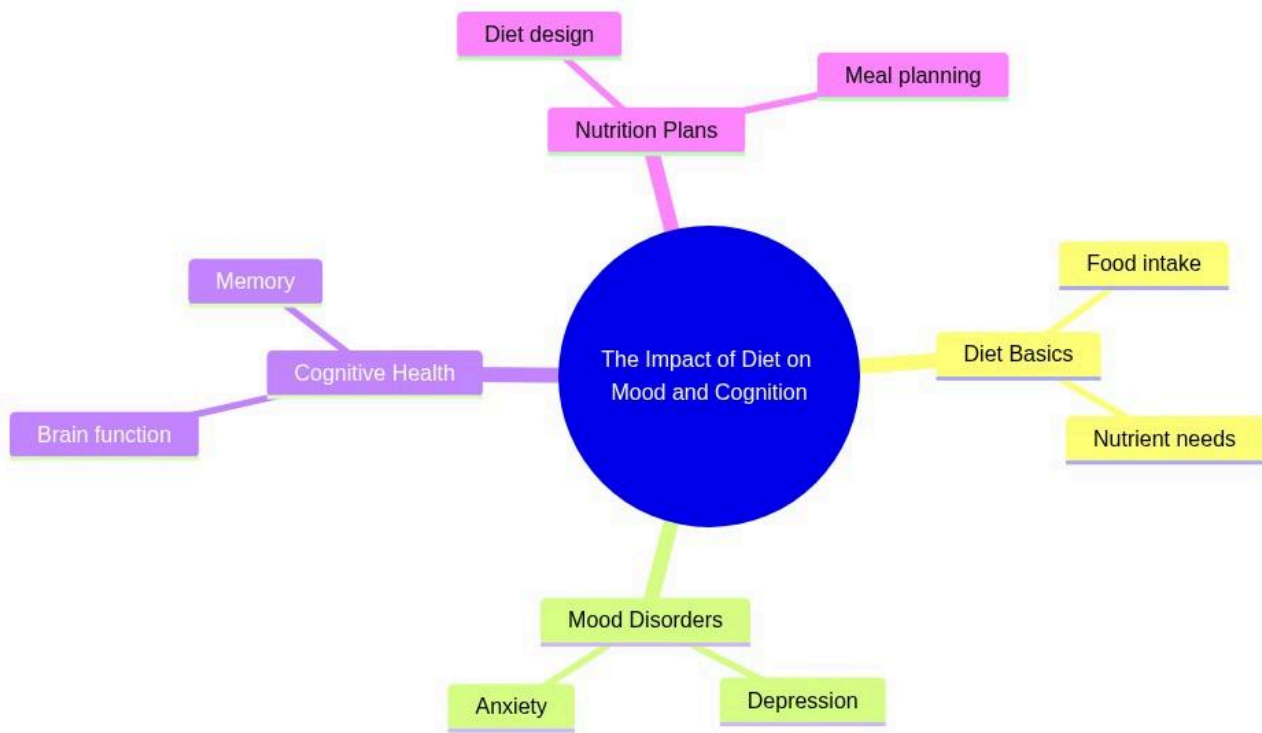


Global Certificate in Nutritional Psychiatry

The Impact of Diet on Mood and Cognition



mindmap

root((The Impact of Diet on Mood and Cognition))

Diet Basics

Food intake

Nutrient needs

Mood Disorders

Depression

Anxiety

Cognitive Health

Brain function

Memory

Nutrition Plans

Diet design

Meal planning