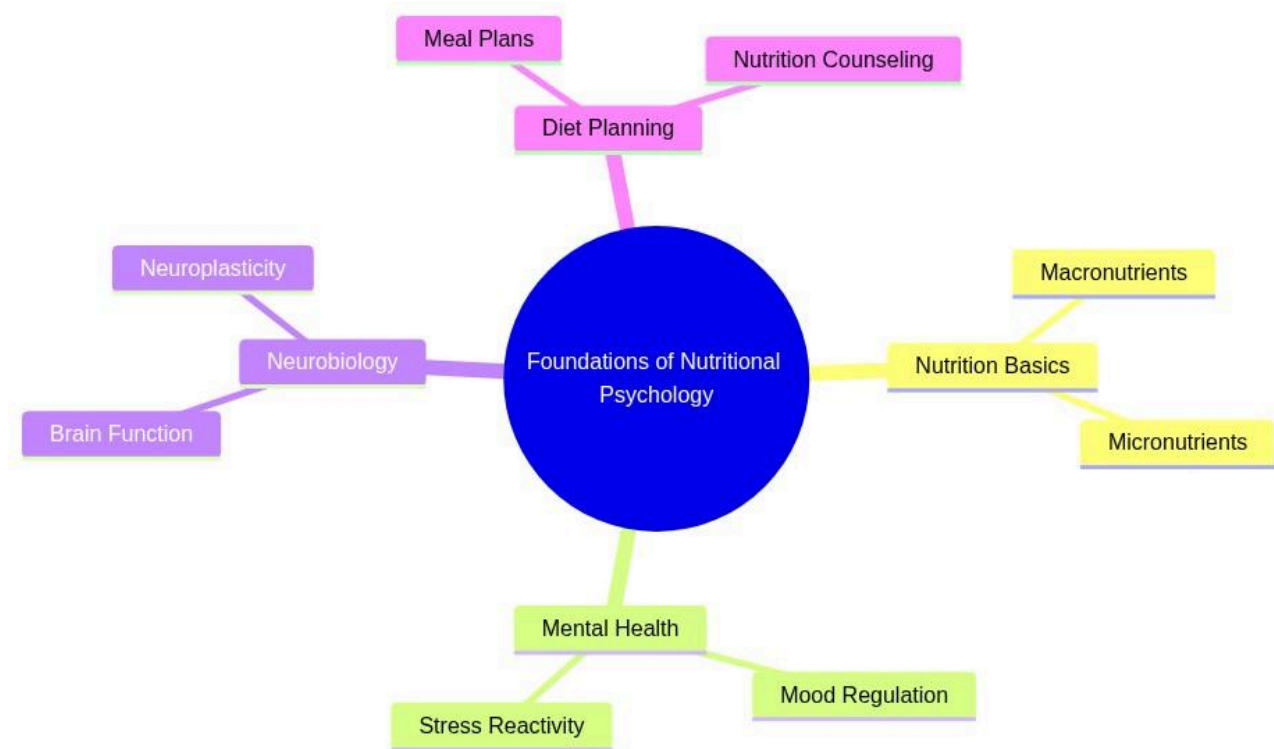


Global Certificate in Nutritional Psychology

Foundations of Nutritional Psychology



mindmap

```
root((Foundations of Nutritional Psychology))
```

```
  Nutrition Basics
```

```
    Macronutrients
```

```
    Micronutrients
```

```
  Mental Health
```

```
    Mood Regulation
```

```
    Stress Reactivity
```

```
  Neurobiology
```

```
    Brain Function
```

```
    Neuroplasticity
```

```
  Diet Planning
```

```
    Meal Plans
```

```
    Nutrition Counseling
```