
Certificate in Nutritional Psychology (Advanced)

Foundations of Nutritional Psychology

mindmap

root((Foundations of Nutritional Psychology))

- Nutrition Science

 - Macro nutrients

 - Micro nutrients

- Mental Health

 - Anxiety Disorders

 - Depression

- Neurobiology

 - Brain Structure

 - Neurotransmitters

- Dietary Plans

 - Meal Planning

 - Nutrient Balance