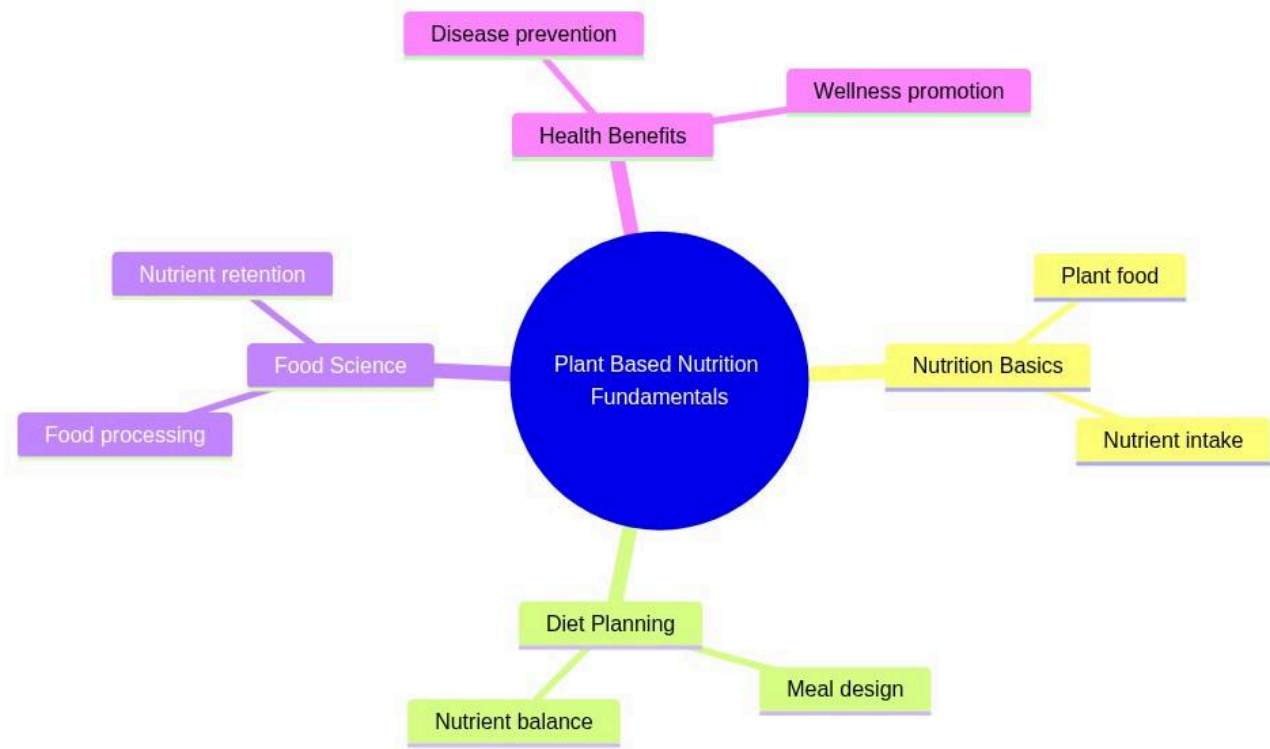


Undergraduate Certificate in Plant-Based Nutrition

Plant Based Nutrition Fundamentals



mindmap

root((Plant Based Nutrition Fundamentals))

Nutrition Basics

Plant food

Nutrient intake

Diet Planning

Meal design

Nutrient balance

Food Science

Food processing

Nutrient retention

Health Benefits

Disease prevention

Wellness promotion