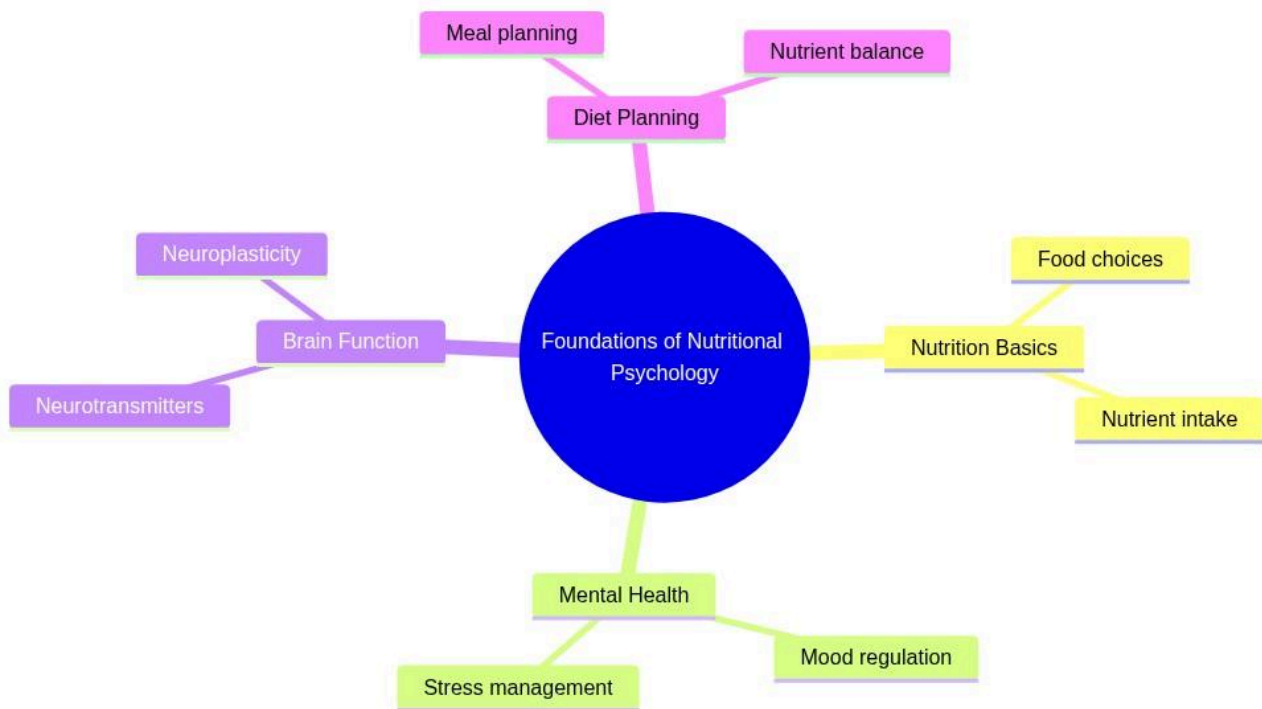


Global Certificate in Nutritional Psychology

Foundations of Nutritional Psychology



mindmap

root((Foundations of Nutritional Psychology))

Nutrition Basics

Food choices

Nutrient intake

Mental Health

Mood regulation

Stress management

Brain Function

Neurotransmitters

Neuroplasticity

Diet Planning

Meal planning

Nutrient balance