
Professional Certificate in Mindful Nutrition (Higher)

Understanding the Principles of Mindful Nutrition

mindmap

root((Understanding the Principles of Mindful Nutrition))

- Neurobiology Appetite

 - Hypothalamus regulation

 - Dopamine reward system

- Psychology Food Choice

 - Self Efficacy Beliefs

 - Cognitive Dissonance

- Mindfulness Meditation

 - Intention Attention

 - Micro Mindfulness

- Sensory Perception

 - Taste Aroma Texture

 - Visual Appeal Assessment