



ONLINE CERTIFICATION IN NUTRITION

By Dt. Deepika Bengani

Course Outline:- Nutrition Psychology

Course Description: This course explores the dynamic interplay between nutrition and psychology, focusing on how our food choices impact our mental health and well-being. Students will examine the scientific basis of this relationship and develop practical skills to enhance both their own nutrition and their ability to support others in making healthier dietary choices.

Module 1: Introduction to Nutrition Psychology

- Understanding the Basics of Nutrition Psychology
- Historical Overview of Nutrition Psychology
- Significance of Nutrition Psychology in Modern Society
- Key Concepts and Terminology

Module 2: Biological Basis of Eating Behavior

- Appetite Regulation: The Role of Hormones
- Brain-Gut Connection
- Neurotransmitters and Food Reward
- Genetics and Eating Behavior

Module 3: Psychological Factors in Eating Behavior

- Emotional Eating: Stress, Anxiety, and Depression
- Cognitive Influences: Food Preferences and Perceptions
- Social and Cultural Factors
- Body Image and Eating Disorders

Module 4: Eating and the Mind-Body Connection

- Mindful Eating
- Intuitive Eating
- Yoga and Meditation for Better Nutrition
- The Gut-Brain Axis: How Gut Health Affects Mental Well-being

Module 5: Food Addiction and Cravings

- Understanding Food Addiction
- The Role of Dopamine
- Strategies for Managing Food Cravings
- Overcoming Addictive Eating Patterns

Module 6: Nutrition Counseling and Behavioral Change

- Principles of Nutrition Counseling
- Motivational Interviewing
- Goal Setting and Behavior Change Techniques
- Tailoring Nutrition Plans to Psychological Needs

Module 7: Eating Disorders and Disordered Eating

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder
- Orthorexia and Other Emerging Disorders

Module 8: Psychosocial Aspects of Weight Management

- Weight Bias and Stigma
- Body Positivity and Self-Compassion
- Psychological Challenges of Weight Loss
- Sustainable Approaches to Weight Management

Module 9: Nutrition and Mental Health

- Nutritional Psychiatry: The Role of Diet in Mental Health
- Micronutrients and Cognitive Function
- Gut Microbiota and Mood
- Dietary Approaches for Mental Health Disorders

Module 10: Practical Applications and Case Studies

- Case Studies in Nutrition Psychology
- Integrating Nutrition Psychology into Clinical Practice
- Real-World Applications and Career Opportunities

Module 11: Research and Future Trends

- Current Research in Nutrition Psychology
- Emerging Trends and Areas of Study
- Future Directions in the Field

Module 12: Course Conclusion and Final Assessment

- Recap of Key Concepts
- Student Presentations or Projects
- Final Exam or Assessment