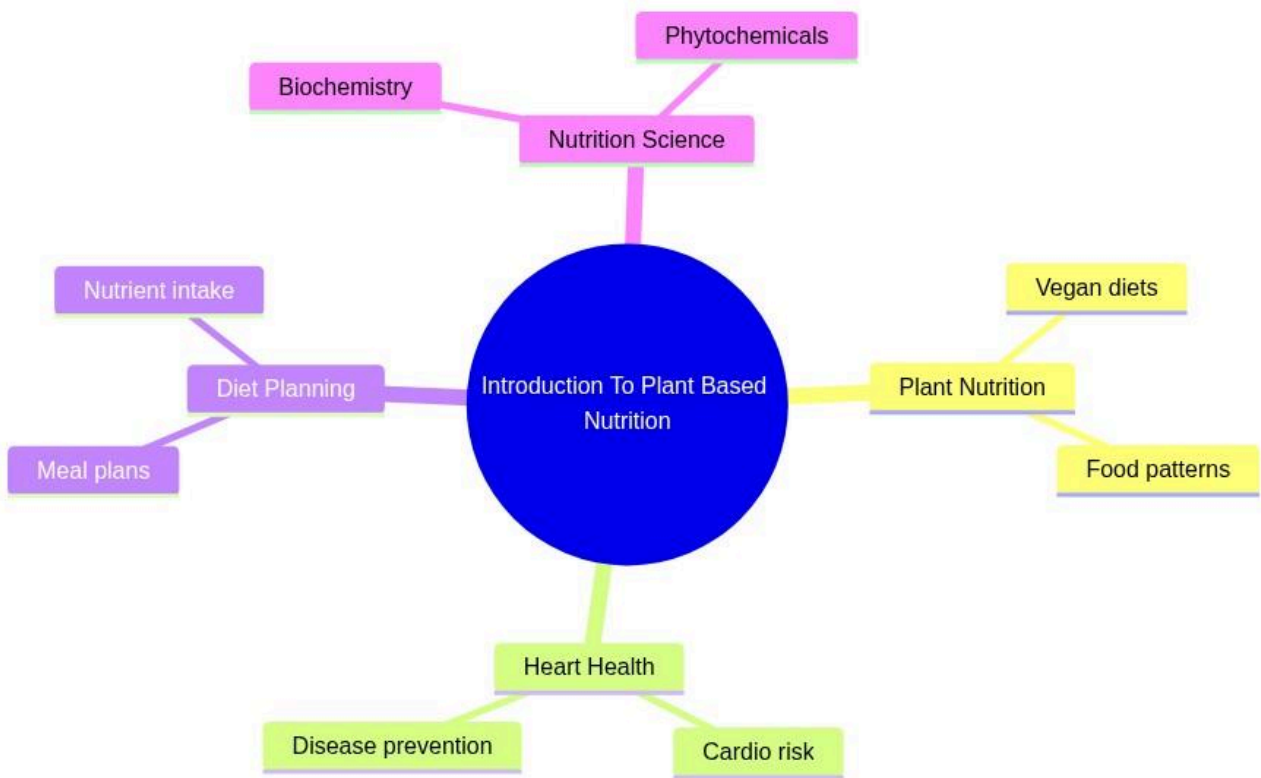


Professional Certificate in Plant-Based Nutrition for Heart Health

# Introduction To Plant Based Nutrition



mindmap

```

    root((Introduction To Plant Based Nutrition))
      Plant Nutrition
        Vegan diets
        Food patterns
      Heart Health
        Cardio risk
        Disease prevention
      Diet Planning
        Meal plans
        Nutrient intake
      Nutrition Science
        Biochemistry
        Phytochemicals
  
```