



Nutrition for Foodservice and Culinary Professionals

Chapter 1 – Introduction to Nutrition
Chef Martin Gilligan CEC, MCFE

Nutrition For Foodservice And Culinary Professionals

Karen E. Drummond



Nutrition For Foodservice And Culinary Professionals:

Nutrition for Foodservice and Culinary Professionals Karen E. Drummond, Lisa M. Brefere, 2021-12-21 Combine the insights of an experienced dietitian and a renowned chef in this practical guide to nutrition and food. In the newly revised 10th Edition of *Nutrition for Foodservice and Culinary Professionals*, registered nutritionist Karen E. Drummond and executive chef Lisa M. Brefere deliver an insightful guide to incorporating healthy, balanced dietary techniques into everyday practice. From national nutrition guidelines to food preparation and labeling standards, the authors cover every relevant aspect of planning, preparing, and serving healthy meals. They include updated 2020-2025 Dietary Guidelines for Americans from the USDA, the latest nutrition research, culinary trends, ingredients, and planning menus to meet the diverse nutritional needs of today's customers. This book also includes a thorough introduction to the fundamentals of nutrition and foods, including why nutrition is important, what constitutes a healthy diet, and discussions of calories and nutrients. A comprehensive exploration of balanced cooking and menus, including how to build flavor, balanced baking, modifying recipes, and gluten-free baking. Practical discussions of applied nutrition, including how to handle customers' special nutrition requests, weight management, and nutrition for people of all ages. Several appendices, including serving sizes for MyPlate food groups and dietary reference intakes. An enhanced eBook with links to technique videos, interactive games, quizzes, and glossary entries. Perfect for students completing a culinary arts or foodservice management curriculum. *Nutrition for Foodservice and Culinary Professionals*, Tenth Edition, is also an indispensable resource for chefs, cooks, and anyone else who professionally prepares food.

Nutrition for Foodservice and Culinary Professionals Karen E. Drummond, Lisa M. Brefere, 2016-09-05
Nutrition for Foodservice and Culinary Professionals 9th Edition balances the perspectives of a nutritionist and a chef, offering the most up-to-date coverage of national dietary guidelines and engaging the learner in practical, hands-on application of each concept in the course. *Nutrition* 9th Edition is for nutrition or healthy cooking courses in a culinary arts curriculum and intends to be a practical, how-to program with up-to-date information on national nutrition guidelines and standards for food preparation and labeling.

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practical hands on application of each concept in the course Nutrition 9th Edition is for nutrition or healthy cooking courses in a culinary arts curriculum and intends to be a practical how to program with up to date information on national nutrition guidelines and standards for food preparation and labeling *Nutrition for Foodservice and Culinary Professionals, Student Workbook* Karen E. Drummond, Lisa M. Brefer, 2003-03-12 Definitive up to date coverage of nutrition Nutrition for Foodservice and Culinary Professionals is the essential resource for the most complete up to date information on nutrition and diet New and expanded material in this Fifth Edition addresses such topics as biotechnology vitamins minerals and organic foods Many new tables and figures present a broader range of facts on the nutritional value of foods as well as such timely material as Food Practices of World Religions and a Reduced Calorie Menu for Asian American Cuisine This new edition of Nutrition for Foodservice and Culinary Professionals features New Dietary Reference Intakes for calories carbohydrates fats proteins and selected vitamins and minerals More Chef's Tips highlighting ways to incorporate nutritional knowledge into cooking and menus The Therapeutic Lifestyle Changes TLC Diet using the National Cholesterol Education Program 2001 clinical guidelines The 2002 American Cancer Society nutrition guidelines Up to date statistics on overweight and obesity in the United States and the latest information on weight loss including drugs and surgery Updated Hot Topics which discuss often controversial subjects related to nutrition and expanded Nutrition Web Explorer activities Nutrition for Foodservice and Culinary Professionals is used in certificate courses by the American Culinary Federation and the National Restaurant Association Educational Foundation and this Fifth Edition continues to be a bedrock resource for students and professionals in the foodservice industry **Nutrition for Foodservice and Culinary Professionals, Sixth Edition & Smolin iProfile Set** Karen E. Drummond, 2007-05-11 Nutrition for the Foodservice and Culinary Professionals Drummond, Colin, Karen Eich Drummond, Lisa M. Brefer, 1997-05-09 Nutrition for Foodservice and Culinary Professionals, Study Guide Karen E. Drummond, Lisa M. Brefer, 2006-09-22 Nutrition for Foodservice and Culinary Professionals is the must have reference for the most thorough up to date information on nutrition and diet New and expanded material in this Sixth Edition addresses important topics such as the 2005 Dietary Guidelines for Americans MyPyramid balanced menu options and recipe ideas for morning and afternoon breaks basic principles of food presentation meeting special dietary needs weight management and much more Nutrition for Foodservice and Culinary Professionals National Restaurant Association, Educational Foundation Staff, Drummond, 2000-08 WileyPlus Stand-Alone to Accompany Nutrition for Foodservice and Culinary Professionals, Eighth Edition Drummond, 2013-05-21 Nutrition for Foodservice and Culinary Professionals, Ninth Edition WileyPLUS Learning Space LMS Card with Loose-Leaf Print Companion Set Karen E. Drummond, 2017-07-27 Nutrition for Foodservice and Culinary Professionals 9th Edition balances the perspectives of a nutritionist and a chef offering the most up to date coverage of national dietary guidelines and engaging the learner in practical hands on application of each concept in the course Nutrition 9th Edition is for nutrition or healthy cooking courses

in a culinary arts curriculum and intends to be a practical how to program with up to date information on national nutrition guidelines and standards for food preparation and labeling *Nutrition for Foodservice and Culinary Professionals 8E with Student Study Guide Set* Karen E. Drummond, Lisa M. Breferre, 2013-03-14 *Nutrition for Foodservice and Culinary Professionals* Karen E. Drummond, Lecturer Gwynedd Mercy University Gwynedd Valley Pennsylvania Karen E. Drummond, 2013 *Nutrition for Foodservice and Culinary Professionals* is the must have reference for the most thorough up to date information on nutrition and diet New and expanded material in this Sixth Edition addresses important topics such as the 2005 Dietary Guidelines for Americans MyPyramid balanced menu options and recipe ideas for morning and afternoon breaks basic principles of food presentation meeting special dietary needs weight management and much more This new edition of *Nutrition for Foodservice and Culinary Professionals* features A new full color interior design and full color photographs including creative food presentations The 2005 Dietary Guidelines for Americans and the United States Department of Agriculture's MyPyramid Chef's Tips that highlight ways to incorporate nutritional knowledge in all meals from breakfast appetizers soups and salads to entrees side dishes and desserts Guidelines for cooking for such diets as low carbohydrate high fiber low fat reduced saturated fat and cholesterol low sodium vegetarian and gluten free Updated material on weight management including current statistics on the prevalence of overweight and obesity in the United States and the latest information on weight loss drugs and surgery The popular Nutrition Web Explorer completely updated and expanded to help readers research specific food and nutrition related topics New tables displaying the amount of vitamins and minerals in selected foods New coverage on the glycemic response and its relationship to health issues *Nutrition for Foodservice and Culinary Professionals 8E with WileyPLUS Blackboard Card Set* Karen E. Drummond, Lisa M.

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Drummond,2016-04-25 Nutrition for Foodservice and Culinary Professionals 9th Edition balances the perspectives of a nutritionist and a chef offering the most up to date coverage of national dietary guidelines and engaging the learner in practical hands on application of each concept in the course Nutrition 9th Edition is for nutrition or healthy cooking courses in a culinary arts curriculum and intends to be a practical how to program with up to date information on national nutrition guidelines and standards for food preparation and labeling **Nutrition for Foodservice and Culinary Professionals, Ninth Edition WileyPLUS Learning Space Student Package** Karen E. Drummond,2016-07-06 Nutrition for Foodservice and Culinary Professionals 9th Edition balances the perspectives of a nutritionist and a chef offering the most up to date coverage of national dietary guidelines and engaging the learner in practical hands on application of each concept in the course Nutrition 9th Edition is for nutrition or healthy cooking courses in a culinary arts curriculum and intends to be a practical how to program with up to date information on national nutrition guidelines and standards for food preparation and labeling *Nutrition for Foodservice and Culinary Professionals, Eighth Edition WileyPlus Blackboard Card* Drummond,2013-05-21 *Nutrition for Foodservice and Culinary Professionals 8th Edition with Student Study Guide and WileyPLUS Card Set* Karen E. Drummond,Lisa M. Brefere,2013-12-12 **Nutrition for Foodservice and Culinary Professionals, Ninth Edition All Access Pack** Karen E. Drummond,2015-10-27

This book delves into Nutrition For Foodservice And Culinary Professionals. Nutrition For Foodservice And Culinary Professionals is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Nutrition For Foodservice And Culinary Professionals, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Nutrition For Foodservice And Culinary Professionals
 - Chapter 2: Essential Elements of Nutrition For Foodservice And Culinary Professionals
 - Chapter 3: Nutrition For Foodservice And Culinary Professionals in Everyday Life
 - Chapter 4: Nutrition For Foodservice And Culinary Professionals in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Nutrition For Foodservice And Culinary Professionals. This chapter will explore what Nutrition For Foodservice And Culinary Professionals is, why Nutrition For Foodservice And Culinary Professionals is vital, and how to effectively learn about Nutrition For Foodservice And Culinary Professionals.
 3. In chapter 2, the author will delve into the foundational concepts of Nutrition For Foodservice And Culinary Professionals. The second chapter will elucidate the essential principles that must be understood to grasp Nutrition For Foodservice And Culinary Professionals in its entirety.
 4. In chapter 3, the author will examine the practical applications of Nutrition For Foodservice And Culinary Professionals in daily life. This chapter will showcase real-world examples of how Nutrition For Foodservice And Culinary Professionals can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Nutrition For Foodservice And Culinary Professionals in specific contexts. This chapter will explore how Nutrition For Foodservice And Culinary Professionals is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Nutrition For Foodservice And Culinary Professionals. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition For Foodservice And Culinary Professionals.

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