



# NUTRITION *for* FOODSERVICE *and* CULINARY PROFESSIONALS

FOURTH EDITION

KAREN EICH DRUMMOND

LISA M. BREFERE

# **Nutrition For Foodservice And Culinary Professionals And Nraef Workbook Package**

**Karen E. Drummond, Lisa M. Brefere**



## **Nutrition For Foodservice And Culinary Professionals And Nraef Workbook Package:**

Nutrition for Foodservice and Culinary Professionals National Restaurant Association, Educational Foundation Staff, Drummond, 2000-08      **Nutrition for Foodservice and Culinary Professionals, Textbook and NRAEF Workbook** Karen E. Drummond, Lisa M. Brefere, 2003-03-24

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, Student Workbook* Karen E. Drummond, Lisa M. Brefere, 2000-08-29

The study of nutrition has grown in importance for the hospitality industry and is now a required course in the hospitality curriculum This is because of increased awareness among the general consumer who demands healthy food and a well balanced diet This new edition covers an encyclopedic range of topics including guidelines on healthy weight and the treatment of high blood pressure non fat and low fat ingredients A new chapter covers food purchasing receiving and storage of healthy ingredients      The National Culinary Review , 2000      **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 e book 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 8E with Student Study Guide Set** Karen E. Drummond, Lisa M. Brefer, 2013-03-14 Nutrition for Foodservice and Culinary Professionals, Sixth Edition & Smolin iProfile Set Karen E. Drummond, 2007-05-11 *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 8e + WileyPLUS Registration Card Karen E.

Drummond, Lisa M. Brefer, 2013-06-04 This package includes a copy of ISBN 9781118429730 and a registration code for the WileyPLUS course associated with the text Before you purchase check with your instructor or review your course syllabus to ensure that your instructor requires WileyPLUS For customer technical support please visit <http://www.wileyplus.com/support> WileyPLUS registration cards are only included with new products Used and rental products may not include WileyPLUS registration cards Nutrition for Foodservice and Culinary Professionals 8th Edition is the definitive resource that helps readers use nutritional principles to evaluate and modify menus and recipes and to respond to customer s critical questions and dietary needs The Eighth Edition includes a discussion of the 2010 Dietary Guidelines for Americans and Choose MyPlate graphic and key content More photographs charts and recipes are used to effectively convey nutrition concepts and applications in a visual manner From students in culinary arts hospitality management and nutrition and dietetics programs to practicing culinary and management professionals this book will be an invaluable reference *The College Blue Book*

Huber William Hurt, Harriet-Jeanne Hurt, 1975 Nutrition for the Foodservice and Culinary Professionals Drummond, Colin, Karen Eich Drummond, Lisa M. Brefer, 1997-05-09 *Nutrition for Foodservice and Culinary Professionals 8th Edition with Student Study Guide and WileyPLUS Card Set* Karen E. Drummond, Lisa M. Brefer, 2013-12-12 *WileyPlus Stand-Alone to Accompany Nutrition for Foodservice and Culinary Professionals, Eighth Edition* Drummond, 2013-05-21

**Nutrition for Food Service and Culinary Professionals** Karen Eich Drummond, Lisa M. Brefer, 2001 *Nutrition for*

*Foodservice and Culinary Professionals 8E with WileyPLUS Blackboard Card Set* Karen E. Drummond, Lisa M. Brefere, 2013-05-21      *Nutrition for Foodservice and Culinary Professionals, Eighth Edition WileyPlus Student Package* Drummond, 2013-05-21      **Nutrition for Foodservice and Culinary Professionals, Eighth Edition WileyPlus Blackboard Card** Drummond, 2013-05-21      **Books in Print Supplement**, 2002      **Culinary Nutrition for Food Professionals** Carol A. Hodges, 1994-03-23

In today's market a large percentage of food consumed is eaten or purchased away from home which has created an increasing demand for healthful options across all segments of the food industry. Now more than ever your customers realize that diet plays an important role in maintaining good health. The completely revised second edition of *Culinary Nutrition for Food Professionals* gives you all of the information you need to balance taste and health while maintaining your unique niche in today's competitive marketplace. This book is oriented toward nutrition applications to foodservice including food science and nutrition science, current dietary recommendations, new food labeling regulations, product selection, menu planning for specific clientele and operational segments, recipe development, nutrition analysis and cooking techniques, merchandising healthful options in the menu mix, staff training, agricultural industry and current food safety issues, marketing. In addition, a one-of-a-kind chapter addresses fitness and diet needs for food professionals. It is designed as a guide for maintaining peak productivity at the work site. *Culinary Nutrition for Food Professionals* is recommended by the Educational Institute of the American Culinary Federation and has been endorsed by educators and other food professionals as a key textbook for both culinary and hospitality management programs. In addition, the book is a vital and current reference for foodservice managers, chefs, caterers, food product developers and retailers, restaurateurs, food writers and health professionals. It is also a practical reference for individuals who wish to learn the professional approach to cooking for taste and health. Food professionals and educators are saying this about the revised second edition of *Culinary Nutrition for Food Professionals*: This book will certainly be useful to all of us. Julia Child, Cambridge MA. From the Foreword: This book should be part of any professional chef's library. It is current and on target with the needs of the food service industry as it meets and adapts to the consciousness of today's nutritionally aware customers. This book will also be an excellent tool to meet the needs of our young culinarians entering the profession. It is written in a style which is easy for the professional chef to follow. Noel Cullen, EdD, CMC, AAC, Chairman, American Culinary Federation Educational Institute and Associate Professor, School of Hospitality Administration, Boston University. In these times when the American public is examining their diet so closely, it is more important than ever that cooks and chefs move to increase both their knowledge of nutrition and its implications. Carol Hodges' book is a comprehensible yet accessible look at the many aspects of diet and nutrition. It is an outstanding book for anyone who works with food to increase their education in a subject that is on the front line of the cooking profession. Chris Schlesinger, Chef Owner, East Coast Grill and The Blue Room, Cambridge MA. To say I am impressed with the content of the book would be an understatement. It is in my opinion right on.

target with what every foodservice professional needs to know to adapt his or her recipes and menus to meet the changing needs of today's customers. It is written at the level and in the vocabulary of a chef, foodservice manager, and other foodservice professionals. Jeff Larson, CEC, Dean of Instruction, Northeast Metro Technical College, St. Paul, MN.

**Foreword**

**Special Note:** This book is recommended by the American Culinary Federation and the International Association of Culinary Professionals for meeting certification requirements. Nutrition National Restaurant Association, 2008-10-27.

This particular guide is a brief competency guide which is focused on Culinary Nutrition. Designed to provide trainees with marketable management skills for a career within the Culinary Arts and Foodservice industry. The NRAEF is introducing a new program as part of its strategic focus on recruitment and retention. This new management training certification program is based on a set of competencies defined by the restaurant, foodservice, and hospitality industry as those needed for success. NRAEF ManageFirst Program leads to a new credential, ManageFirst Professional (MFP), which is part of our industry career ladder. This competency-based program includes 12 topics, each with a competency guide, exam, instructor resources, and certificate. Trainees earn a certificate for each exam passed. Packaged with this book is also a NEW Exam Prep Guide.

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