



Nutrition for Foodservice and Culinary Professionals

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

Nutrition For Foodservice And Culinary Professionals

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Drummond**

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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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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

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