



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, Lisa M. Brefere



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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.

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Nutrition for the Foodservice and Culinary Professionals Drummond, Colin, Karen Eich Drummond, Lisa M. Brefere, 1997-05-09 *Nutrition for Foodservice and Culinary Professionals, Student Workbook* Karen E. Drummond, Lisa M. Brefere, 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

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