



KAREN EICH DRUMMOND | LISA M. BREFERE

NUTRITION

FOR FOODSERVICE & CULINARY PROFESSIONALS

Tenth Edition



WILEY

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. [Nutrition for the Foodservice and Culinary Professionals](#) Drummond, Colin, Karen Eich Drummond, Lisa M. Brefere, 1997-05-09
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Table of Contents Nutrition For Foodservice And Culinary Professionals

1. Understanding the eBook Nutrition For Foodservice And Culinary Professionals
 - The Rise of Digital Reading Nutrition For Foodservice And Culinary Professionals
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition For Foodservice And Culinary Professionals
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition For Foodservice And Culinary Professionals
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition For Foodservice And Culinary Professionals
 - Personalized Recommendations
 - Nutrition For Foodservice And Culinary Professionals User Reviews and Ratings

- Nutrition For Foodservice And Culinary Professionals and Bestseller Lists
- 5. Accessing Nutrition For Foodservice And Culinary Professionals Free and Paid eBooks
 - Nutrition For Foodservice And Culinary Professionals Public Domain eBooks
 - Nutrition For Foodservice And Culinary Professionals eBook Subscription Services
 - Nutrition For Foodservice And Culinary Professionals Budget-Friendly Options
- 6. Navigating Nutrition For Foodservice And Culinary Professionals eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition For Foodservice And Culinary Professionals Compatibility with Devices
 - Nutrition For Foodservice And Culinary Professionals Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition For Foodservice And Culinary Professionals
 - Highlighting and Note-Taking Nutrition For Foodservice And Culinary Professionals
 - Interactive Elements Nutrition For Foodservice And Culinary Professionals
- 8. Staying Engaged with Nutrition For Foodservice And Culinary Professionals
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition For Foodservice And Culinary Professionals
- 9. Balancing eBooks and Physical Books Nutrition For Foodservice And Culinary Professionals
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition For Foodservice And Culinary Professionals
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrition For Foodservice And Culinary Professionals
 - Setting Reading Goals Nutrition For Foodservice And Culinary Professionals
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutrition For Foodservice And Culinary Professionals
 - Fact-Checking eBook Content of Nutrition For Foodservice And Culinary Professionals
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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