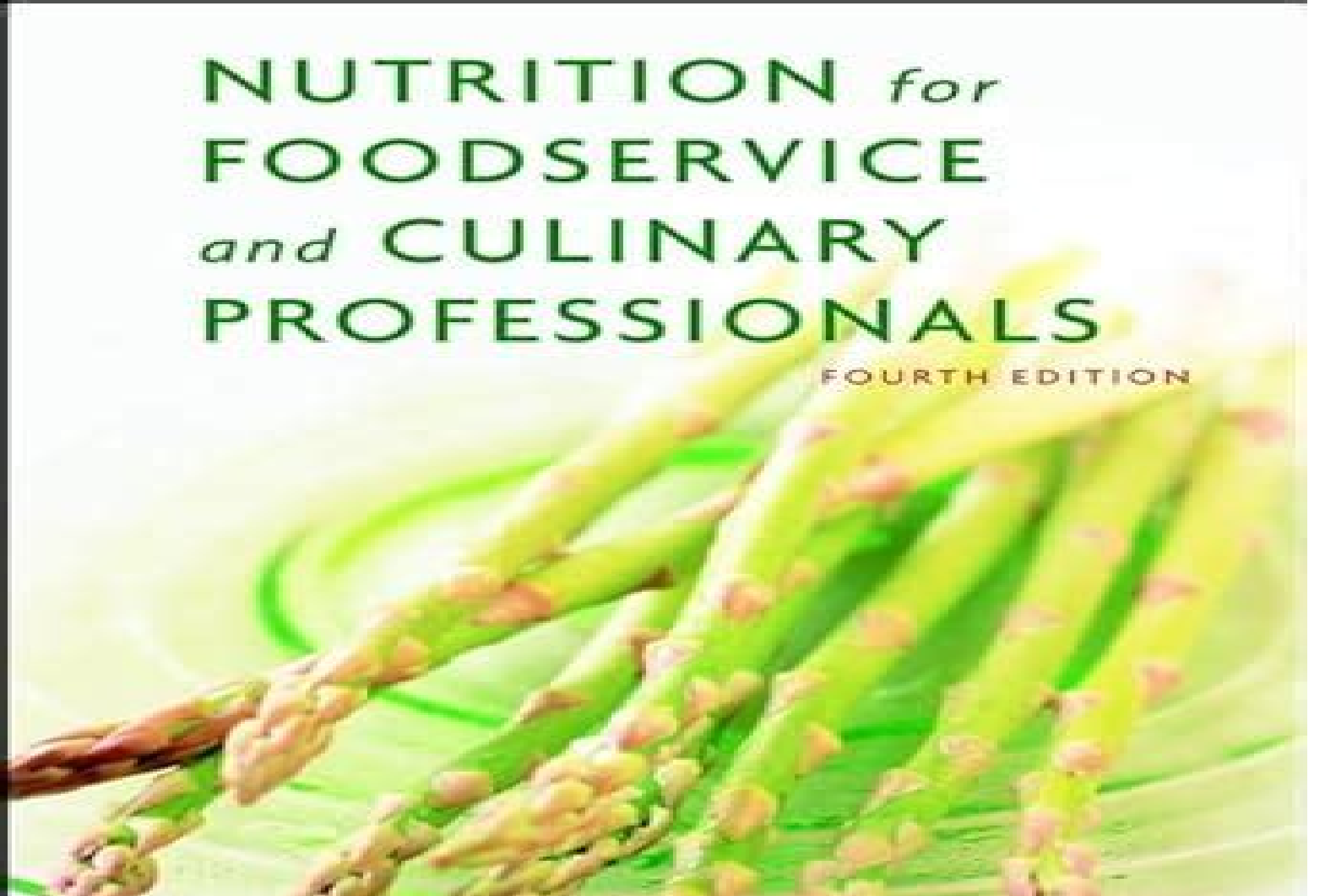




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FOURTH EDITION

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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. *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** 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.

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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 From the Foreword Special Note This book is recommended by the American Culinary Federation and the international Association of Culinary professionals for meeting certification requirement *Nutrition for Foodservice and Culinary Professionals 7th Edition with Prof Chef 9th Edition for CIA I Set* Karen E. Drummond,2011-12-01

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