



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



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 [Nutrition for Foodservice and Culinary Professionals, Student Workbook](#)

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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, Sixth Edition & Smolin iProfile Set* Karen E. Drummond, 2007-05-11 *Nutrition for Foodservice and Culinary Professionals, Ninth Edition WileyPLUS Learning Space Blackboard Card with Loose-Leaf Print Companion Set* Karen E. Drummond, 2017-08-24 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 Foodservice and Culinary Professionals** Karen Eich Drummond, Lecturer Gwynedd Mercy University Gwynedd Valley Pennsylvania Karen Eich Drummond, 2013 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 This new edition of Nutrition for Foodservice and Culinary Professionals features A new full color interior design and full color photographs including creative food presentations The 2005 Dietary Guidelines for Americans and the United States Department of Agriculture s MyPyramid Chef s Tips that highlight ways to incorporate nutritional knowledge in all meals from breakfast appetizers soups and salads to entrees side dishes and desserts Guidelines for cooking for such diets as low carbohydrate 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 **Nutrition for Foodservice and Culinary Professionals, Study Guide** Karen E. Drummond, Lisa M. Breferre, 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

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