



Nutrition for Foodservice and Culinary Professionals

Karen Eich Drummond, Lisa M. Brefere

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Updated and revised to address current concerns about nutrition throughout the life cycle, *Nutrition for Foodservice and Culinary Professionals, Seventh Edition* successfully covers core nutritional topics such as carbohydrates, vitamins and minerals, and dietary needs from a culinary perspective. Bursting with a full-color design and plenty of photographs and illustrations, Drummond and Brefere link nutritional concepts with healthy cooking techniques and recipes. Each book comes with a nutritional software CD-ROM that enables readers to create recipes, modify recipes, and analyze the nutritional content of recipes. Chefs, restaurateurs, dieticians, and other foodservice professionals will find this book an invaluable reference and guide to meeting the nutritional needs of all their customers.

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