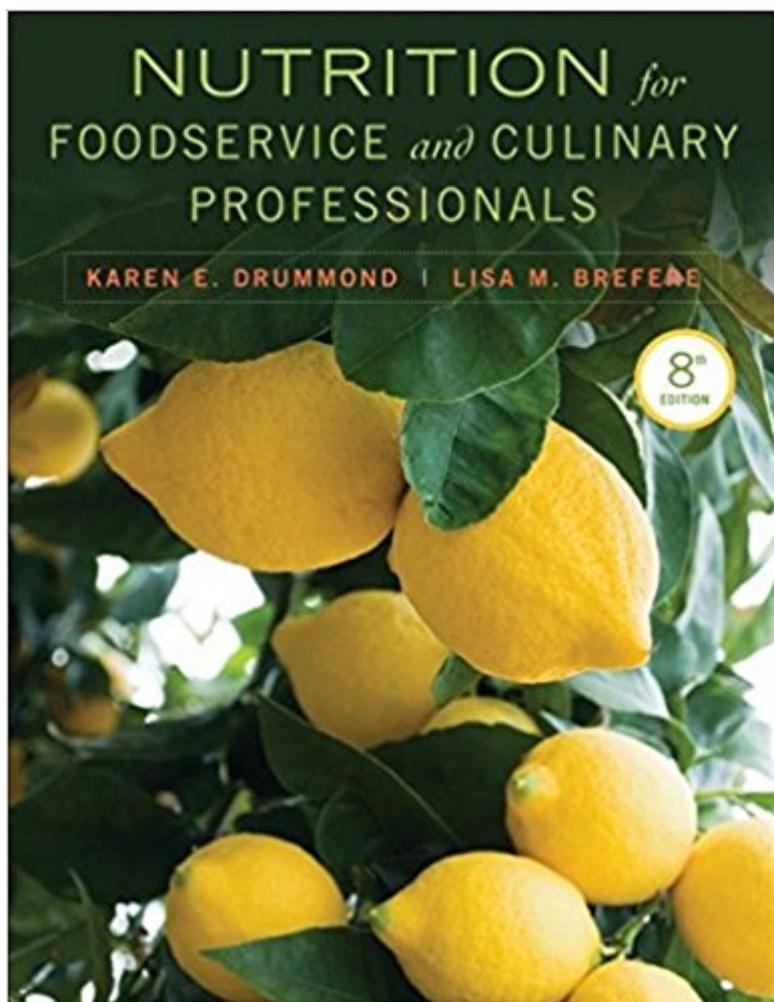


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# Nutrition For Foodservice And Culinary Professionals



## **Synopsis**

Nutrition for Foodservice and Culinary Professionals, 8th Edition is the definitive resource that helps readers use nutritional principles to evaluate and modify menus and recipes and to respond to customers' critical questions and dietary needs. The Eighth Edition includes a discussion of the 2010 Dietary Guidelines for Americans and Choose MyPlate graphic and key content. More photographs, charts, and recipes are used to effectively convey nutrition concepts and applications in a visual manner. From students in culinary arts, hospitality management, and nutrition and dietetics programs to practicing culinary and management professionals, this book will be an invaluable reference.

## **Book Information**

Hardcover: 480 pages

Publisher: Wiley; 8 edition (January 22, 2013)

Language: English

ISBN-10: 1118429737

ISBN-13: 978-1118429730

Product Dimensions: 9.1 x 1 x 10.5 inches

Shipping Weight: 2.8 pounds

Average Customer Review: 4.1 out of 5 stars See all reviews (37 customer reviews)

Best Sellers Rank: #157,334 in Books (See Top 100 in Books) #298 in Books > Science & Math > Agricultural Sciences > Food Science #1963 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #4945 in Books > Engineering & Transportation > Engineering

## **Customer Reviews**

This book provides exactly what I always wanted to know about nutrition. I love it. I am looking forward to being armed with more understanding of the role of food in the health of the body. It will be my main resource for a long time.

I only had to order one book this year at the college that I couldn't get a new edition of. This one is a nice used book and I will get almost all of it back when I sell it back. I think it's great to buy used books and pay no or small shipping and can send it back for small or low shipping for most all my money to re-invest in another product. Why would I want to lose money on a popular stock account investment, when I can buy low, sell high and reinvest my profits with little to no losses, on so many options?? Thanks for taking me to the bank; not for investments but to count the savings.

I got this book for my nutrition course. I got the e-book version so I could access it anywhere. The book over all was very easy to read and understand. It has many tables and diagrams that help visual learners. I learned a lot about vitamins and minerals that I had no idea about.

Had to get this book for a nutrition class, LOVED the class it was VERY INTERESTING! The book was a great addition to the class. However, I felt that there were parts in the book that dragged. It went into far more detail in parts. However I can see that if someone was going for a nutrition degree that more in depth would be what they were going for.

Excellent condition, new just as promised, the book arrived in just a matter of days from the day it shipped. Excellent service. I would rate a 5 star but my system wont allow it to submit with that. Guess there must always be room for improvement.

The first time I saw this book on the shelf of a prominent university library here in Jamaica, I just had to un-shelf it: it was eye - catching. I began reading and was impressed with the writer's style / approach in delivering information. It is so structured that it may be used at all levels. I will be making recommendations to my supervisor for this book, along with the study guide, to be given consideration for our reference collection.

I have a problem with an author or "expert" on nutrition claiming that Registered Dietitians are the most complete and reliable source for science and fact based information. Is it a coincidence that Karen Drummond is an R.D. herself? Also, she lectures about getting "real" nutritional and scientific information from reliable and transparent websites that clearly identify their sponsors yet quotes from websites sponsored by, funded by and partnered with companies like Monsanto, Dupont, Kelloggs, etc.(except you wouldn't know that unless you do some digging). Is it a coincidence that this book is ridiculously expensive and co-authored by a former student from the Culinary Institute of America and happens to be the required textbook for the food science classes in the school? I'm so disappointed in the stale, regurgitated information in this book. I'd have an easier time just reading from the U.S.D.A food pyramid guidelines. There is nothing new or interesting in this book AT ALL. If you have any interest in nutrition, my guess is that you already know way more than what is discussed in this elementary school level waste of paper and money.

This is a text book for the culinary curriculum that I'm taking. I like the book. It is comprehensive and easy to read. There are good review questions, lots of charts and reference materials, and good summaries. I would recommend it.

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