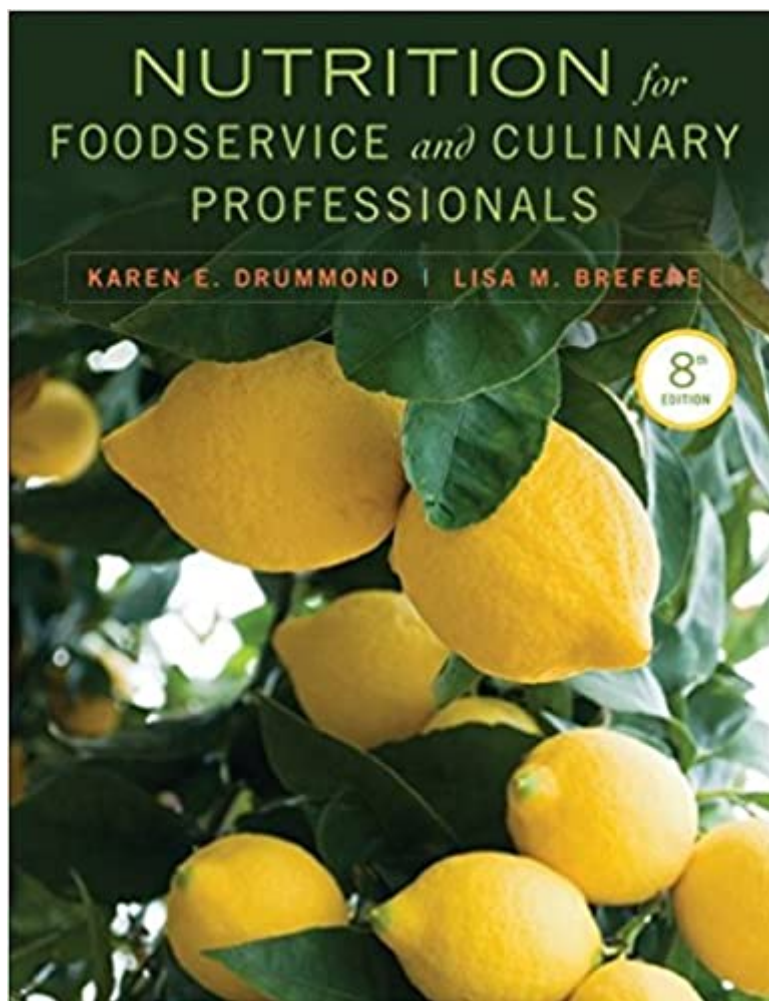


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# Nutrition For Foodservice And Culinary Professionals



## 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

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## Customer Reviews

**Kid-Friendly Veggies and Fruits: 10 Tips on Making Healthy Foods More Fun for Children**

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if the help make them. **Smoothie Creations:** Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapples. If you freeze the fruit first, you can even skip the ice. **Delicious Dippers:** Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip. **Caterpillar Kabobs:** Assemble chunks of melon, apple,

orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes. Personalized Pizzas: Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut up vegetables or fruits for toppings. Let kids choose their own favorites, then pop the pizzas into the oven to warm. Fruity Peanut Butterfly: Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit. Frosty Fruits: Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing. Bugs on a Log: Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, or cherries, depending on what bugs you want. Homemade Trail Mix: Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too. Potato Person: Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face. Put Kids In Charge: Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

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.

I don't like the book. It references appendixes that do not exist making a difficult subject more difficult to learn. That being said, I had no choice but to purchase it as that was what the instructor required. The instructor said that they had to change a certain percentage of the book to make a new edition and those changes probably caused the referenced appendixes to be removed.

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.

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.

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.

awesome book and kept it after class, great knowledge.

Very helpful

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