



# Nutrition for Foodservice and Culinary Professionals

*Karen E. Drummond, Lisa M. Brefere*

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*Nutrition for Foodservice and Culinary Professionals, 9<sup>th</sup> 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 9<sup>th</sup> 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.

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