

Nutrition for Foodservice and Culinary Professionals



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The study of nutrition has grown in importance for the hospitality industry and is now a required course in the hospitality curriculum. This is because of increased awareness among the general consumer who demands healthy food and a well-balanced diet. This new edition covers an encyclopedic range of topics including guidelines on healthy weight and the treatment of high blood pressure, non-fat and low-fat ingredients. A new chapter covers food purchasing, receiving and storage of healthy ingredients.

作者介绍:

目录:

[Nutrition for Foodservice and Culinary Professionals_ 下载链接1](#)

标签

评论

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