



# Nutrition for the Culinary Arts

*Nancy Berkoff*

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## **Nutrition for the Culinary Arts** Nancy Berkoff

Combining the science of nutrition with the art of culinary professions, this book provides a balanced overview of culinary nutrition. It contains the needed background for the design of healthy menus and recipes, the marketing of healthy food programs, and the training of food-service staff in healthy preparation and service techniques. Chapter topics include carbohydrates; fats; protein; vitamins, minerals, and water; nutrition and activity; food safety; and ethnic cuisine. For nutrition counselors and culinary arts professionals.

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