

STUDY GUIDE TO ACCOMPANY

Nutrition *for* Foodservice and Culinary Professionals

SIXTH EDITION

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Endorsed by



Karen E. Drummond and

**Nutrition for Foodservice and Culinary Professionals,
Study Guide**



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Nutrition for Foodservice and Culinary Experts is the must-have reference for the most thorough, up-to-date info on nutrition and diet plan. New and expanded material in this Sixth Edition addresses important topics like the 2005 Dietary Guidelines for Americans, MyPyramid, balanced menu options and recipe suggestions for morning hours and afternoon breaks, basics of food presentation, meeting special dietary needs, weight management, and much more!



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