



**Culinary Nutrition: The Science and Practice of
Healthy Cooking by Marcus, Jacqueline B.
[Academic Press, 2013] (Hardcover) [Hardcover]**

Jacqueline B. Marcus

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Key Features Explores the connections among the technical sciences of nutrition, food science and the culinary arts as well as consumer choices for diet, health and enjoyment Presents laboratory-type, in-class activities using limited materials and real-life applications of complex concepts Includes photographs and recipes to enhance learning experience **Description** Culinary Nutrition: The Science and Practice of Healthy Cooking is the first textbook specifically written to connect food science, nutrition and culinology. The book uses real-life applications, recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial and taste-desirable products. With pedagogical elements to enhance and reinforce learning opportunities, this book explores the basics of proteins, carbohydrates, and lipids, issues of diet and disease, including weight management, and food production and preparation topics. **Readership** Undergraduate students in Culinary Nutrition, Nutrition Science, Food Science and Nutrition, and Culinary Arts courses. Professional food scientists and research chefs in product development, and professional chefs

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