



The Art of Nutritional Cuisine

Vickie A. Vaclavik, Amy Haynes

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Now more than ever, culinary professionals are expected to provide cuisine that satisfies the diverse nutritional needs of a vast population of consumers. While the public has become increasingly health conscious, chefs can serve well-presented, great-tasting, and nutritious foods that at the same time support a healthy lifestyle. **The Art of Nutritional Cuisine** offers foundational nutrition principles with practical reinforcement of these principles in cooking labs complete with menus and recipes for delicious meals.

Includes Material for Classroom Lectures and Laboratory Practicum

The lecture portion of the book includes:

- A glossary of key terms
- *Teachable Moments* to amplify the application of basic food science concepts
- Recommended websites to facilitate further study
- References to USDA guidelines to assist in planning and achieving a healthy diet
- Appendices elaborating on pertinent topics in nutrition and nutritional cooking
- Ample space for reader notes to be added to the text

Recipes and Sample Menus

The lab portion of the text offers the opportunity to apply basic nutritional principles in the kitchen and equips readers with the ability to prepare tasty and healthy cuisine. It includes recipes and sample menus that

enable application of the lecture material. Using classic culinary techniques while adhering to sound nutritional principles, professional and home chefs can create tasty meals that promote good health.

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