



# Culinary Nutrition: The Science and Practice of Healthy Cooking

*Jacqueline B. Marcus*

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Jacqueline B. Marcus

## **Culinary Nutrition: The Science and Practice of Healthy Cooking** Jacqueline B. Marcus

*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.

- Gourmand World Cookbook Awards 2014: USA, Best Author or Chef for Professionals, Gourmand International
- Global Food Industry Awards 2014: Special Mention in Communicating Science-Related Knowledge to Consumers Aimed at Improving their Lifestyle, International Union of Food Science and Technology (IUFoST)
- 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

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