

Nutrition Applied Approach Myplate Edition

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baking for special diets teaches readers how to widen the scope of their offerings and create flavorful recipes to meet all kinds of dietary needs this text explains the wide range of dietary challenges of which pastry chefs and bakers should be conscious including celiac disease diabetes high blood pressure high cholesterol kosher diets and more introductory chapters cover general nutrition information ingredient substitutions the text also explains through examples how to convert your own recipes to meet the needs of a particular customer subsequent chapters provide recipes for a wide range of dietary concerns from vegetarian vegan and low fat baked goods to delectable desserts that are gluten lactose or sugar free from low fat vanilla mousse and reduced calorie linzer cookies to sugar free cr me caramel and vegan boston cream pie baking for special diets provides chefs with an arsenal of recipes that are healthy versatile and always delicious

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this comprehensive two volume work provides an overview of an area of growing concern offering readers a one stop resource for researching the chronic conditions that increasingly plague our society chronic diseases and their consequences are among the foremost problems faced by the u s health care system accounting for untold distress and mounting personal and societal costs bringing together an unprecedented array of detailed data and facts this unique two volume encyclopedia provides information that will help readers understand what they can do to avoid these diseases as well as how to best manage chronic conditions that may affect them or their families designed for high school public and university libraries this three volume set covers an extensive range of disorders including diabetes cancer high blood pressure asthma heart disease arthritis osteoporosis kidney disease alzheimer's disease hiv aids and hepatitis depression and anxiety are covered as are violence and injury drug use and abuse and tobacco as a health hazard much more than just a list of diseases this encyclopedia enables readers to easily research terminology symptoms methods of diagnosis medical treatments and alternative medicine risk factors associated conditions and preventive approaches the work is consistent with healthy people 2010 national goals and objectives and with national health education standards

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