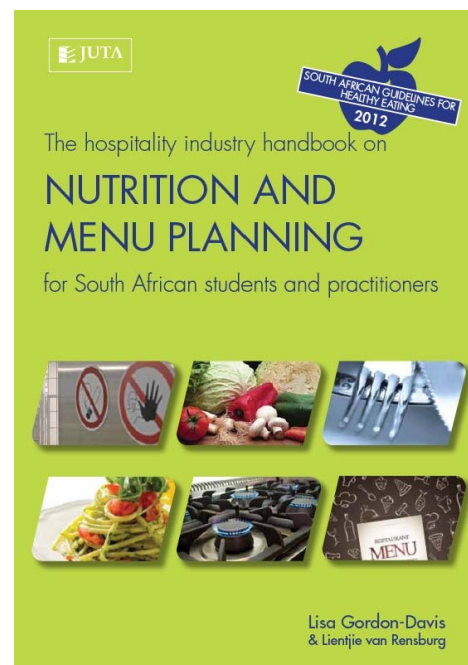


# Hospitality Industry Handbook on Nutrition and Menu Planning, The

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## About this Publication:

South Africa's hospitality industry has to cater for extremely diverse nutritional needs – those of foreign tourists, as well as South Africans from all cultural and religious sectors. Eating patterns and trends are constantly changing and it is a challenge to ensure that healthy and nutritional meals are planned and prepared – whether cooking for hundreds of guests, customers or for families at home.

Nutrition principles, dietary guidelines and ideas on how to fully utilise South African food resources are explored in this practical and interactive hospitality industry handbook and it concludes with a detailed section on menus and menu planning activities.

## Contents Include:

### SECTION 1: NUTRITION AND NUTRIENTS

- 1 Introducing food
- 2 Proteins
- 3 Carbohydrates
- 4 Lipids (fats and oils)
- 5 Water
- 6 Vitamins
- 7 Minerals

### SECTION 2: NUTRITION APPLICATION

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- 9 Nutrition throughout the life cycle
- 10 Diet and disease

13 Application of nutrition in the industry

### **SECTION 3: MENU PLANNING**

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15 Types of menus

16 Planning and evaluation of menus

17 Menu presentation and format

18 Menu pricing, analysis and profitability

19 Computers in menu planning

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#### **Of Interest and Benefit to:**

- Includes the most recent South African Guidelines for Healthy Eating
- Explains the use of the latest Food Guide for menu planning
- Updated and revised learning outcomes for each chapter.