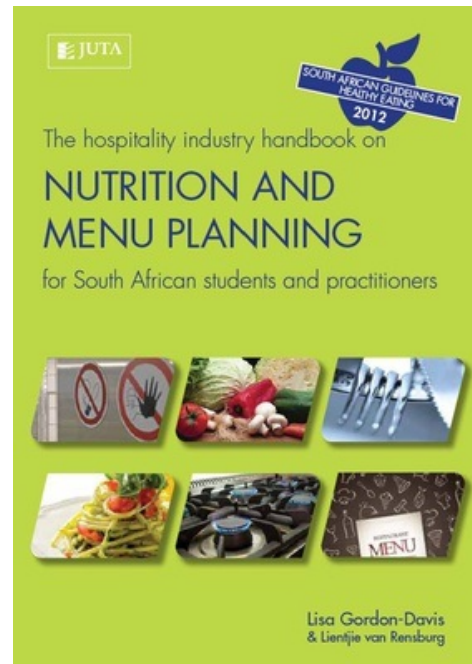


# Hospitality Industry Handbook on Nutrition and Menu Planning, The

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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.

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