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# Lab Manual For Brownâ€™s Understanding Food: Principles And Preparation, 3rd



## Synopsis

The Lab Manual includes recipes and experiments appropriate for a food principles and food preparation course and has been thoroughly reorganized and updated to match the content and organization of the text. Each lab begins with an introduction, followed by an overview of the objectives, procedures, recipes, and study questions.

## Book Information

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Best Sellers Rank: #640,129 in Books (See Top 100 in Books) #118 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #173 in [Books > Medical Books > Nursing > Medical Nutrition](#) #361 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition](#)

## Customer Reviews

Amy Christine Brown received her PhD from Virginia Polytechnic Institute and State University in 1986 in the field of Human Nutrition and Foods. She has been a college professor and a registered dietitian with the Academy of Nutrition and Dietetics since 1986. Dr. Brown currently teaches at the University of Hawaii's John A. Burns School of Medicine in the Department of Complementary and Alternative Medicine. Her research interests are in the area of bioactive plant substances beneficial to health and medical nutrition therapy. Some of the studies she has conducted include "Diet and Crohn's disease," "Potentially harmful herbal supplements," "Kava beverage consumption and the effect on liver function tests," and "The effectiveness of kukui nut oil in treating psoriasis." Selected research journal publications include: "Position of the American Dietetic Association: functional foods" ("Journal of the American Dietetic Association"); "The Hawaii Diet: Ad libitum high carbohydrate, low fat multi-cultural diet for the reduction of chronic disease risk factors" ("Hawaii Medical Journal"); "Lupus erythematosus and nutrition: A review" ("Journal of Renal Nutrition"); "Dietary survey of Hopi elementary school students" ("Journal of the American Dietetic Association").

Association"); "Serum cholesterol levels of nondiabetic and streptozotocin-diabetic rats" ("Artery"); "Infant feeding practices of migrant farm laborers in northern Colorado" ("Journal of the American Dietetic Association"); "Body mass index and perceived weight status in young adults" ("Journal of Community Health"); "Dietary intake and body composition of Mike Pigg--1988 Triathlete of the Year" ("Clinical Sports Medicine"); and numerous newspaper nutrition columns.

enjoyed the recipes, is a cookbook in its own right

Beyond my expectations; great product and great service !

There was some pages with writing on them already but it's in pencil so can be erased. Had all the pages some copies I looked at were missing half the pages for the full original price. Great deal.

item came almost new. one part written on but it was expect since its not completely new. ill be using this in my class and my teacher approves it

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