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Food and Culture: A Nutrition Handbook

Pamela Goyan Kittler, Kathryn P. Sucher

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This book provides information on the food and nutritional, health and culture habits of most ethnic, religious, and regional groups living in the United States. It is designed to help health professionals, chefs, and others in the food service industry learn to work effectively with members of different ethnic and religious groups in a culturally sensitive manner. It may also be used in a course that fulfills a multicultural requirement for a general education student.

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