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Dr. Sandra Frank

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Dr. Sandra Frank : From "As Purchased" to "Edible Portion": How to Analyze a Recipe Using a Nutrient Database before purchasing it in order to gage whether or not it would be worth my time, and all praised From "As Purchased" to "Edible Portion": How to Analyze a Recipe Using a Nutrient Database:

2 of 2 people found the following review helpful. Redundant if you are using software to analyze recipesBy
DaneMomThis is a good resource but I expected it to include more guidance related to analyzing recipes on nutritional software. Instead much of the book was devoted to conversion tables which would be more relevant if someone was doing the work manual or with a calculator. It is helpful but seems rather dated.

From "As Purchased to "Edible Portion" How to Analyze a Recipe Using a Nutrient Database. Purchasing nutrient analysis software and learning how to use the program is only useful if you have the knowledge to convert as purchased ingredients to the edible portion. This book describes how to read a recipe and enter the correct ingredients and amounts, in order to provide an accurate nutrient analysis. The book is an essential tool for anyone working in nutrient analysis. Recipes are usually written based on what the consumer needs to purchase. The individual analyzing the recipe must evaluate the recipe based on the actual food-ready-to-eat (unless the food is meant to be eaten whole.) A nutritional analysis program cannot cook or prepare meals. A person must have skills in Food Science, Culinary Arts, Nutrition, Cooking and Preparation Techniques, Purchasing Guides, Yield Factors, and Nutrient Analysis Software.