



Food and Culture

By Pamela Goyan Kittler, Kathryn P. Sucher, Marcia Nelms

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FOOD AND CULTURE is the market-leading text for the cultural foods courses, providing current information on the health, culture, food, and nutrition habits of the most common ethnic and racial 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. The authors include comprehensive coverage of key ethnic, religious, and regional groups, including Native Americans, Europeans, Africans, Mexicans and Central Americans, Caribbean Islanders, South Americans, Chinese, Japanese, Koreans, Southeast Asians, Pacific Islanders, People of the Balkans, Middle Easterners, Asian Indians, and regional Americans.

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Editorial Review

About the Author

Pamela Goyan Kittler has an MS in Nutritional Science from San Jose State University with an emphasis in nutrition education and currently works as a cultural nutritionist. She is the author of three undergraduate textbooks, has published numerous articles in professional journals and newsletters, and frequently presents lectures and workshops on topics of food and culture.

Dr. Sucher received her bachelor's and master's degrees from the University of California and her ScD from Boston University Medical Center in Nutritional Science. She recently retired from San Jose State University, where she taught medical nutrition therapy and was the dietetic internship director for 20 years. In addition to her research interest in nutrition therapy, she is also a recognized authority on how diet, health, and disease are affected by culture/ethnicity and religion. Dr. Sucher has published newsletters, numerous articles, and textbooks on this subject. She is also the coauthor of *Nutrition Therapy and Pathophysiology*, 3e (Cengage Learning 2016) and *Food and Culture*, 6e (Cengage Learning 2012).

Marcia Nahikian Nelms is currently a professor of clinical health and rehabilitation sciences and director of the dietetic internship in the Division of Medical Dietetics-College of Medicine at Ohio State University and a registered dietitian. She has practiced as a dietitian and public health nutritionist for over 25 years. Her clinical expertise centers on the development and practice of evidence-based nutrition therapy for a variety of conditions including diabetes, gastrointestinal diseases, and hematology-oncology for both pediatric and adult populations, as well as the development of alternative teaching environments for students receiving their clinical training. She is the lead author of *Nutrition Therapy and Pathophysiology* (2016) and *Medical Nutrition Therapy: A Case Study Approach* (2014), both published by Cengage Learning. In addition, she has contributed to the Academy of Nutrition and Dietetics Nutrition Care Manual sections on gastrointestinal disorders and is the author of numerous peer-reviewed journal articles and chapters for other texts. Dr. Nahikian Nelms has received the Governor's Award for Outstanding Teaching for the State of Missouri, the award for Outstanding Dietetic Educator in Missouri and Ohio, and the PRIDE award from Southeast Missouri State University in recognition of her teaching.

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