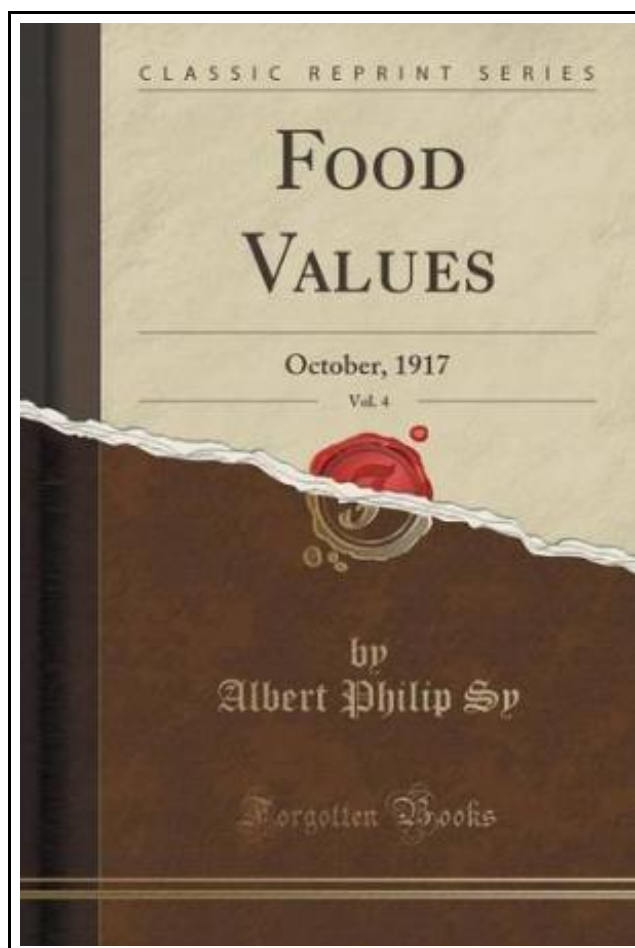


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Food Values, Vol. 4: October, 1917 In the narrower sense of the term food value refers to heat - or energy-equivalent of proteins, carbohydrates or fats or mixtures of these in food materials. In the following pages a much broader meaning is given to this term. The amount of heat, measured in calories, that may be obtained by burning a food is only a part of the story of foods. It is an erroneous but still quite prevalent practice to discuss and compare foods on a basis of chemical composition from which calories are calculated. While the composition of a food is perhaps its most important feature, there are many other properties that must be carefully considered before we can estimate the true and complete value of a food. To some people the value of a food is closely related to its flavor only; food is good and valuable if it tastes good. Others judge food on a dollar and cents basis; to them expensive food is synonymous with good food. Still others do not connect value in any sense of the word with foods; sometimes they eat and think, but most of the time they simply eat. The word values is used in the plural, so that in the following discussion there may be included the different factors which make a food valuable and desirable. Without the proper flavor a food would be little better than a medicine. Flavor makes food appetizing, and palatability is one of its first requisites. The difference in price as well as digestibility is often due to flavor. Choice cuts of meats, certain kinds of fish Flavor or fowl,...



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