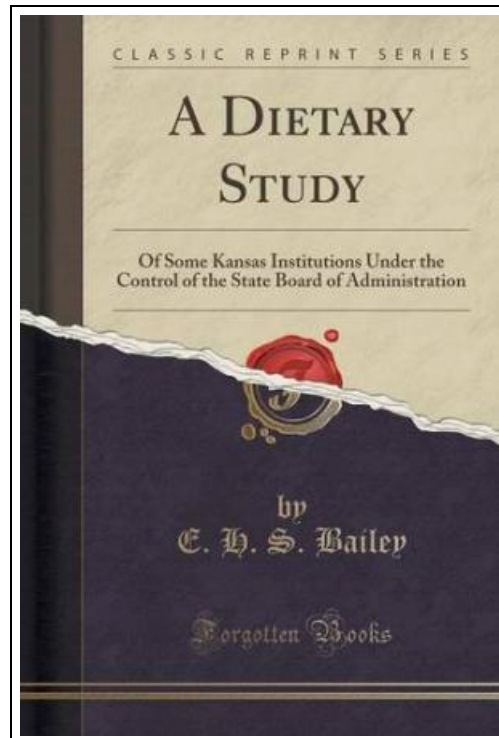


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Reviews



Thorough guide! Its this sort of excellent read. It is really simplified but unexpected situations in the 50 % in the book. You are going to like just how the blogger create this publication.
(Prof. Lela Steuber)

A DIETARY STUDY: OF SOME KANSAS INSTITUTIONS UNDER THE CONTROL OF THE STATE BOARD OF ADMINISTRATION (CLASSIC REPRINT) (PAPERBACK)



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Forgotten Books, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from A Dietary Study: Of Some Kansas Institutions Under the Control of the State Board of Administration The importance of dietary studies has only been recognized for the past seventy-five years. The people of the United States have been regarded as generous feeders, as we grow all the food that we really need and have an excess to export to the nations abroad. The question as to the food of the individual becomes more complicated when applied to large groups of people, as to boarding schools, reformatories, orphanages and hospitals. Questions as to the quality, the quantity and the cost of foods furnished to such large units of people are constantly arising. In order to study this understandingly we must first consider how food nourishes and sustains the body. The food is used in two ways: First, to build up and repair body tissue; and second, to furnish the body with the energy required to maintain vital processes and for muscular work. We are familiar in general with the fact that the protein or nitrogenous foods, such as meat, milk and eggs, are needed to build up the tissues, and that fats, or butter and oil, and carbohydrates, such as cereals and sugar, are needed to furnish the energy for work. It is only within a comparatively few years that we have been able to measure dietaries in a scientific manner. Following the European chemists, Prof. W. O. Atwater was a pioneer in this country in making food investigations, and constructed what was called a respiration calorimeter, which was a large box in which an experimenter could remain for several days, all food used could be weighed, and all the products of...

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