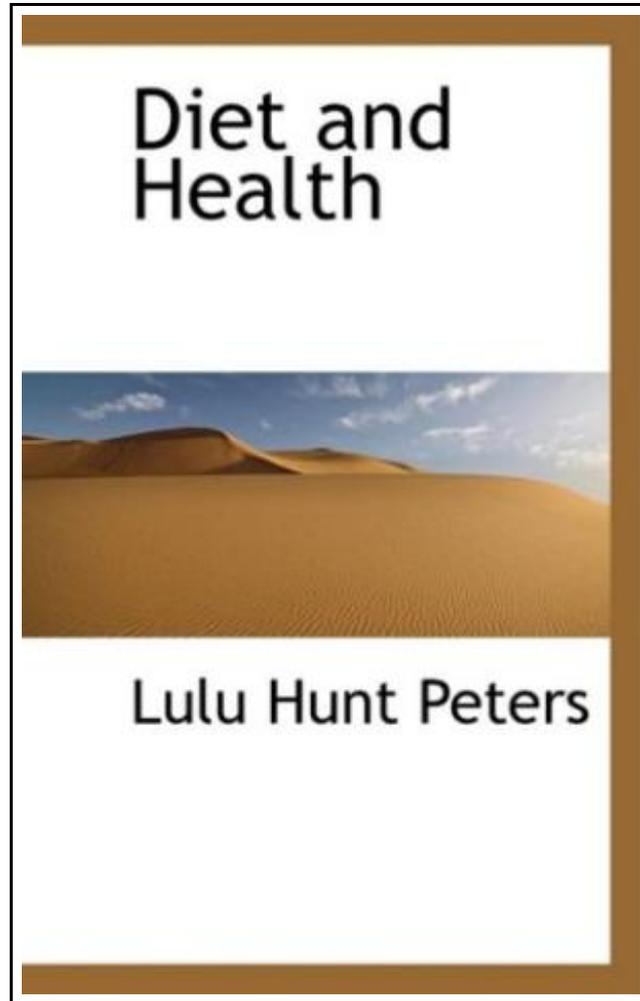


## Diet and Health



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### ***Reviews***

*Very helpful to all class of folks. Better then never, though i am quite late in start reading this one. You can expect to like just how the blogger create this pdf.*

***(Mandy Larson)***

## DIET AND HEALTH



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BiblioLife. Paperback. Book Condition: New. This item is printed on demand. Paperback. 128 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. Excerpt from CHAPTER 2 - Key to the Calories Dont Skip This Definition to learn: CALORIE; symbol C. ; a heat unit and food value unit; is that amount of heat necessary to raise one pound of water 4 degrees Fahrenheit. Pronounced Kal-o-ri There is a good deal of effort expended by many semi-educated individuals to discredit the knowledge of calories, saying that it is a foolish food science, a fallacy, a fetish, and so forth. They reason, or rather say, that because there are no calories in some of the very vital elements of foods-the vitamins and the mineral salts-therefore it is not necessary to know about them. They further argue that their grandfathers never heard of calories and they got along all right. That grandfather argument always enrages my mortal mind. A Unit of Measure Now you know that a calorie is a unit of measuring heat and food. It is not heat, not food; simply a unit of measure. And as food is of supreme importance, certainly a knowledge of how it should be measured is also of supreme importance. Yes, They Are Kosher You should know and also use the word calorie as frequently, or more frequently, than you use the words foot, yard, quart, gallon, and so forth, as measures of length and of liquids. Hereafter you are going to eat calories of food. Instead of saying one slice of bread, or a piece of pie, you will say 100 Calories of bread, 350 Calories of pie. The following is the way the calorie is determined: An apparatus known as the bomb calorimeter has two chambers, the inner, which contains the dry food to be burned, say a definite...



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