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Scientific Nutrition Simplified A Condensed Statement and Explanation for Everybody of the Discoveries of Chittenden, Fletcher, and Others

By Goodwin Brown

TheClassics.us. Paperback. Book Condition: New. This item is printed on demand. Paperback. 38 pages. Dimensions: 9.7in. x 7.4in. x 0.1in. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1908 edition. Excerpt: . . . CHAPTER IV Topics: True food requirements. Reduction of proteid. The question of meat-eating. Vegetable proteid. Amount of fuel-foods necessary. Specimen dietaries. Tables indicating proteid and fuel value of common foods. The question of stimulants and condiments. Physiological value of sugar. Inutility of foods as specifics. General principles. Conclusion. VEN when the regulation of the dietary has been handed over to an appetite made normal by the practice of slow eating and analytical tasting as recommended by Mr. Fletcher, there is a certain advantage in knowing what amounts and proportions of the various classes of foods are necessary --according to the new principles enunciated by Professor Chittenden--to make up a well-balanced ration. It will be remembered that Professor Chittenden fixes the proteid requirement per day for a man of average--say 154 pounds--weight at 60 grams, about two ounces a day. A man with more muscular...



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