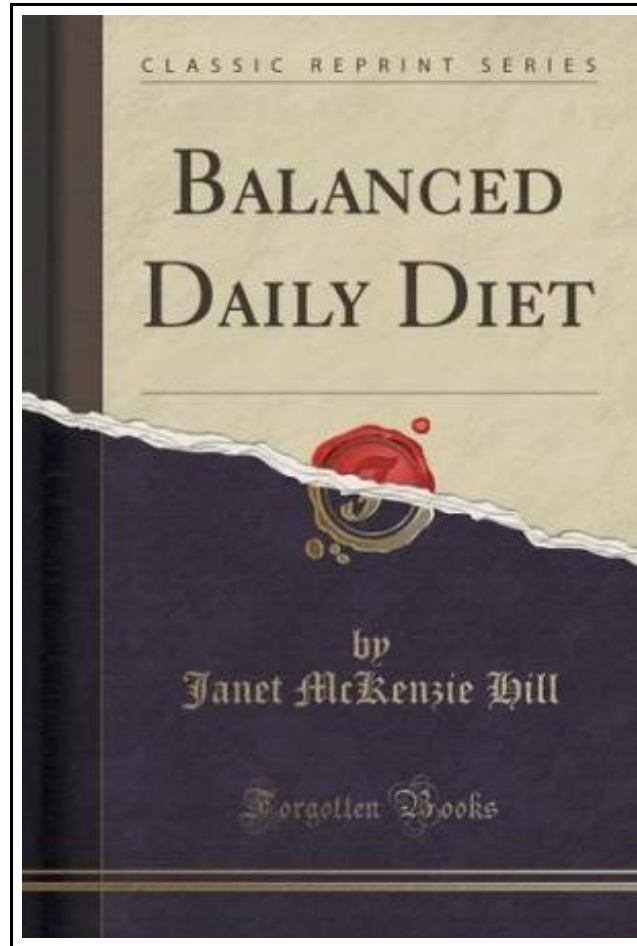


Balanced Daily Diet (Classic Reprint)



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It's been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.

(Prof. Loyce Runolfsson Jr.)

BALANCED DAILY DIET (CLASSIC REPRINT)



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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 *Balanced Daily Diet* Food selection and combination are no longer faddist, for today there is a widespread appreciation of the truth that health is the result of a balanced diet. Throughout the animal kingdom the mother s milk is in each instance a perfectly balanced food for the baby of its kind. For the calf, the cow s milk is a perfectly balanced food, just as the mothers milk is without a fault for the infant. Note how the calf builds in a few short months a large and heavy framework of bone covered with tissues that protect internal organs almost the size of complete growth, and how the human infant thrives on its single, simple food. Now, to get this balance of food elements in a variety of foodstuffs is the purpose of every seeker after perfect growth and health. A truly celebrated physician says it is possible to formulate a dietary as accurate as to its substances and combinations as a medical formula, but this means daily study on the part of the housewife or cook, and cannot be considered practical for the average individual. Nor is this absolute accuracy essential. For all general purposes one who eats reasonably may follow his own natural inclinations and his diet will be fairly well-balanced. But if one has a general knowledge of foodstuffs and their use in the body, he may easily discover if his inclinations are leading him to select a one-sided diet, and, if so, he will know how to change it. In the following pages meal combinations for a day are given in which foodstuffs are grouped to secure a balanced diet....



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