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## Food and Food Values: With Suggestions How to Reduce the Cost of Living (Classic Reprint) (Paperback)

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By Michigan Dairy and Food Department

Forgotten Books, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Excerpt from Food and Food Values: With Suggestions How to Reduce the Cost of Living Many people fail to realize that the primary use of foods is to supply the body with warmth, energy and the necessary materials for rebuilding such parts of the body as have been worn out in the act of living. The pangs of hunger are simply the outcry of nature that necessary material shall be supplied to repair bodily wastes and furnish fuel to create energy to run the human machine. When we satisfy the pangs of hunger we are apt to do so without much regard as to the suitability of the food used or its comparative cost with other foods of similar composition. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a...



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