



The Meat That Comes from Milk, the Health and Strength Value of Cheese as a Main Dish in the Daily Diet (Classic Reprint)

By C Houston Goudiss

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Meat That Comes From Milk, the Health and Strength Value of Cheese as a Main Dish in the Daily Diet We measure food-fuel values in calories - heat units. The pound of whole milk cheese you bring home from the grocer s represents 1950 calories, while the edible portion of the best sirloin steak you buy at the butcher s represents only 1270 calories. In order to get a pound of that edible portion you must buy more than weight, for there is a considerable percentage of waste even in round steak. Yet the cheese is virtually wasteless. A Match for Meat in Values But there is no waste at all to a loaf of baker s bread, you say, yet it can t take the place of meat. Just here we come to the most remarkable fact connected with cheese. And I am pleased to use quotation marks in stating it, because of the authority back of the assertion. So far as its composition is concerned, cheese is entitled to be considered as...



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