



## Diet and Health

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By Lulu Hunt Peters

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....



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