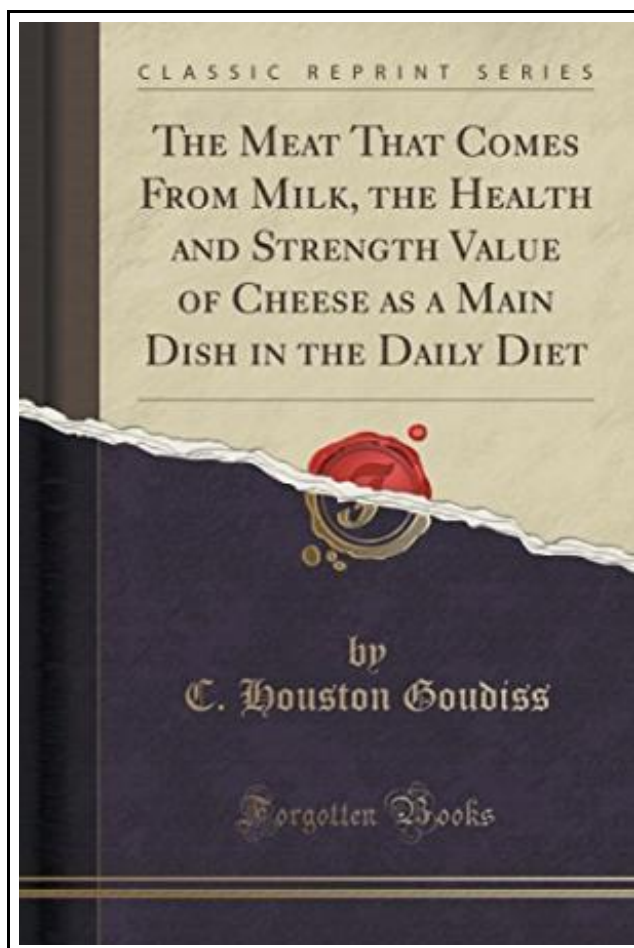


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
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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Meat That Comes From Milk, the 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 directly comparable with meat. This is the official verdict of the United States Government. And while we are making use of Uncle Sam s expert knowledge on this subject, it is well to hear what he has to say about the digestibility of cheese. Of course, it takes a strong stomach to deal with cheese, you say - because wrong use of this food has supplied some ground for this wrong notion, which still prevails among a good many persons. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is...

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