



Food Values, Vol. 4: October, 1917 (Classic Reprint)

By Albert Philip Sy

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Food Values, Vol. 4: October, 1917 In the narrower sense of the term food value refers to heat - or energy-equivalent of proteins, carbohydrates or fats or mixtures of these in food materials. In the following pages a much broader meaning is given to this term. The amount of heat, measured in calories, that may be obtained by burning a food is only a part of the story of foods. It is an erroneous but still quite prevalent practice to discuss and compare foods on a basis of chemical composition from which calories are calculated. While the composition of a food is perhaps its most important feature, there are many other properties that must be carefully considered before we can estimate the true and complete value of a food. To some people the value of a food is closely related to its flavor only; food is good and valuable if it tastes good. Others judge food on a dollar and cents basis; to them expensive food is synonymous with good food. Still others do not...

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