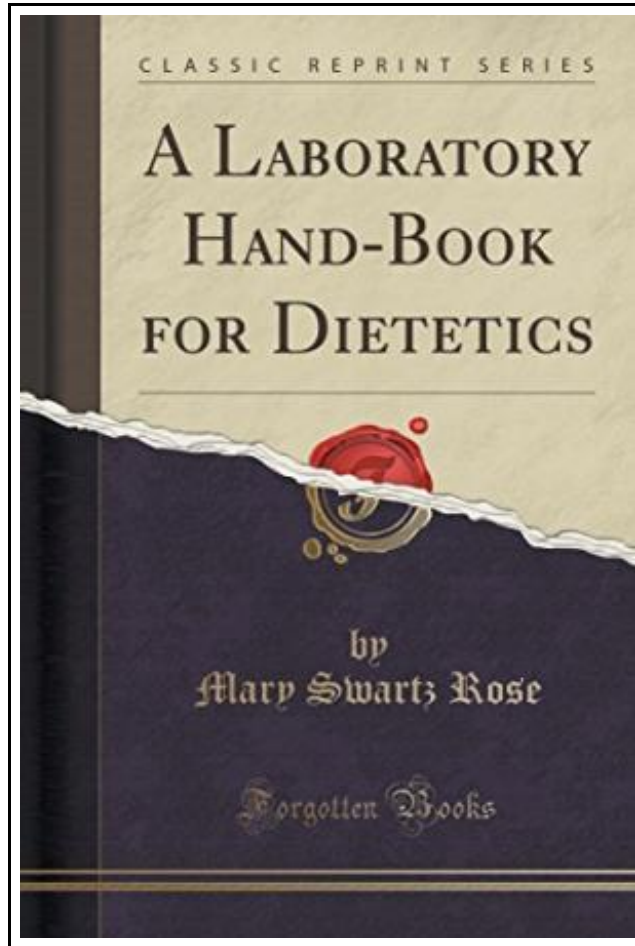


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from A Laboratory Hand-Book for Dietetics Investigations into the quantitative requirements of the human body have progressed so far as to make dietetics to a certain extent an exact science, and to emphasize the importance of a quantitative study of food materials. It is the purpose of this little book to explain the problems involved in the calculation of food values and food requirements, and the construction of dietaries, and to furnish reference tables which will minimize the labor involved in such work without limiting dietary study to a few food materials. Only brief statements of the conditions affecting food requirement have been made, the reader being referred to general textbook on the subject of nutrition for fuller information, but such data have been included as seem most useful in determining the amount of food for any normal individual under varying conditions of age and activity. Most of the available information in regard to food values is in terms of percentage composition, or of a single unit, as the 100-Calorie portion or the individual serving. The two latter are very useful, but too limited in scope and too inelastic in form to serve the needs of the general student. The former involves calculations which are always tedious and rob the student of time for a more comprehensive comparative study of food values. To lighten this labor, tables are included, giving the food values for the 100-Calorie Portion, which is taken as the Standard Portion in the sense that it serves as a convenient unit in building up a day's ration to yield a stated number of Calories; for the gram, which is the unit of...



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