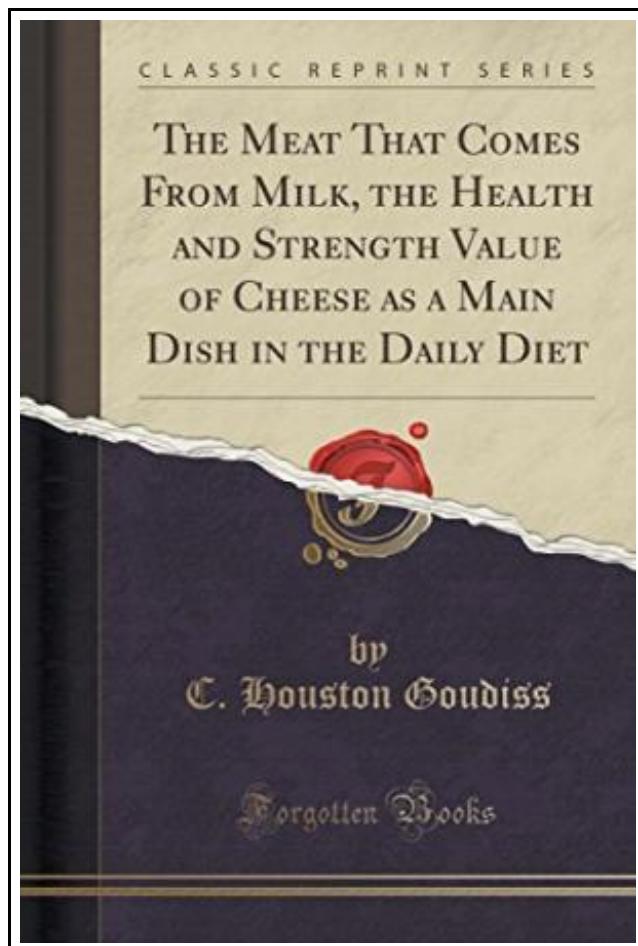


The Meat That Comes from Milk, the Health and Strength Value of Cheese as a Main Dish in the Daily Diet (Classic Reprint)



Filesize: 4.04 MB

Reviews

This pdf will be worth buying. Better then never, though i am quite late in start reading this one. I am easily can get a enjoyment of reading through a published book.
(Paul Ankunding)

THE MEAT THAT COMES FROM MILK, THE HEALTH AND STRENGTH VALUE OF CHEESE AS A MAIN DISH IN THE DAILY DIET (CLASSIC REPRINT)

[DOWNLOAD PDF](#)

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...

- [Read The Meat That Comes from Milk, the Health and Strength Value of Cheese as a Main Dish in the Daily Diet \(Classic Reprint\) Online](#)
- [Download PDF The Meat That Comes from Milk, the Health and Strength Value of Cheese as a Main Dish in the Daily Diet \(Classic Reprint\)](#)

See Also



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

[Save Document »](#)



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)

Proquest, Ebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now...

[Save Document »](#)



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625)

Proquest, Ebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book ***** Print on Demand *****.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you...

[Save Document »](#)



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually...

[Save Document »](#)



Childrens Educational Book Junior Vincent van Gogh A Kids Introduction to the Artist and his Paintings. Age 7 8 9 10 year-olds SMART READS for . - Expand Inspire Young Minds Volume 1

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.8in. x 6.7in. x 0.2in.Van Gogh for Kids 9. 754. 99-PaperbackABOUT SMART READS for Kids.

[Save Document »](#)