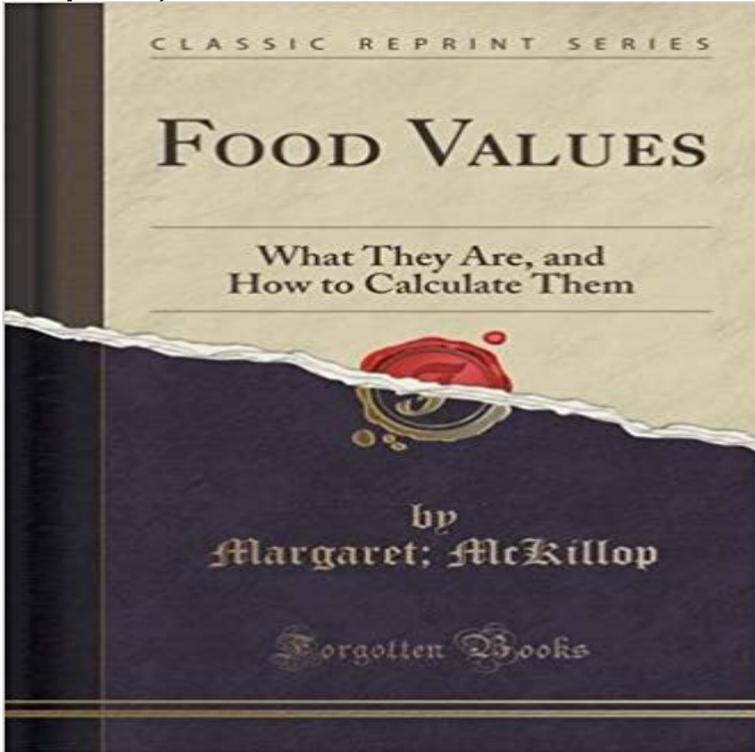


# Food Values: What They Are, and How to Calculate Them (Classic Reprint)



Excerpt from Food Values: What They Are, and How to Calculate Them This little book has been compiled for the use of those students of diet who wish to undertake quite seriously the consideration of food values, and the problems involved in their investigation. I believe, therefore, that it will be welcome to teachers and demonstrators in cookery; to caterers, and to all people responsible for the daily menu in colleges, schools and other institutions; also to social workers, especially those who are working on lines similar to those in Rowntree's well-known Poverty and other works. Also, I hope that it will be used by many modern housekeepers, who are now well aware that scientific results and scientific method can be used very extensively even in housekeeping on a small-scale. It is not a War Book. The large number of useful publications on food which have been issued since the War devote much attention to the changes of price, which now vary from month to month, even from week to week, and can hardly be foreseen. Tables involving questions of price have therefore at present no permanent value; each problem of the kind can be solved only for the moment. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

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