

CONTENTS

	PART I-FOODS	
	CHAPTER I	
CONCERNING FOODS AND FOODSTFFS		19
	CHAPTER II	
SUGARS AND STARCHY FOODS		27
	CHPATER III	
FATTY FOODS		50
	CHPATER IV	
PROTEIN-RICH FOODS		68
	CHPATER V	
FRUITS AND VEGETABLES		99
	CHAPTER VI	
FOOD ACCESSORIES		130
	PART II-BODY NEEDS	
	CHAPTER VII	
NEED OF THE BODY FOR ENERGY AND USE OF FOOD AS FUEL		147
	CHAPTER VIII	
CONDITIONS WHICH DETERMINE THE ENERGY REQUIREMENT		162
	CHAPTER IX	
THE PROTEIN REQUIREMENT		177
	CHAPTER X	
WHY THE BODY NEEDS MINERAL SALTS, WATER, AND FIBER		188
	CHAPTER XI	
VITAMINS: THEIR FUNCTIONS AND WHERE THEY ARE FOUND		216
	PART III-BODY PROCESSES	
	CHAPTER XII	
THE BODY AS A WHOLE IN ITS RELATIONS TO FOOD		265
	CHAPTER XIII	
DIGESTION		283
	CHAPTER XV	
EXCRETION AND THE FACTORS AFFECTING IT		329
	PART IV-MEAL PLANNING	
	CHAPTER XVI	
HOW TO BUILD MENUS-FOR A DAY		351
	CHAPTER XVII	

