

CONTENTS

PREFACE.	vii
INTRODUCTION.	3
CHAPTER I: Your Calories.	5
CHAPTER II: The Cost of Food.	12
CHAPTER III: Hunger and Appetite.	15
CHAPTER IV: Digestion.	18
CHAPTER V: Debunking Diets.	27
CHAPTER VI: Peculiar Schools of Dieting.	39
CHAPTER VII: Protein.	44
CHAPTER VIII: Carbohydrates.	53
CHAPTER IX: Fats.	62
CHAPTER X: Water.	68
CHAPTER XI: Mineral Salts.	73
CHAPTER XII: The Vitamins.	87