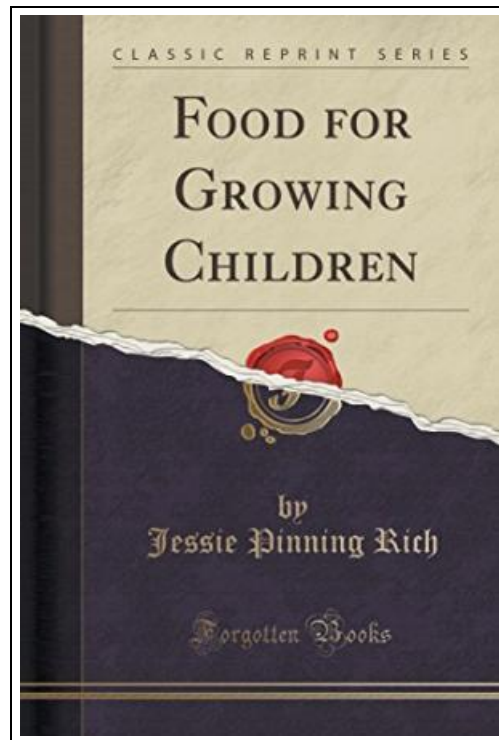


## Food for Growing Children (Classic Reprint)



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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 Food for Growing Children It must keep the machine in a state of repair and increase the size from that of the infant to the adult. The machine can never completely shut down its activity for repair or growth. The foods are the means of increasing the size of the growing child. They are the sources of power and activity. The Foods Best Suited to Meet the Requirements of the Growing Child. The food materials are of great variety but analysis shows that all of them are but varying combinations of a few simple foods just as all of our English words are made from twenty-six letters. These basic foods are carbo-hydrates, including starch and sugar, proteins, fats and mineral salts. The starches are well known substances and occur in such vegetables as cereals, potatoes, rice, wheat, corn, and oats. Sugar is largely used in commercial form but occurs also in fruit and vegetables and in some animals products in small quantities. Sugar and starch are specially suited to furnish the heat and energy required by the body. The best starches for children are obtained from such as cereals, rice, wheat, corn, oats, and from potatoes. Sugar furnishes a beneficial source of energy if eaten in small quantities, but for the growing child large amounts of sugar are considered especially harmful. Possibly the best administration of sugar is in the date and figs eaten in small quantities as dessert for luncheon or dinner. The fats are easily recognized and are further sources of heat and energy. The best sources of fat for children are cream, butter, olive oil, cotton-seed oil, nuts, and bacon. The substances...

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