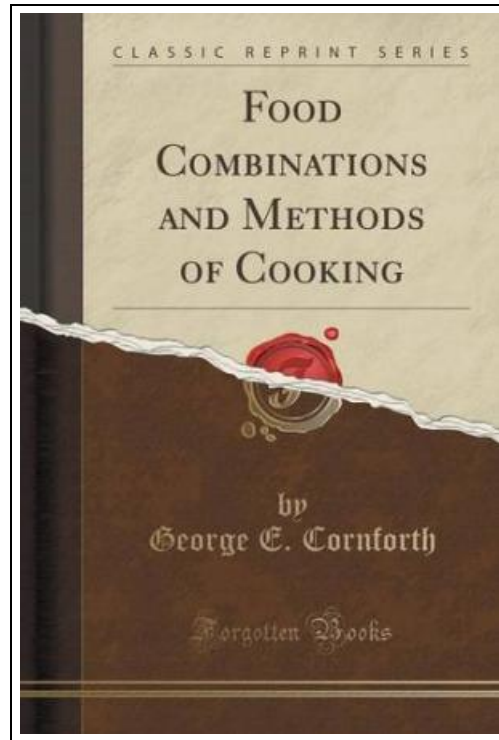


## Food Combinations and Methods of Cooking (Classic Reprint)



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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 Combinations and Methods of Cooking It seems that a condition of general lowered vitality results from mineral starvation. If we were to eat bread made from whole cereals, eat an abundance of fresh fruit and vegetables, and see that valuable elements are not removed from our vegetables in the cooking, and be careful not to eat too much confectionery and sweetened foods, we should not suffer from mineral starvation. Making candy and sweetened foods too large a part of the diet is an increasingly common dietetic error, which deprives the body of needed elements. If we were to get our sugar by eating sweet fruits, chewing sugar cane, drinking maple sap, and eating beets, we should not eat too much sugar, nor deprive ourselves of needed elements that naturally grow with sugar. A young man who has lived where sugar cane grows and where sugar and molasses are made, tells me that puny babies are sometimes allowed to drink all the sugar cane juice they want, and that they soon become plump and healthy. This result is, no doubt, not only on account of the sugar taken, which is a fattening food, but on account of the needed mineral elements that are supplied by the sugar cane juice. Now perhaps we ought to give a list of the mineral elements needed by the body, and tell what foods supply them and for what the body needs them. Mineral Elements Iron - spinach, watercress, egg yolk, legumes, strawberries Phosphorus - whole cereals, legumes, milk, egg yolk Potassium - potato, turnip, parsnip, cabbage, plums, cherries Calcium - milk, egg, whole cereals, nuts, legumes, celery, cabbage, citrous...



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