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FOODS ARE FUEL WHICH
GIVE THE BODY ENERGY

Whether one eats to live, or lives to eat, it's possible to think of the human body as a machine for transforming the stored energy of foodstuffs into active energy such as heat, work, exercise, and other activities associated with life. One difference, however, between the body and an engine, _____ (Name), _____ (Title), _____ (Institution), points out, is that fuel does not become a part of the engine. But after food, or body fuel, is eaten, it becomes part of the living organism. Foods not only run the machine; finally they are the machine.

_____ (Name), referring to the new Yearbook of the United States Department of Agriculture - Food and Life, explains that furnishing fuel or energy is one of the ways in which foods serve the body. Almost all kinds of foods have some fuel value. The digested products of protein, carbohydrates, and fats in food are burned in the body to produce heat and muscular activity.

Meats, eggs, fish, cheese, and milk are among the chief sources of protein. Carbohydrates are the starches and sugars, which we often eat as starchy vegetables like potatoes and rice, or flour pastes, or breadstuffs, or breakfast cereals. For a given weight, carbohydrates and protein yield the same amount of heat or energy in the body. Fats yield more than twice as much.

Most authorities agree that an adult should get about 10 to 12 percent of his calories from protein foods, 25 to 30 percent in the form of fat, and about 60 percent in the form of starches and sugars. But remember, says _____ (Name)

that an ounce of fat, such as butter or salad dressing, yields more than twice as many calories as an ounce of protein. The diet should also contain liberal amounts of fresh fruits and vegetables, especially green and yellow vegetables, and whole-grain cereals, to supply vitamins and minerals. Milk, eggs, fruits, and green or yellow vegetables are called the protective foods.

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