

WHAT to EAT and WHY

C. Houston Goudiss Analyzes The Cereal Grains

Well Known Food Authority Describes Their Place in the Diet

By C. HOUSTON GOUDISS
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TO ME, there is no more inspiring sight in the world than a field of nodding golden grain. It not only pleases the eye with its grace and profound beauty, but it attests to Nature's bounty. For down through the ages, grains have sustained and comforted man.

In every quarter of the globe, foods made from grain constitute the largest single item in the food supply. This is as it should be, for no other foodstuff affords such a rich store of fuel value at such little cost. It has been estimated that during one day's labor, an American farmer, growing wheat by up-to-date American methods, can produce enough protein and calories to sustain a man for a year.

A Source of Power and Pep

Every nation depends upon some form of cereal to furnish motive power for the body machinery—to provide necessary energy to keep body and brain functioning efficiently. In the Western world, wheat is supreme. But in Oriental countries, rice takes the lead and it is the chief article of food for half of the world's people. Rye, oats, barley, maize and buckwheat are likewise important crops.



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Energy Values Compared

All uncooked cereal foods show great similarity in their chemical composition and therefore have very nearly the same energy value—that is about 1,650 calories per pound. The weight of a 100-calorie portion is about an ounce. But there is a wide variation in bulk, depending upon the degree to which the cereal has been refined. For example, three tablespoons of patent wheat flour weigh one ounce; one and one-fourth cups of a puffed wheat cereal likewise weigh one ounce. After cooking, there is a big variation in weight, as well as measure, owing to the varying amounts of water absorbed. Thus a cup of cooked oatmeal mush supplies the same number of calories as three tablespoons of a pebbly dry cereal with a nut-like taste.

From 8 to 12 per cent of the calories in cereal foods are obtained

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those which are more highly refined, but as they contain larger amounts of protein, it is estimated that the amount of protein digested and absorbed from an equal weight of entire wheat or patent flours is practically the same. Thus when the two types of flours are considered as sources of protein and energy alone, they are regarded by nutritionists as substantially equivalent and interchangeable.

Many Forms of Cereal Foods

From infancy to old age, the cereal foods should, and usually do constitute the mainstay of the diet. Fortunately, there is such a wide variety from which to choose that there is little likelihood of monotony. Furthermore, because of their bland flavor, one does not readily tire of cereal foods.

In addition to the wide variety of breads, rolls, muffins, biscuits and griddle cakes that can be made from refined and whole grain flours, there are an astonishing number of cooked and uncooked cereals from which to choose. When served with milk, bread or cereals make an ideal and economical food combination.

Macaroni for a Main Dish

Besides serving as the main feature at breakfast and for the child's supper, cereal foods are useful as the chief attraction at dinner or supper when served in the form of macaroni, spaghetti or egg noodles. They are a fine source of energy and also furnish about 12 per cent protein. When combined with cheese, which adds protein, minerals and vitamins, they constitute a balanced main dish.

Cereal products of all kinds deserve a ranking place among FOODS THAT KEEP US FIT.
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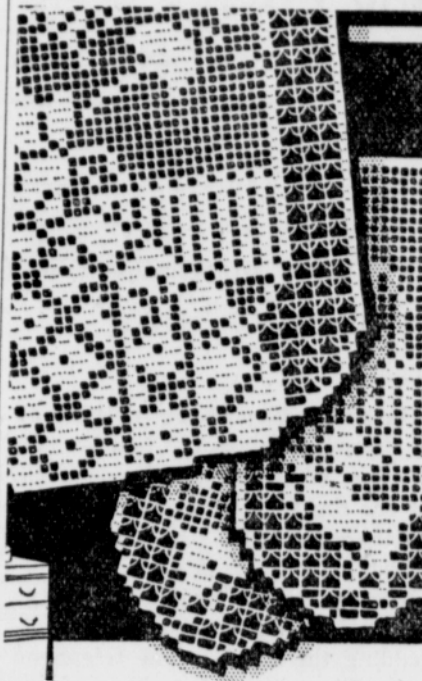
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