

**M0003400: Illustration of "The value of milk as a producer of energy" /
M0003400EB: Chart showing a "Comparison of Mortality from and
Consumption of Alcohol"**

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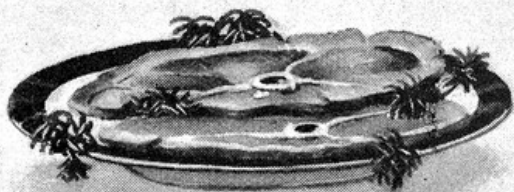
THE VALUE OF MILK AS A PRODUCER OF ENERGY



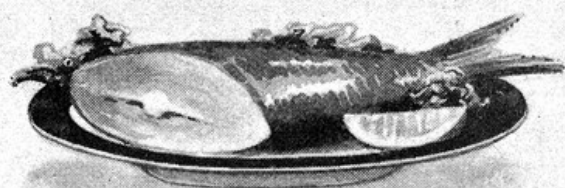
$\frac{4}{5}$ lb. of Beefsteak



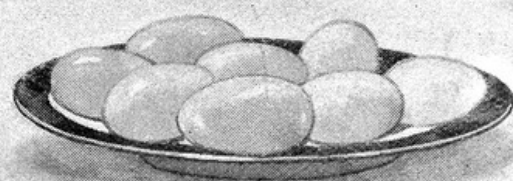
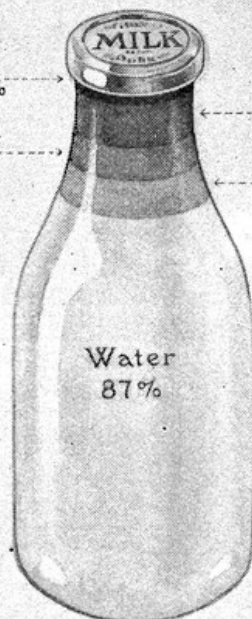
$1\frac{1}{4}$ lbs. of Chicken



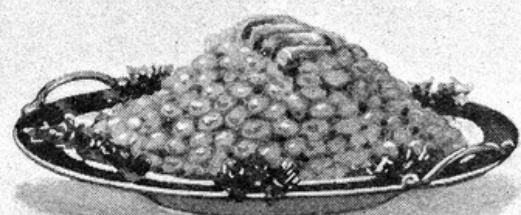
$\frac{1}{2}$ lb. of Ham



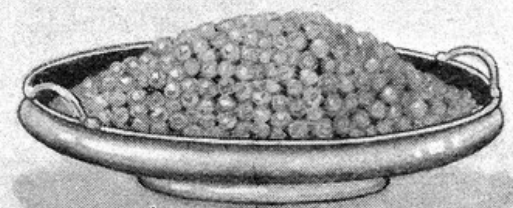
$2\frac{1}{3}$ lbs. of Codfish



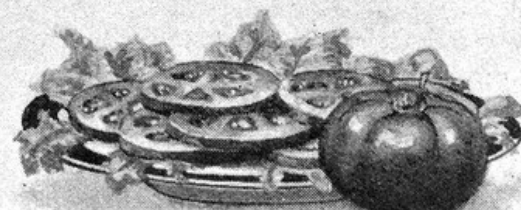
8 average size Eggs



$1\frac{1}{7}$ lbs. of Beans



$2\frac{2}{3}$ lbs. of Peas



$6\frac{2}{3}$ lbs. of Tomatoes

We need food for a variety of purposes—to build body tissue, to supply fuel for maintaining body heat and activity, and to keep up a reserve of fat. This diagram shows how valuable milk is as an energy producer—that is, for making “body fuel.” The quart of milk in the centre of the picture is equivalent in “energy value,” measured in calories, to any of the other quantities of foodstuffs shown. Its efficiency as a body builder, which depends upon its protein content, is also high. In addition to this, milk has the advantage of being easily digested.

contained in the Easy Reference Fact-Index at the end of this work

Diagram II.

England and Wales, 1871—1929—Comparison of Mortality from and Consumption of Alcohol in each year.

