TEMPTING MENUS FOR THE WEEK

FAT FACTS.

A PELION on Ossa mass of facts can be assembled and mounted plausibly or unreasonably. (We like them fancy rather than prosaic and perhaps gauzy). A fat molecule, composed of no real food gold, requires more calories, to be exact, than a calorie of any other type of food molecule whatsoever requires, which is saying that it does us more harm than good. When we burn this fat, we deposit other mischievous morsel. A nice collection of such molecules is as far from the truth as are the ideas of diet on which nearly all of us base our eating. As we burn the substance, fat itself is converted into an end product called water. As it is burned, the fat is utilized for energy. The carbohydrate, which is the energy source for the body, is burned in the presence of oxygen to produce carbon dioxide and water. The carbohydrate is the main source of energy for the body.

FAT FACTS.

A Brief on Food Cooking

Let me try to explain what cooking means. Cooking is the process of preparing food for human consumption. This includes the process of cooking meat, vegetables, grains, and dairy products.

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