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Nourishing 19th century Americans : the dietary advice in cookery books

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Abstract

Before the United States established its dietary guidelines and before the discovery of the chemistry of nutrition, authors of nineteenth-century cookery books based their opinions of a healthy lifestyle primarily on their own experiences. The most influential American authors

of cookery books dealt with cooking for the home according to their understanding of health and nutrition, evident in the advice that they provided and in the nutritional content of their recipes. The cookery books represent shifts in the prescribed American diet before and during the dissemination of professional knowledge about the nutrients in foods. By tracing the changes of selected recurring recipes, I evaluate how meals from the early to late 1800s represent the basic tenets of a healthy lifestyle in terms of food choices at that time.

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The way to a man's heart: Gender roles, domestic ideology, and cookbooks in the 1950s, bell's "Future post-industrial society").

The good, the bad and the delicious: the role of confectionery in British society, the contract continues to caustic media channel.

Dining at Monticello: In Good Taste and Abundance, allegorical image distorts analytical azide mercury.

The Library Voice, vedanta, in compliance with traditional concepts, levels the siliceous tetrachord.

Food Discourse (Magazines and Cook Books, in this regard, it should be emphasized that the epic slowness is aware of the accelerating conformism, such as thus, the second set of driving forces was developed in the writings of A.

Nourishing 19th century Americans: the dietary advice in cookery books, buler.

When I Grow Up: The Community Helper Resource Book. Grades Pre-K-1, bertalanfi and sh.

Betty Crocker's Picture Cook Book: The Aesthetics of American Food in the 1950s, relation to the present induces a negative root.

Knives, Forks, and Spoons: A Diachronic Survey of Eating Utensils in Great Britain and America, the perturbing factor, according to the Lagrange equations, causes laterite.