

Ontario Department of Agriculture.

ONTARIO AGRICULTURAL COLLEGE.

BREAKFAST FOODS.

THEIR CHEMICAL COMPOSITION, DIGESTIBILITY, AND COST.

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INTRODUCTION.

The points specially studied in the present investigation into the nutritive value of breakfast foods are as follows:

1. The chemical composition.
2. The influence of the thoroughness of cooking on the solubility of the organic matter of the raw foods.
3. The digestibility of the organic matter of the cooked and malted foods commonly sold as ready-to-serve, and the extent to which the starch of these foods has been changed to dextrin and maltose.
4. The digestibility of different kinds of breakfast foods, and the influence of short and long cooking on the digestibility of the nutrients of oat and wheat meals.
5. The economic value of the various foods, based on the cost and on the determined composition and digestibility.

THE IMPORTANCE OF CEREAL GRAINS IN OUR DIET.

The cereal grains are prepared for human consumption in a great variety of ways, and form a very important part of our diet. This is doubtless due to the fact that they are grown in almost all parts of the world; that they are cheap foods; that, when properly prepared, they are comparatively easily and completely digested; and that they contain all the constituents required to nourish the body. Moreover, if the findings of the Chittedon School be proven to be correct, they are destined to be even more important, for most of the cereal grains contain abundance of proteids to supply all that these authorities claim is needed to keep the human system in a healthy, vigorous condition.

Some idea of the immense quantities of these foods consumed annually may be conceived when it is pointed out that the world's yearly crop of wheat alone amounts to several billions of bushels, and all or nearly all of this is used as human food. Furthermore, it is estimated that Great Britain uses six bushels of wheat per capita per year; and an American