

Re: Meat and Potato myth or fact?

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-08/0575.html>

From: Jeff (*kidsdoc2000_at_hotmail.com*)

Date: 08/11/04

Date: Tue, 10 Aug 2004 23:33:01 -0400

"Markus" <markus@cablewave.com> wrote in message
news:5c6dnYue4O4n2ITcRVn-sA@wavecable.com...

> *Newbie here;*

>

> *I was told once that the stomach has thirteen different acids to break
down*

> *different foods or whatever else that ends up down there. Supposedly
there*

> *are only two of these thirteen that will offset each other--the one
produced*

> *for red meat, and the one for potato--as the story goes.*

>

> *I can't find anything to back this story on the net. Have I not looked
hard*

> *enough? Or is it just plain ol BS?*

If that were true, then the Irish would have been in trouble, because in the
early 1800s, potatoes were their main source of calories.

This is total BS. The human digestive tract evolved so that you can have a
diet this all meat, all vegetable or anywhere in between.

The stomach has only one acid, hydrochloric acid. It it helps break down
food.

Jeff

> *TIA,*

> *Markus*

>

> --

> *to reply, swap cable and wave to make wavecable*

>

> *"Magic, it must be remembered, is an art which demands collaboration
between*

> *the artist and his public." --E.M. Butler*

>

sci.med.nutrition: Re: Meat and Potato myth or fact?

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