

## Labels add insight to buying needs

DOVER, Del. - Today's food items are packaged with eye-appealing labels intended to entice a shopper's appetite! But the labels also provide much information to aid in food

choices, point out Delaware Extension home economists.

The product name, of course, is found on all labels.

Federal law requires the net contents or weight of the product, and the name and

address of the manufacturer, packer or distributor to appear on a food label. The ingredients, including additives, must be listed in descending order by weight.

Some food products such as catsup and mayonnaise are not required to list ingredients because their contents are standardized by the Food & Drug Administration. If they include additional ingredients or substitutions from the standard, these must be listed.

Nutrition labeling has appeared recently on many food items. It is a voluntary listing which FDA helped to establish, and is an easy way for customers to check the nutritive value of foods. It can help the consumer plan more nutritious, well-balanced meals, and give one the best buy for food dollars.

An example is the selection of canned beef stew. Two brands may have the same weight and price; however, in comparing the nutrition labels one may find that one can has a higher protein content than the other and is therefore a better buy.

Nutrition information is given per serving. The label lists the size of each serving and the number of servings in the container. Also listed are the number of calories and the amounts of protein, carbohydrates and fats per serving.

The lower part of the nutrition label gives the percentages of the United States Recommended Daily

information on polyunsaturated and saturated fats, cholesterol and sodium may also be included.

There are no foods which supply 100 per cent of the daily nutrients required. Therefore, studying nutrition labels will help you choose a variety of foods for a well-balanced diet.

Experts explain that the USRDA was developed as a general guide by the FDA based on research by the National Academy of Science. It indicates the approximate amount of nutrients needed by a healthy adult, but should be adapted to individual diets as needed.

## Protect pets from rabies

HARRISBURG - Pennsylvania Agriculture Secretary Kent D. Shelhamer recently asked all commonwealth pet owners to "protect their animals" in light of a still current 1973 directive from a national scientific agency which calls for immediate destruction or a six-month isolation period when unvaccinated dogs or cats are bitten by a known rabid animal.

Observing that all warm-blooded animals are susceptible to the rabies virus, Shelhamer said, "Unattended pets kept outdoors may be bitten by possibly rabid animals such as bats, foxes, skunks or even other cats and dogs, with or without the owner's knowledge."

Shelhamer said, "Vaccination with a live modified virus within three years of a pet's exposure to rabies would, under the National Academy's directive, dictate restraining a pet by leash and-or confinement for a sixty-day period." He added, "That's a lot better set of choices than those facing owners of unvaccinated dogs and cats."

Shelhamer, whose Agriculture Department contains the Bureaus of Animal Industry and Dog Law Enforcement, called on "every municipality in Pennsylvania" to set up rabies clinics for pet owners utilizing the expertise of local veterinarians' organizations. He further stated, "The Department of Agriculture would be glad to furnish any necessary advice and consultation."

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No one's broken her record yet. Hazel Wightman was the first woman to achieve the "grand slam" of American tennis by taking the national singles, doubles and mixed doubles championships in 1909. All told, reports the October Reader's Digest, she collected 44 American championships in her lifetime - beating out even Bill Tilden, who won just 28.

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What's a sook? A female crab. How can you tell? Sooks have bright red claw tips. Males do not.

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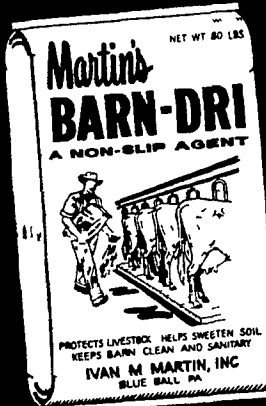
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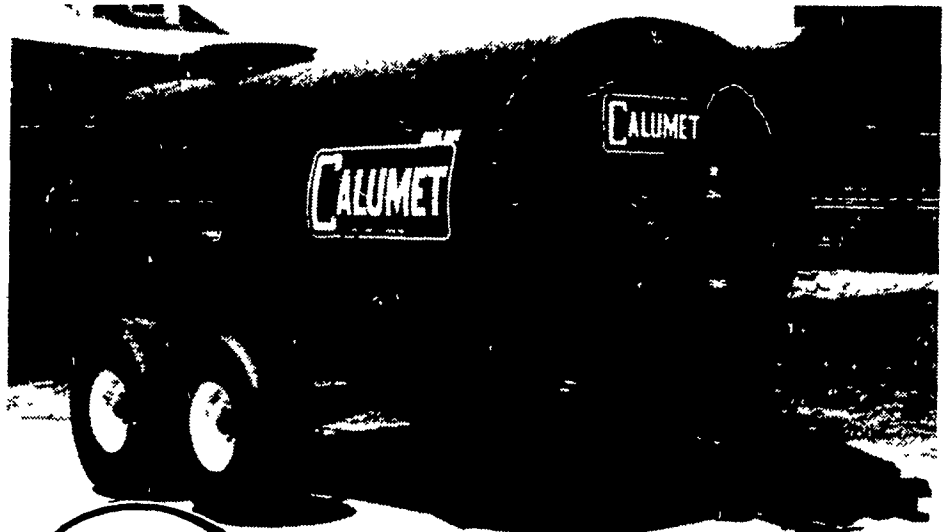
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