

USDA offers food buyer's guide

WASHINGTON — Brown eggs are better than white eggs, right? Pork is full of calories, right?

A turkey roll is a game kids play at birthday parties, right? Wrong. Wrong. Wrong.

In fact, the only difference between brown eggs and white is in the hens that laid them. There is no nutritional difference between the two.

And pork, believe it or not, has been bred in recent years to be

leaner. Now, a 3-ounce serving of pork loin contains only 225 calories—about the same as 3 ounces of braised round steak. As for the turkey roll, it's a low-cost, high-protein alternative to buying the whole turkey.

The United States Department of Agriculture has just published a new booklet called "How to Buy Economically: A Food Buyers' Guide." It's full of information, like the above, designed to help the

food shopper through the shopping maze.

"For instance, many supermarkets are now carrying large cuts of meat wrapped in vacuum packaging," said Donald L. Houston, administrator of USDA's Food Safety and Quality Service. "If you know what to do with them, they're a great way to economize on meat purchases because they appear in the supermarket just the way they came from the

packinghouse, with minimal handling in between.

"You'll learn how to shop for the large cuts and prepare them for cooking when you read the booklet," Houston said.

"Most people know that whole chickens are cheaper than already cut-up chickens, but do you know how to cut chicken yourself?"

"How to Buy Economically" gives step-by-step, easy-to-follow instructions," he said. "And for special meals, when you want boneless chicken breasts, consult the section on how to bone them yourself."

The poultry section also has a chart detailing relative prices of whole chickens and chicken parts. If, for example, whole chickens are selling for 55 cents per pound, and bone-in chicken breasts are selling for 69 cents per pound, you'll get more cooked meat by buying the breasts.

"There are more tips for eggs than just answers to the brown vs. white question," Houston said. "For instances, eggs are graded according to the appearance of the

yolk, the condition of the white and the condition and appearance of the shell. If you're going to poach the egg, buy the highest grade you can get — Grade AA or A — they'll look better. But if the eggs are to be used for baking, grade is less important. Grade B eggs are as wholesome as higher grade eggs."

Egg sizes are indicated on cartons of graded eggs, and indicate weight, not dimension. Larger eggs will cost more, but in some cases will be more economical. The chart in "How to Buy Economically" will tell you which size eggs are your best buy at different prices, Houston said.

"How to Buy Economically" also gives hints on buying nonfat dry milk, and fresh and processed fruits and vegetables. There is an extensive chart that indicates when many fresh fruits and vegetables are in plentiful supply and therefore cheaper.

To get a copy of "How to Buy Economically" write USDA, Office of Governmental and Public Affairs, Washington, D.C., 20250, and ask for Home and Garden Bulletin 235.




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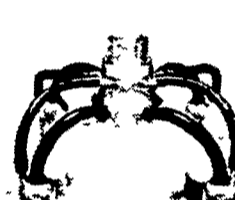
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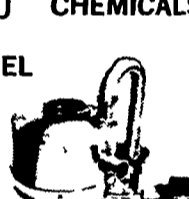


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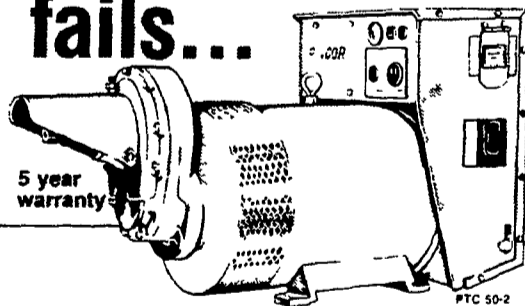
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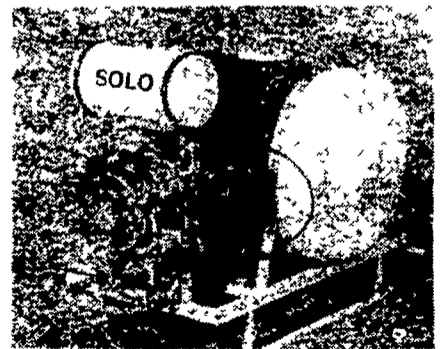
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