

USDA Study Lists Best Meat Buys

WASHINGTON - Ground beef, beef liver, turkey, chicken, ground chuck, and pork shoulder were found to be the best meat buys in a recent study by the U.S. Department of Agriculture. The economy of a cut depends on

the amount of cooked lean meat or the number of servings it provides, as well as its price per pound, according to Suzanne Harris, deputy assistant secretary for Food and Consumer Services. "Relatively high-priced meat cuts

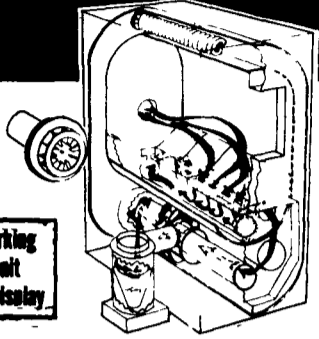
with little or no waste may be more economical than low-priced cuts with a great deal of bone, gristle, or fat," she said.

Costs in this study, which included meat alternates as well as selected types and cuts of meat, poultry, and fish, were estimated using nationwide priced collected in June 1986 by the Bureau of Labor Statistics of the U.S. Department of Labor.

The study also compared the costs of 20 grams of protein - about one-third of the recommended allowance for a man - from

selected meats and alternates. Some meat alternates - such as peanut butter and eggs - are as good or better buys than less expensive cuts of meat. However, some processed meat products, such as frankfurters and bologna, were found to cost more as sources of protein than pork roasts and some beef roasts.

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