

## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### Is There Such A Thing As A Healthy Hog Dog?

Summertime is barbecue time, and many health-conscious people are looking to grill leaner meats. What about hot dogs? Are certain types better for us than others?

Do not be fooled into thinking that hot dogs made from chicken or turkey are low-fat foods. Surprisingly, most brands of chicken hot dogs have just as much fat and sometimes even more cholesterol than their beef counterparts.

For example, one beef frank has about 13.2 grams of fat and 22 milligrams of cholesterol, and one chicken frank may have between 8.8 and 13 grams of fat and 45 milligrams of cholesterol. Turkey hot dogs usually have about 8.1 grams of fat and 39 milligrams of cholesterol.

All hot dogs are high in sodium — ranging from 460 to 620 milli-

grams each. And most hot dogs contain nitrates or nitrites, which are added to many kinds of meat to eliminate the bacteria that cause botulism. These meat additives are the only effective anti-botulism additives known, but some research has suggested they may be linked to cancer in rats. When you barbecue, try not to char or blacken hot dogs because that can increase your exposure to potentially carcinogenic elements in nitrites.

Keep in mind that no hot dogs are considered low-fat or low-sodium, and eat this summertime favorite in moderation. The American Institute of Cancer Research suggests a limit of three to four ounces of salt-cured, smoked and charcoal-broiled foods per week.

### Don't Forget To Read The Label

Food is more than just something to eat. It's a key component to overall health and well-being. So the more you know about the food you eat, the easier it is to plan healthy, well-balanced meals and snacks. For most Americans, a reliable source of nutrient information is the nutritional level that appears on many food products.

In 1973, the nutritional labeling concept was created by the Food and Drug Administration (FDA) as a quick and easy way for consumers to compare the nutritional value of different food brands and to estimate their daily intake of many important vitamins and minerals.

Currently, the FDA says that nutritional labeling is voluntary except for foods that have nutrients added like enriched breads or fortified milk and those that make nutritional claims, such as breakfast cereals which claim they provide 100 percent of certain nutrients.

Nutritional labels include two important areas of information. The upper portion contains information about serving size. The lower portion contains the percentage of the U.S. Recommended Daily Allowances (RDA) for the eight required nutrients — protein, five vitamins (vitamins A and C, thiamine, riboflavin and niacin) and two minerals (calcium and iron) — plus any optional nutrient listings the manufacturer chooses to include, for example sodium and cholesterol content. If the amount of a nutrient is less than two percent of the U.S. RDA, an asterisk replaces the percentage.

No one food supplies the right balance of all the nutrients we need. That's why nutritional labeling can help you maintain and improve the quality of your diet. Maybe you cannot judge a book by its cover, but you can make good dietary choices by reading food labels.

## York County 4-H'er Wins State Photography Award

Joann Rishel, of Seven Valleys, who has compiled an outstanding record in 4-H work, was named State Photography Award winner in the 1987 4-H National Awards Program.

She will be eligible to attend National 4-H Congress in Chicago, December 5-10, where she will compete for one of six \$1,500 scholarships. Support for the Photography Award is provided by Eastman Kodak Company.

Carróll L. Howes, associate 4-H Youth program director at The Pennsylvania State University, who announced the award selection, said Rishel was judged on the basis of her project work, leadership ability, and participation in county and state activities.

She was picked from among the more than 105,000 youth who annually take part in the Extension Service's educational program.

The daughter of Richard & Rebecca Rishel, she is a junior at Dallastown Area High School. Rishel, who has been a 4-H member for 9 years, served as president, vice president, secretary, news reporter and historian of the Glen Rock 4-H Club. She also assisted



Joann Rishel

with club activities and events as a teen leader, song and game leader. Joann completed projects in photography, foods, crafts, health, strawberries, beef, and capons.

She took part in the county and regional livestock judging, round-ups and demonstrations. She also participated in State 4-H Days and the State Farm Show, the Eastern National Stockman's Contest and the National Meats Judging Contest.

## Hey, Kids!

Starting with this issue, we are changing the Kids Korner page. Today we are telling you about a girl who loves horse back riding. In the future, we will have more stories about country kids. We would like to hear from you. Send us a picture that you drew about life in the country or send us a poem or short story that you wrote. Be sure to include your name, age, and address.

Send it to Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543.

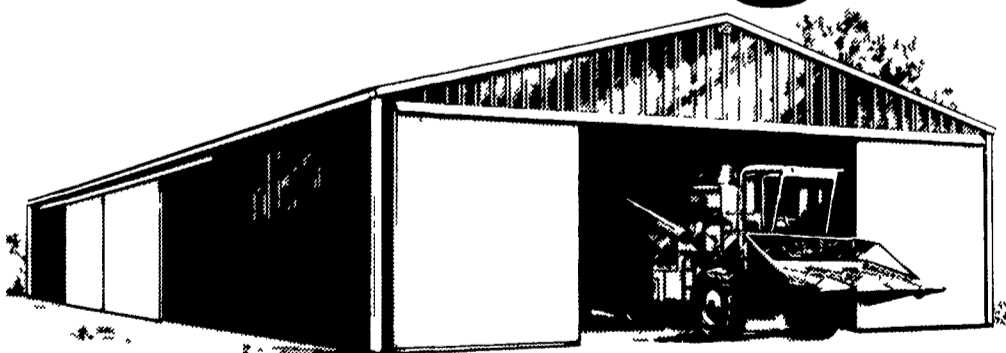
### ROPE IN SOME EXTRA CASH!

Advertise With A Lancaster Farming CLASSIFIED AD...

Phone: 717-394-3047 or 717-626-1164



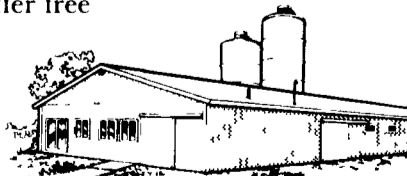
# We've got your Building



## Come and get it!

Machinery storage, dairy, farm buildings of all kinds. Horse barns, utility buildings, garages, commercial structures too. You won't find a wider selection anywhere. More models, plans and sizes, more custom options. More bright, new siding and trim colors. We also offer free planning services to help meet your special needs.

Take advantage of today's lower interest rates, and low Red Rose summer prices. Call today about a beautiful, maintenance-free Red Rose building for your farm, home or business.



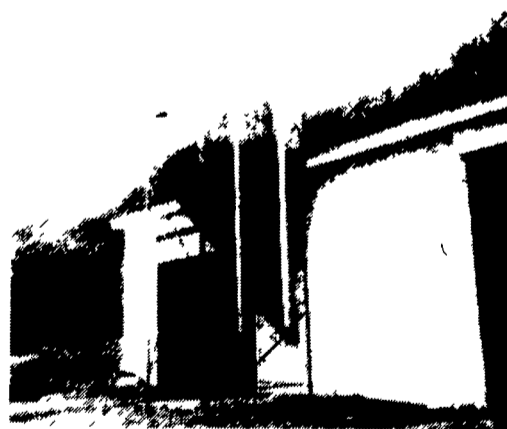
CALL COLLECT OR MAIL  
COUPON FOR MORE INFORMATION

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
County \_\_\_\_\_ Tel \_\_\_\_\_

(215) 267-4911

Mail To Box P-50 RD 2  
Stevens PA 17578

### CUSTOM MADE FEED BINS FOR FARMS — FEED MILLS



- Made of 13 gauge Steel
- All welded seams
- Gravity Flow or Auger

Free Estimates

Also - Steel Roof Trusses for Buildings - Portable Hog Buildings - Bucket Elevators - Grain Augers Distributors - Flow Pipes & Accessories

We Sell, Service & Install  
Ph: 717-345-3724

**STOLTZFUS WELDING SHOP**

Owner - Samuel P. Stoltzfus  
RD 3, Box 331  
Pine Grove, PA 17963

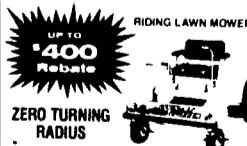
## SERVITAR PAINT sale



Servi Star  
Paint Sale  
Thru Aug. 29

W.L. ZIMMERMAN  
& SONS  
717-768-8291  
Thurs. till 8,  
Fri. till 9  
Intercourse, PA

### COUNTRY CLIPPER



- Cut mowing time up to 50%.
- Eliminate most trimming
- Make mowing a pleasure

LET US PROVE IT TO YOU!  
ASK FOR A FREE DEMONSTRATION  
SEE YOUR DEALER

MARTIN'S LAWN  
& GARDEN  
P.O. Box 97, Rt. 23  
Goodville, PA.  
215/445-5103

Rebate offer valid thru September 30th 1987

