

What You Should Know About Food Labeling

WASHINGTON, D.C. — Most Americans agree that good health includes a balanced diet and good nutrition. Studies show that it's wise to cut down on saturated fats, sodium, sugar and cholesterol. Including high-fiber cereals, grains, fruits and vegetables in our diets may help us stay healthier and slimmer.

Recently, grocery stores have begun posting nutritional information in produce departments, and at meat and fish counters. These signs, as well as preparation tips, are part of the stepped-up effort by the federal government to educate people about the foods we eat.

In addition, reading the labels helps shoppers make informed decisions about packaged foods. But food labels are often misleading and confusing. Remember those vegetable oils that used to be advertised "No Cholesterol," even though oils by nature are 100% fat? How about those fruit juices that used to be labeled "Fresh" even though they are actually made from concentrate? Closer examination of nutrition labels often turns up unexpected con-

traditions such as these. So how can we figure out what foods are really good for us?

To respond to this confusion, the U.S. Food and Drug Administration (FDA) has begun putting pressure on food processors to clarify misleading food labels, including claims of no-cholesterol, reduced calories, very low sodium, low-fat and "light" made by some manufacturers. Last May, for example, FDA ordered three food manufacturers to remove "no cholesterol" from their labels on bottles of high-fat corn oil and canola oil. The FDA found the labels deceptive for two reasons. First, all plant oils are cholesterol-free anyway (dietary cholesterol is mainly found only in meats, some seafood and dairy products). Second, some people may get the impression that "no cholesterol" is the same as "no fat," which is not the case.

Let's consider fats for a moment. Most people should obtain less than 30% of their total calories per day from fat. Here's help in making that calculation. Food labels list fat in grams per

serving, and there are nine calories in each gram. If your total calorie intake for the day is 1,800:

$30\% \times 1,800 = 540$ calories from fat

$540 \text{ calories} \div 9 = 60$ grams of fat maximum

To calculate the percentage of calories from fat in an individual serving, simply multiply the number of fat grams by nine (or 10, for an approximate number). The resulting number represents the calories from fat per serving for that product. For example, a vending machine package of crackers with a cheese filling contains 170 calories and six grams of fat. Doesn't sound like a lot, does it? But six grams at 9 calories a gram works out to 54 calories from fat, or over 30% calories from fat for that single item. A piece of low-fat fruit or a non-fat yogurt might be a wiser choice for weight and fat watchers.

FDA is also working on new standardized requirements for food labels, which may include adjectives (such as low, medium or high) to describe levels of nutrients, and a new visual "look." Although FDA is considering eight new designs for the labels, all will list basic nutrition information. Many consumer groups think the nutrition information should include more precise measurements of calories derived

from fat, cholesterol and saturated fat, and sodium, as well as list information on other nutrients, such as protein, vitamins and carbohydrates. Congress is backing up the FDA with the Nutritional Labeling and Education Act, which was passed last fall, and requires that the new labels be in place by 1993.

Still on the horizon for food labeling regulators are standardized definitions of descriptions such as low-fat, high-fiber and light. Also favored are more realistic serving sizes for foods. In the past, some manufacturers used serving size to keep calories or sodium levels low, i.e., the bag of chips that lists a "serving" as seven chips or the ice cream carton that lists a serving size as three ounces. Eventually, even restaurant

menus may be required to provide some form of nutritional information.

These changes in food labeling should help all of us make wiser decisions about the kinds of foods we choose for ourselves and our families. But selecting healthy foods is only one part of the equation. Preparation is another. Steaming, baking, broiling and poaching are the health-conscious ways to cook delicious foods. Unfortunately, sauteing in butter or frying in oil adds unwanted fat and calories to otherwise healthy dishes. And don't forget to supplement a sensible diet with a routine of appropriate exercise to be assured of the best results for building and maintaining good health.

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HAPPENINGS

York Co. Holds 4-H Horse Show

York County 4-H members taking 4-H horse and pony projects participated in the York County Horse Show at Spring Valley Park near Glen Rock.

The following are the results of the competition, listing by class:

Grooming & Showmanship, 12 years & under: First-Nicole Paules, Dallastown, with Tomahawks Jack Pot, Blazing Saddles 4-H Club. Second-Jonathan Urey, with Charlie's Anna. Third-Jessica Urey with Prides Lady Leo. Both are from York and members of the Horse-N-Around 4-H Club.

Grooming & Showmanship, 13-15 years: First-Brenna Manahan, with Justenuff Scribbles. Second- Stacy Lyn Emig, with Hobby Painted Me. Both are from Red Lion and are members of the Horse-N-Around 4-H Club. Third place-Andrew Runkle, York, with Lad's Hotwheeler; Blazing Saddles 4-H Club.

Grooming & Showmanship, 16 years & older: First place-Nicole Wilwert, Red Lion, with What A Present. Second-Gwen Grove, York, with Sandy Sue Bandit. Both are members of the Horse-N-Around 4-H Club. Third-Brandon Bailey, Spring Grove, with Press On Bid; Wellsville Boots & Saddle 4-H Club.

Open Trail Pony: First place-Nicole Paules, Second place-Sabrina Asper, New Oxford with Natasha, Wellsville Boots & Saddle Club. Third place-Casey Lynn Fitzpatrick, York, with Oatmeal, White Rose Horse & Pony 4-H Club.

Open Trail Horse: First place-Andrew Runkle, Second place-Kelly Carnegie, Windsor, with Miss Zippadeedooda, Horse N-Around 4-H Club. Third place- Jaime Lynn Albright, York, with Call Meo Tootin Pine, Wellsville Boots & Saddle 4-H Club.

County Team: First place team are all members of the Blazing Saddles 4-H Club. Jessica Breese, Glen Rock, with Honey Comb Beth, Nicole Paules, and Carrie Castriota, Seven Valleys, with Murphy's Law.

Pleasure Pairs: First place- Erin Castriota, Seven Valleys, with Gummi Bear, and Nicole Paules. Second place-Carrie Castriota and Andrew Runkle. All are members of the Blazing Saddles 4-H Club. Third place-Kelly Carnegie and Stacy Lyn Emig.

Stock Seat Equitation Jr. Division: First place- Kori Carnegie, Windsor, with Dream in Pajamas. Second place- Stacy Lyn Emig and Third place-Shannah Cnder, Felton, with Boa Two. All belong to the Horse-N-Around 4-H Club.

Stock Seat Equitation, Sr. Division: First place- Brandon Bailey. Second place- Michelle Brillhart, Lewisberry, with The Horse of Many. Third place- Jayme Lynn Polly, Camp Hill, with Jacinto. Both are members of the Echoing Hoofbeats 4-H Club.

Western Pleasure Ponies (12.2 hands & under): First- Amanda Glenn, Dillsburg, with Ginger, Wellsville Boots & Saddle Club.

Western Pleasure Ponies (over 12.2 & not over 14.0 hands): First place- Ryan Butler, York, with Gen-U-Wine, White Rose Horse & Pony Club. Second place- Jollene Shearer, with Smoky Lady. Third place- Alicia Klobentanz, with Mitz's Charm. Both are members of Wellsville Boots & Saddle 4-H Club.

Western Pleasure Horses (over 14.0 hands, Jr. Rider): First place- Jaime Lynn Albright, Second place- Stacy Lyn Emig, Third place- Kori Carnegie.

Western Pleasure Horses (over 14.0 Senior Rider): First place- Kelly Carnegie, Second place- Brenna Manahan, Third place, Alisha Smeltzer, Felton, with KG's Lucky Deal, Horse-N-Around 4-H Club.

Western Riding: (no first place) Second place- Jayme Lynn Polly, Tied for Third Place- Michelle Brillhart and Brandon Bailey.

Reining: First place-Todd Shultz, Wellsville, with Mr. Cabin Glo, Wellsville Boots & Saddle 4-H Club.

Pole Bending Pony: First place- Bret Coulson, Dover, with Dirty Sally. Second place- Jim McClain, York Springs, with Marble Man and Third place- Sabrina Asper. All are members of Wellsville Boots & Saddle Club.

Pole Bending Horse: First place- Kara Kyler, Camp Hill, with Gentle John, Echoing Hoofbeats 4-H Club. Second place- Mike McClain, York Springs, with Big Red. Third place- Jeffrey Asper, New Oxford, with Wapiti's Fire Star. Both belong to the Wellsville Boots & Saddle Club.

Clover Leaf Barrel Race Pony: First place- Bret Coulson, Second place- Sabrina Asper, Third place, Jollene Shearer.

Clover Leaf Barrel Race Horse: First place- Kara Kyler, Second place- Hannah Stauffer, Dillsburg, with Bar None Sonny, Wellsville Boots & Saddle 4-H Club. Third place-Jeffrey Asper.

Raised Box Keyhole Pony: First place-Bret Coulson, Second place- Sabrina Asper, Third place-Jollene Shearer.

Raised Box Keyhole Horse: First place-Tamara Sebright, Wellsville,

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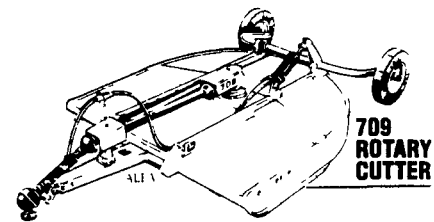
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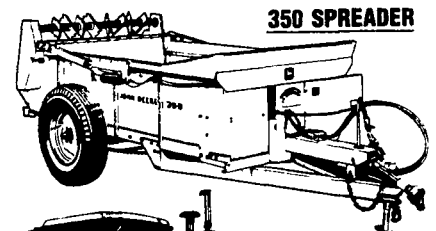
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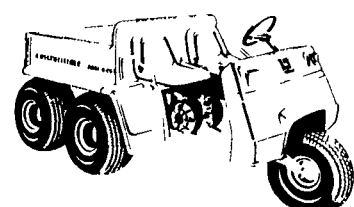
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