

New Food Labels List Serving Sizes That Makes Sense

UNIVERSITY PARK (Centre Co.) — The Food and Drug Administration (FDA) has established new nutrition labels, called Nutrition Facts, which will be on most packaged foods by May 8.

"Some foods in the supermarket already carry the new label, and you will see more appear as the May deadline for compliance approaches," says Dr. J. Lynne Brown, associate professor of food science in Penn State's College of Agricultural Sciences.

"The labels should help consumers better understand the contents of packaged foods," says Brown. "For example, how often have you tried to compare the fat content of two types of cookies using the old nutrition label? A serving was listed as so many cookies, but the nutrition label listed ounces. How many cookies made an ounce? The label didn't tell you."

The new regulations require serving sizes to be listed in household units if possible. Household

units are cups and parts of cups, tablespoons and teaspoons. "Serving sizes for breakfast cereals, for instance, soon will be listed as cups or parts of cups," says Brown. "The household measure always will be followed by the gram weight, such as, Serving Size 1/2 cup (114g)."

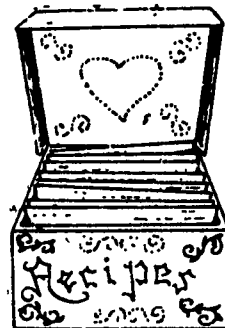
Serving sizes for cookies, large pretzels, muffins, sliced breads, slices of cheese and similar foods will be listed in units such as two cookies, one muffin or one slice of cheese.

Some foods will continue to list serving sizes in ounces. Items that use this option may include pickles, shellfish, whole fish and fish fillets. "However, labels on these foods will give the consumer an idea of how many pieces make a serving," says Brown. "A serving of frozen shrimp might be listed as 3 ounces (84 g/about 5 shrimp). The label on a jar of dill pickles will list the serving size in ounces but also will indicate its equivalence in pickles."

Serving sizes listed on cakes, frozen pizzas, pies and other foods that are served as fractions of a whole also will be easier to understand. "FDA has defined consumer-friendly fractions that the agency hopes all consumers can understand or easily visualize," says Brown. "You will soon see more labels on frozen pies and cakes that list the serving size as 1/6, 1/5 or 1/8 of the whole."

Frozen dinners and main-dish products, such as single-serving microwaveable spaghetti, soon will list serving sizes as the amount in the container. "FDA requires this if the food can be eaten in one sitting," says Brown.

Consumers who buy foods sold by weight-control programs and not through regular supermarkets will not see a change in serving size measurements. "Weight-control programs that sell specially portioned food only through their programs do not have to use serving sizes that conform to the new FDA regulations," says Brown.



Cook's Question Corner

(Continued from Page B8)

ANSWER — Gail Hunter, Smithsburg, Md., wanted a recipe for Peanut Butter Melt Away Filling and any other great candy fillings. Here are two candy recipes.

Butterfinger Peanut Butter Bars

- 1 cup butter
- 1 cup sugar
- 1/2 cup brown sugar
- 2 1/2 cups cooking oats
- 6-ounces semi-sweet chocolate morsels
- 3/4 cup crunchy peanut butter

Cream butter, sugar, and brown sugar in a large mixing bowl. Add quick-cooking oats. Mix well. Press into 2-quart utility dish. Bake at 350 degrees for 15 minutes until slightly firm to touch. Place chocolate morsels and peanut butter in a double boiler over boiling water. Stir until melted. Spread melted chocolate mixture over warm oat mixture. Cool. Cut into squares. Yield: 45 squares.

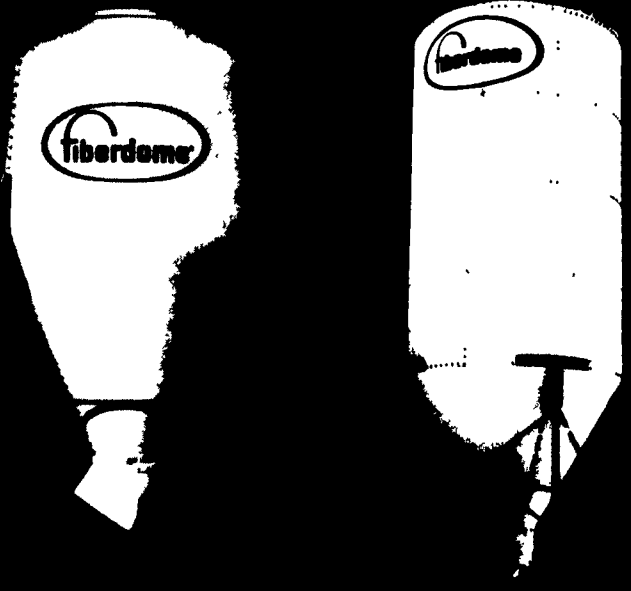
MILK. IT DOES A BODY GOOD.™



Why settle for 2nd best - when Fiberdome now manufactures the most advanced fiberglass bulk bin available!

- Eliminates bridging - won't rust or corrode
- Cuts heat buildup and condensation
- Feed stays fresh in any weather

- Precision engineered for long, long life
- Unique 5 year warranty
- Adaptable to any auger or feeding system



With the advantages of a fiberglass bin, you get a free sample of Fiberdome. The modern material used for high performing bins.

...made to last

Contact your nearest dealer.



P.O. Box 11 • Lake Mills, WI 53551
(414) 648-8376

SOLLENBERGER SILO
Chambersburg, PA
717-264-9588

SOMERSET BARN EQUIPMENT
Somerset, PA
814-445-5555

BRENNER DAIRY EQUIPMENT
Spartansburg, PA
814-654-7309

ROVENDALE AG & BARN SUPPLY
Watsonstown, PA
717-538-9564

HOOVER EQUIPMENT
Tyrone, PA
814-684-1777

CEDAR CREST EQUIP.
Lebanon, PA
717-270-6600

NISSLEY FEEDING EQUIPMENT
Willow St., PA
717-786-7654

LANCASTER SILO
Lancaster, PA
717-299-3721

BENCE'S FARM EQUIPMENT
Bedford, PA
814-623-8601

DETWILER SILO
Newville, PA
717-776-8321

McMILLEN BROTHERS
Loyeville, PA
717-789-3961

FICKES SILO CO.
Newville, PA
717-776-3129

GNEGY SURGE SERVICE
Washington, PA
412-222-0444

BADGER SALES & SERVICE
Spring Mills, PA
814-422-9279

bobcat
DO IT ALL!

With more than 30 attachments available, you truly can do it all with a Bobcat machine. The rugged Bob-Tach mounting system makes changing attachments a snap. Write or call for free 32-page Buyer's Guide.

Melroe Company
P.O. Box 6019
 Fargo ND 58108 6019 • (701) 241-8700

MELROE COMPANY
A BUSINESS UNIT OF JOHN DEERE COMPANY

SEE YOUR NEAREST DEALER FOR A DEMONSTRATION

Philadelphia Area
DELAWARE VALLEY BOBCAT
215-828-2800

Honey Grove, PA
NORMAN D. CLARK & SON INC.
717-734-3682

West Lawn, PA
CLARKLIFT SERVICES
215-670-2950
Bethlehem, PA
215-868-1481

Quarryville, PA
GRUMELLI'S FARM SERV.
717-786-7318

Lebanon, PA
EVERGREEN TRACTOR CO.
717-272-4641
1-800-441-4450

Mill Hill, PA
DUNKLE & GRIEB
717-726-3115

Muncy, PA
BEST LINE LEASING, INC.
717-546-8422
800-321-2378

Millinburg, PA
BS & B REPAIR
717-966-3756

Honesdale, PA
CHARLES H. SIEPIELA, INC.
717-253-3334

Towanda, PA
S.P.E. INC.
717-265-4440

Chambersburg, PA
CLUGSTON AG & TURF, INC.
717-263-4103
Hanover, PA
FINCH SERVICES
717-632-2345

Needmore, PA
CLUGSTON FARM EQUIPMENT
717-573-2250