

## Consuming Thoughts

Fay Strickler

Penn State Extension  
Home Economist  
For Berks Co.



Selecting breads and cereals at the supermarket is easier now that the Nutrition Facts are mandated on all labels. These grain products are the foundation for the new Food Guide Pyramid which also includes rice, pasta, and all other

foods from grains.

Grain products like enriched or whole-grain cereals and breads are important sources of starch, protein, iron and several B vitamins. Whole-grain items are also good sources of fiber, magnesium, and

folate (folacin). Six to eleven servings each day are recommended, depending on your age, sex, size and how active you are.

Breakfast cereals are a regular item on most shopping lists. With more brands coming out every day, picking the right cereal can sometimes be confusing. Here are some tips to help you sort it out.

- The "Nutrition Fact" label on cereals provides information about fiber, starch and sugars. Comparing labels can help you choose a cereal that's low in sugars and sodium and high in fiber. Bran, whole-wheat and other whole-grain cereals provide the most fiber per serving. The term whole on the label can help you identify products made with whole-grain ingredients.

- Total sugars can range from less than 1 percent to more than 55

percent of the cereal by weight. Read labels to compare cereals. Granola and "natural" cereals can provide considerable amounts of calories, fat and sugars. Many ready-to-eat cereals provide quite a bit of sodium.

- Among hot cereals, oatmeal and other whole-grain types provide the most fiber. Regular and quick cooking types are much lower in sodium than instant cereals in individual serving packets, especially if you omit salt during cooking.

Supermarket bakeries have expanded in the past few years to include a variety of bread products and sweet baked goods. They vary widely in fat, sugars, and fiber content.

- Sweet baked goods (cakes,

pastries, muffins) provide more fat and sugars than plain breads, rolls and bagels. Croissants and biscuits are higher in calories, fat and sodium than most other breads and rolls.

- Generally whole-grain breads are higher in fiber than those made from refined flours, but figuring out which breads are whole-grain can be tricky. Wheat bread does not mean whole wheat, and color is not a good indication because colorings can be added to make a product look more like whole-wheat. Look for whole-wheat bread (made with 100% whole-wheat flour) or another whole grain listed first on the ingredient label. Other whole-grain ingredients include cracked wheat, bulgur, oatmeal, whole cornmeal, whole rye and scotch barley.

- Crackers vary quite a bit in fat and sodium content. Generally, crackers that feel greasy to the touch are higher in fat than other types. The label will indicate how much fat and sodium the cracker contains.

- Cracker varieties that are lower in fat and/or sodium include rice cakes, matzo, melba toast, zwieback, saltines, graham crackers and gingersnaps. A variety of unsalted and low-sodium crackers are also available.

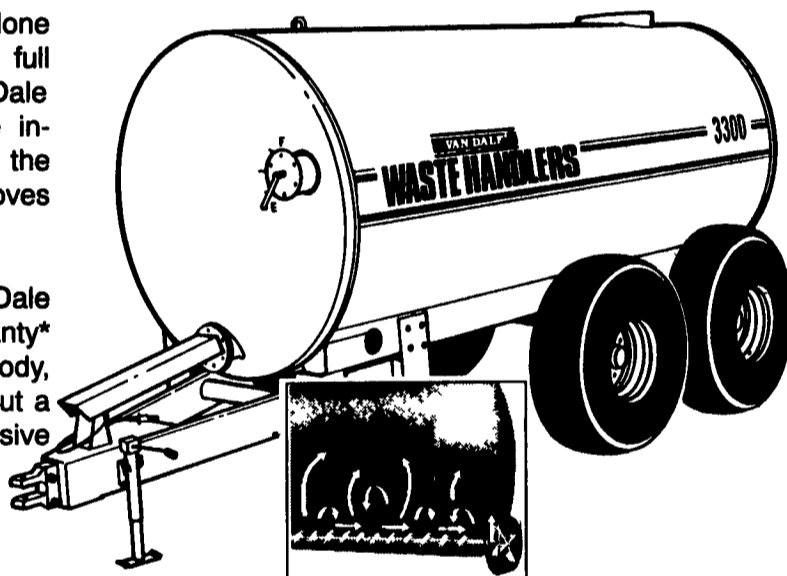
- Cookies made with whole-grain flour, oatmeal, dates, raisins or figs provide more fiber than other types.

# THE VAN DALE ADVANTAGE

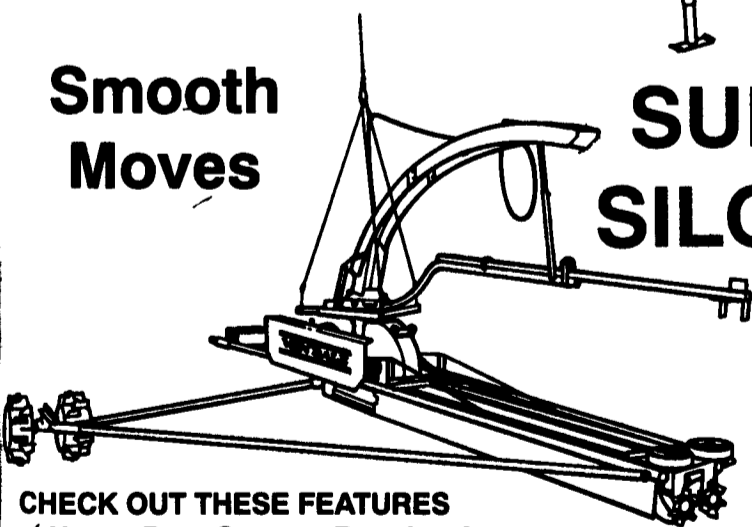
## SPREADER TANK

Van Dale Spreader Tanks get the job done better and here's one reason why—its full length, 8" diameter auger. A Van Dale exclusive, the auger provides complete in-tank agitation, evenly feeds manure to the rear slinger pump and completely removes solids from the tank.

If this feature doesn't convince you Van Dale tanks are better, its comprehensive warranty\* will—10 pro-rated years on the tank body, and 5 years on the undercarriage. So put a new spin on the job with Van Dale's exclusive auger, and get it done.



## Smooth Moves



## SURFACE DRIVE SILO UNLOADERS

Smart farmers look to Van Dale for all the right moves when it comes to surface drive technology. Even frozen and hard packed silage and haylage are no match for Van Dale's Magnum and SD 2000. Now Van Dale offers even greater efficiency with its DURAGLIDE® Impeller available on the SD 2000. The Duraglide lessens gummy buildups, uses less power and provides faster and more reliable delivery.

Make a move in the right direction to Van Dale. Leaders of the pack since 1950!

### CHECK OUT THESE FEATURES

- ✓ Heavy-Duty Counter-Rotating Auger System
- ✓ Trouble Free Gearbox
- ✓ Collector ring with six metal graphite brushes for trouble-free electrical connections
- ✓ Remote Electrical Control

FRANKLIN'S FARM SERVICE

Laceyville, PA 717-869-2407

STAR SILOS

Myerstown, PA 717-866-5708

McMILLEN BROTHERS

Loyaville, PA 717-789-3961

K & S INC.

Quarryville, PA 717-284-3111

LANCASTER SILO CO., INC.

Lancaster, PA 717-299-3721

HISTAND'S FARM & HOME SERVICE

Rome, PA 717-744-2371

RYDER SUPPLY CO.

Chambersburg, PA 717-263-9199

MILL CREEK FENCE & FARM\*

Lancaster, PA 717-396-8987

\*Mixers, Spreader Tanks and Bale Processors Only

**VAN DALE**

Dependability through Quality

## SEARCHING

FOR A GOOD BUY? YOU'LL FIND IT IN CLASSIFIEDS



**All-Plant LIQUID PLANT FOOD**

**9-18-9 PLUS OTHERS!**

- Contains 100% white ortho phosphoric acid. Made in USA.
- Non-corrosive. Won't settle.
- Top quality. Excellent service.
- Newest equipment.
- Financially sound... and growing!

### Big Demand Requires More Distributors!

- I sell to farmers. How do I become your distributor?
- I'm a farmer. What's the price? Where do I get it?

CALL or SEND FOR FACTS: Phone: 814-364-1349

**ALL-PLANT LIQUID PLANT FOOD, INC.**

821 State Rd. 511 N., RFD 3, Ashland, Ohio 44805