

Family Living Focus
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Nutrition Tips For Food Shopping
 Most food shopping tips are designed to help you save money at the supermarket; today's tips are aimed at helping you get more nutritious food for your dollar. Using the Food Guide Pyramid, let's tour your local food stores.

Starting at the base of the pyramid with the grain group, let's explore different breads. Nutrition experts recommend we get more fiber by using whole grain products such as bread. Purchasing whole grain breads is confusing since not all brown bread is made from whole grains. You have to read the ingredients label to determine the grain content and often brown breads will list "enriched wheat flour" or "unbleached flour" or "bromated flour"; all of the above are names for regular white flour. Whole wheat flour or whole grain flour will be listed as the first ingredient on whole wheat bread. You should also check the fiber content on the label. Whole wheat bread usually provides two grams of fiber per serving. Some white breads increase their fiber content by

adding wheat bran or other fibrous materials. Serving sizes may vary so check the serving size amount listed on the label. Some "lite" breads list the serving size as three slices and the fiber content as 1.5 grams and this translates to .5 grams per slice.

Next in the grain group are cereals, and the choices are numerous. Choose the enriched or whole grain cereals for the most nutrition. Parents often ask about sugared cereals, these generally cost more than the nonsugared variety. Research shows that children eating sugared cereals and adding their own sugar use more sugar than is included in the sweetened variety. A trick for parents is to purchase both the sugared and nonsugared varieties of a cereal and mix them in a container. This way your child will have a controlled amount of sugar that is less than the sweetened variety. The size you buy should be determined by the amount your family will use in a timely fashion. (Buying the economy size just because it costs less per ounce only saves you money if you can use all of the cereal.) Another tip about cer-

eal, the last serving is frequently left as nobody wants the crumbs on the bottom. You can use these small amounts of cereal to mix with popcorn and other small snack foods to make snack bags for after school treats.

Fruits and vegetables comprise the next level of the food pyramid. The most nutritious products may not be in the fresh produce department. Fresh fruits and vegetables start to lose nutrients as soon as they are harvested. If your supermarket doesn't have a fast turnover in the fresh produce department, the frozen fruits and vegetables will be more nutritious. Also, if you keep fresh produce for a week to 10 days after purchasing it, it would be more nutritious to purchase the frozen variety. To have really nutritious fruits and vegetables; you can raise your own so you can pick and eat in the same day. Another alternative is to pick produce at a "pick your own farm" or buy from a farmer's market or roadside stand that sells only today's harvest.

The third level of the food pyramid is composed of the Milk and Meat groups. Dairy products contribute lots of nutrients to our diets but they also contribute to our daily fat allowance. Choosing skimmed or 1% milk will lower the fat content while retaining the vitamins and calcium levels. Yogurts are another good choice in this group. The plain, nonfat or low-fat are the best choices. Yogurts with fruit and other add-ins limit the calcium content and increase the sugar. It would be better to purchase plain yogurt and add your fruit combinations. Cheeses

are generally high fat choices but some of the newer low fat choices taste like the higher fat versions. Read the level on cheeses to determine the fat content and the serving size listed for each cheese.

Meats are the most expensive item on food shopping lists so plan to buy only what you will use or buy on special and freeze for later meals. If you buy on special be sure to keep a running inventory of what is in your freezer so you can use it within three to six months. (County Cooperative Extension offices have storage guidelines for meats and poultry that you can request.) The number of servings per pound of meat varies with the amount of bone, skin and fat included in the package. Ribs and whole chickens and turkeys have a higher amount of fat

and bone and will yield about two servings per pound while skinless, boneless chicken breasts will yield four servings per pound. You should figure the cost per serving when buying meats rather than the cost per pound. Ground meat theoretically should yield four servings per pound but my experience showed that ground beef only yielded three servings with a serving of fat while ground chuck and ground round supplies four servings per pound.

Grocery stores are designed to sell food and to entice you to spend more money than you planned. Your job is to provide nutritious meals and snacks while staying within your food budget. These suggestions should help you win the Nutrition Grocery Game.

American Agri-Women To Hold Convention

MISSION, Texas — "Water of Life — Shores of Plenty" will be the theme for American Agri-Women's (AAW's) 1997 national convention to be held November 13-17, at the Radisson Plaza Hotel in Kalamazoo, Michigan.

Speakers confirmed are Max Armstrong, farm and ranch broadcaster with WGN Chicago, IL, John Engler, governor of Michigan, Raul Jean Issac, New York journalist and author, Barbara Larson, mayor of Kalamazoo, Teresa Phelps, Professor of Law,

Notre Dame University, South Bend, Indiana, Peter McPherson, President of Michigan State University, Lansing, MI, Barbara Starke, National Instructor for American Holistic Nurses Association, and Dan Wyant, Michigan Director of Agriculture.

Penn's Agri-Women President Gail McPherson will lead a delegation of members in support of Carol Ann Gregg, Grove City, PA, who will become the next AAW President. For flight information call (717) 382-4878 to join this venture.



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