

Fewer than one-third able to read labels

If you have difficulty understanding nutrition labeling, you've got plenty of company.

A recent U.S. Food and Drug Administration (FDA) survey found that fewer than one-third of the country's food shoppers actually know how to read labels and use the information they find there.

But there is some information you should expect to find on food containers, according to the FDA.

Nutrition labeling should contain the amounts of calories, protein, carbohydrates, fat, vitamins and minerals for each serving.

Most persons seem to understand the listing of carbohydrates, fats and calories. However, a source of confusion appears to be the section containing the per cent of U. S. Recommended Dietary Allowance (USRDA) for vita-

mins, minerals and protein.

To help you understand the USRDA, here are a few facts you should know:

"The USRDA is defined as the daily amount of vitamins, minerals and protein established by the FDA as essential for maintaining good nutrition.

"There are USRDAs for four categories of persons—adults and children 4 or more years of age, infants, children under 4, and pregnant and lactating women.

"The USRDAs stated on a particular package depend upon which of the above population groups the food is intended for.

Some consumer advocates feel nutrition labels should list only calories, fat and cholesterol. Others insist that these labels should be lengthened to include all factors contributing to good nutrition.

Town Hall books Nila

Nila Magidoff will discuss her experiences in Russia at the Livonia Town Hall meeting at 10:30 a.m. Wednesday, Jan. 17 in the Mai Kai Theater, Livonia.

She will be substituting for the scheduled speaker, fashion and beauty expert Emily Wilkins, who was hurt recently in an accident in a TV studio.

Making her third appearance before a Livonia Town Hall audience, Mrs. Magidoff is expected to relate incidents of a 3,000-mile trip through the Soviet Union in a Russian "Drive Ur-Self" car.

She will give first-hand observations of the lifestyle of young Russians, Russian fashion, religion in the USSR and

the fight for freedom of expression.

Tickets for this third speech in the Town Hall lecture series cost \$10. The price includes a ticket to the talk by satirist James Boren on March 21.

To attend the lecture send a check payable to Livonia Town Hall Inc. to Mrs. Tito Carosio, 18525 Loveland, Livonia 48152. Those wishing to attend the celebrity luncheon in the Plymouth Meeting House which follows the talk may purchase a ticket at \$6 per person. Mail a check made out to Livonia Town Hall to Box 2143, Livonia 48150.

No reservation or cancellation for the luncheon will be accepted after the Friday preceding the talk.

For further information on the Livonia Town Hall call Mrs. Carl Quist at



Kibbey-Etue

Mr. and Mrs. Robert Kibbey, of Reading, announce the engagement of their daughter Kristie to Wayne M. Etue, son of Mrs. L. Ray Etue of East Tawas.

The bride is a graduate of Farmington High School, employed with Ford Motor Company. Her fiancé is a graduate of Tawas Area High School, employed with Michigan State Police at the Northville Post.

A March wedding is planned in Our Lady of Sorrows Church.



Olshanekey-Steinway

Mr. and Mrs. Martin Olshanekey of Southfield announce the engagement of their daughter Debra Lynn to Steven Paul Steinway, son of Mr. and Mrs. Marvin Howard of Birmingham. An April wedding is planned.



Enders-McGee

Mr. and Mrs. Ronald Enders of Farmington Hills announce the engagement of their daughter Marlene Gail to Michael McGee of Fort Worth, Tex. The bride is a graduate of Farmington High School.

A March wedding is planned.

Hamer-Foxman

Debra L. Foxman and Steve M. Hamer were married on Dec. 17 at the Labor Zionist Institute in Farmington Hills. Parents of the newlyweds are Mr. and Mrs. Marvin Foxman of Livonia and Mr. and Mrs. Herbert Hamer of Southfield.

Following a Florida honeymoon, the couple will reside in Southfield.

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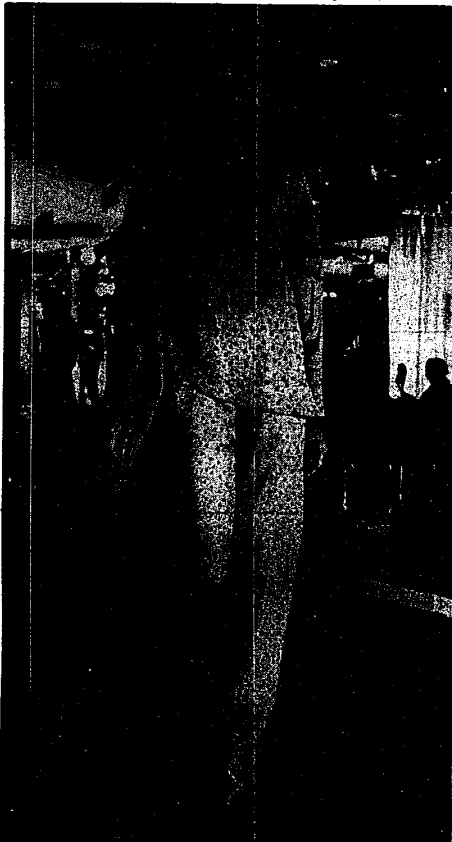
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