



# Meat still basic food

Lamb is one of the foods that help keep the body going during the day, avoiding the ups and downs that can come from eating too many of the sweet foods.

Americans are changing the way they eat. Three square meals a day have become a thing of the past for many.

Americans are now skipping one out of 10 meals, half of those between ages 22 and 40 regularly skip breakfast, and 25 percent skip lunch at least once a week.

Twenty to 25 percent of the households do not have a sit-down dinner as often as five nights a week. Snacking is replacing mealtime. Some people eat as many as 11 times a day. This life style picture was presented in a recent edition of "Food Engineering."

While eating habits may be changing, it is important to realize the body's nutritional needs have not changed, points out the National Live Stock and Meat Board. A conscious effort must be made when eating irregularly to choose foods that supply the nutrients needed for a normal and healthy body. No matter when or where you eat, meat is an important food. The high-quality protein in meat is needed to build, maintain and repair tissues and help the body resist infection and disease. Also important are the many essential B-vitamins and minerals found in meat. Here are some tips on buying and preparing different meats.

**WHEN COOKING** a lamb roast, do not remove the fat, recommends the National Live Stock and Meat Board. This thin paper-like covering on the outer fat helps the cut retain its shape and juiciness during the cooking. If the fell has not been removed at the retail market from smaller cuts such as chops, it should be removed before cooking.

**IF YOU CARRY** your lunch in a brown bag, you're not alone. An estimated 31 million Americans regularly bring their lunch from home to work or school.

Saving money is the primary reason for carrying a lunch. Other major considerations include lack of other acceptable options, preference for own food and a dislike for waiting in line and wasting lunch hour time.

Carrying a lunch can be especially economical when you make good use of leftovers. Cooked beef, pork, ham, lamb and veal left over from roasts can be sliced for delicious sandwiches. Slices of meatloaf also make thrifty sandwich fillings.

Look to leftover main dishes such as meat soups, stews, casseroles and chili to also help stretch the lunch dollar as well as satisfy midday appetites. Heat these entrees in the morning and carry them safely to work or school in vacuum containers.

**EVERY TIME** you make a selection at the meat counter, you must decide how much to buy — what size roast for Sunday's dinner? — how many pork chops for tonight's meal? or how much ground beef for the casserole?

Important consideration include the number of persons to be served at a meal and their appetites. Also, are leftovers planned? Or will a cut be divided before cooking for more than one meal? If the meat cut is on sale, you may also want to consider buying extra for later meals if freezer space is available.

As a general guide when determining serving size, allow at least 1/4 to 1/2 pound per serving if the cut is boneless. If bone-in, estimate 1/2 to 3/4 pound each. If very bony (spare ribs, short ribs, etc.) allow 3/4 to 1 pound per serving.

**WHEN BUYING** ground beef, check the label to know exactly what you are buying. If the label says ground beef, you can be assured that it is pure beef with no extenders added. If the ground beef contains soy products, it must be descriptively labeled "Ground Beef with Textured Vegetable Protein," or "Ground Beef and Isolated Soy Protein Product." These extended ground beef products must include a nutritional comparison of the ground beef and the combination product.

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<b>Keyko Margarine</b> 49¢ FAME - 1/4 Gal. Jug	<b>Starkist Tuna</b> 79¢ REG. - UNBLEACHED - SELF-RISING - 8 oz. Btl.	<b>Golden Ripe Bananas</b> 19¢ 1 lb.	<b>Kraft Mayonnaise</b> 99¢ Limit 1 - 10 oz. Jar	<b>Stock Up Now! Prestone II Anti Freeze</b> \$3.99 Limit 1 - 1 Gal. Jug
<b>1/2% Lowfat Milk</b> \$1.59 FAMOLIVE • 1/2 OFF LABEL • 2 ct. Btl.	<b>Gold Medal Flour</b> 79¢ 10 1/2 PINT LABEL • 15 lb. Bbl.	<b>White Paper Plates</b> 99¢ Limit 1 - 1000 Pkgs. Good through Sun. Oct. 3, 1982	<b>Banquet Fried Chicken</b> \$1.99 Limit 1 - 2 lb. Pkg.	<b>Regular - Pimento Kraft Velveeta Loaf</b> \$2.99 Limit 1 - 12 lb. Loaf
<b>Dish Liquid</b> 99¢ HEARTY DINNER • 7 1/2 oz. Bottle	<b>Cheerios Cereal</b> \$1.39 10 1/2 PINT LABEL • 15 lb. Bbl.	<b>Fresh Carrots</b> 5/\$1 1 LB. PKG.	<b>Reg. Velveeta Loaf</b> \$2.99 Limit 1 - 12 lb. Loaf	<b>Liquid Bleach</b> 69¢ Limit 1 - 1 Gal. Jug Good through Sun. Oct. 3, 1982
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