

consumer mailbag

During the past few years, Americans have been changing their eating habits to reflect their growing concern with maintaining a healthy, active lifestyle. One area of change in the average American diet is in poultry consumption.

Americans now gobble down twice as much chicken and two-thirds more turkey than we did in 1965. This increase in consumption is due in part to advice from health authorities and lower costs compared to red meat.

We've just celebrated the holiday season that usually sees more poultry consumption than any other time of year. — Thanksgiving through New Year. And while whatever the reason, increased poultry consumption is good for your health.

The following questions about poultry are some of the most frequently asked:

Q. Is all poultry lower in fat and cholesterol than red meat or is it just chicken that we should eat more often?

A. Not all poultry is equal in the fat/cholesterol department. Chicken has 2-3 times more fat than turkey, which is the leanest poultry. Duck and goose have 50 percent more fat than chicken. Skinless turkey breast is almost fat free, while skinned chicken breast has about 1/4 the fat of the leanest red meats — flank and round steaks.

Beef ads that claim to have no more cholesterol than chicken are

technically true. Most poultry does contain as much cholesterol as red meat. However, poultry is lower in saturated fats, which raise blood cholesterol.

Q. Is white poultry meat lower in fat and calories than dark meat?

A. In general, white meat has 1/2 the fat of dark meat.

Q. Some nutrition labels use a one-ounce serving size. How many ounces are in a chicken breast or thigh?

A. An average raw chicken breast weighs four ounces (meat only); the average thigh — 2.4 ounces; the average drumstick weighs 2 ounces. So, if other serving size figures are given, you must multiply the label amounts by the actual number of ounces to get accurate nutrition figures.

Q. Are chicken or turkey hot dogs better than those made from beef or pork?

A. On the average, chicken and turkey dogs have 30 percent less fat than regular hot dogs. Poultry frank-



Terry Gibb

furters still contain about 2 teaspoons of fat and 650 mg. of salt in each hot dog.

Q. Is ground turkey a good substitute for ground beef?

A. Store-bought ground turkey is not as good for you as home ground turkey because manufacturers grind up the poultry skin as well, which increases the fat content significantly. However, even store-ground turkey has 25 percent less fat than the "leanest" ground beef.

Q. How much worse is frying than baking or broiling?

A. As long as you remove the skin before eating, fried chicken is not

much fatter than baked, broiled or roasted chicken. By removing the skin you can cut the fat in half.

Q. How does chicken or turkey compare with beef as a source of vitamins and minerals?

A. Each food excels in certain nutrients. Beef is rich in zinc and iron. Pork has the most thiamin and riboflavin. Chicken and turkey are the better source for Vitamin B-6 and niacin.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit, MI 48226

O&E's owner wed Saturday

Kathleen Kemmerer Sutton and Philip Harwick Power were married Saturday morning, Feb. 24, in St. Andrew's Episcopal Church in Ann Arbor.

Attending the family service were the bride's parents, Mr. and Mrs. Walter Kemmerer, of Ocala, Fla., and Power's parents, Mr. and Mrs. Eugene B. Power, of Ann Arbor, Michigan.

Acting as best men for the couple were their sons, Scott T. Sutton and Nathan E. Power.

The double ring ceremony was officiated by the Rev. Harvey Guthrie, Rector of St. Andrew's.

Power is the owner and chair-

man of Suburban Communications Corp., whose subsidiaries include the Observer & Eccentric Newspapers in the Oakland and Wayne County suburbs, Sligo/Livingston Newspapers in Oakland and Livingston Counties and Community Newspapers in the suburbs of Lansing.

Power is also a Regent of University of Michigan and Chair of the Michigan Job Training Coordinating Council.

Sutton was the longtime administrative assistant in Power's Ann Arbor office. She is a former member of the Vestry and currently treasurer at St. Andrew's.

Taiks help in treating schizophrenia

Carol North, a physician and author of *Welcome Silence*, will discuss treating schizophrenia in two lectures sponsored by the Community Education Coalition on Mental Illness.

There is no admission charge for

the lectures which are open to the public.

Both lectures will be on Thursday, March 1. One will be 1:30-3 p.m. at the Third Dining Room of the Clinton Valley Center, 140 Elizabeth

Lake Road in Pontiac.

The other will be 7:30-9 p.m. at the Campus Theater Auditorium on the Royal Oak Campus of Oakland Community College, 739 S. Washington, Royal Oak.



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