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# Food label terms confuse shoppers

Grocery shopping can be a real challenge to even the most discriminating shopper. Food manufacturers have become very skilled at packaging their products so you are convinced the contents are good for you. Some of the bright, bold claims you read on food packages can be misleading. The following should help you sort through the maze of food label terms.

**Low calorie** means 40 calories or less per serving. Foods naturally low in calories cannot be labeled as such. For instance, celery can not be labeled as low calorie because it is naturally low in calories.

**Reduced calories** means this product must contain 1/3 less calories than the food it replaces. This must include the comparison on the label.

**Non-dairy** tells you the product is not made from milk or cream. However, it doesn't guarantee that the type of fat used is acceptable. Many non-dairy creamers are made from coconut or palm oil, both saturated fats that should be avoided.

**Sugar free** or **sugarless** foods cannot contain sucrose (table sugar) but can have other sweeteners, including honey, corn syrup, fructose, sorbitol or mannitol.

**Light** or **lite** may indicate that a product has a reduced calorie content or it may refer to the texture or flavor of the food. Some snack chips are labeled "light" not because they are lower in calories, fat or salt but because they have larger air bubbles and a "lighter" texture.

**Unsalted, salt-free**, without added salt mean that no salt was added to the product during processing. However the product could contain significant salt levels naturally or from other ingredients.

**Diet** usually indicates that a product is low in calories. Labeling a product "diet" doesn't necessarily mean the food is right for a low fat, low cholesterol diet because it could contain a form of saturated fat.

**Imitation** is not the real thing and nutritionally inferior by being lower in protein, vitamins or minerals than the food it is imitating.

**Substitute** is also not the real thing

## Mocha loaf has mousse, ladyfingers

**AP - Surprise!** Slice through the whipped cream frosting and you'll find a layer of ladyfingers and rich chocolate mousse.

Prepare this scrumptious mocha loaf - except for the whipped-cream frosting - and freeze for up to a week. Before guests arrive, remove from the freezer, transfer to a serving plate, and pipe or spread the whipped cream.

For most occasions plan for 12 servings from this dessert. After a big meal, or if you offer more than one dessert, cut into eight slices and have each slice lengthwise for 16 servings.

### CHOCOLATE MOUSSE CHARLOTTE

- 18 ladyfingers, split
- 3 tablespoons rum
- 2 egg yolks
- 3 tablespoons rum
- 3 tablespoons hot strong coffee
- 8 squares (8 ounces) semisweet chocolate, melted
- 3 egg whites
- 1/4 cup whipping cream
- 1 1/4 cups whipping cream
- chocolate curls (optional)
- chocolate-flavored syrup (optional)

Sprinkle ladyfingers with 3 tablespoons rum. Line a 9-by-5-by-3-inch loaf pan with plastic wrap. Place 10 of the ladyfingers in the pan, rounded side against bottom and sides of pan.

Beat egg yolks, 3 tablespoons rum and coffee until well combined. Stir in melted chocolate. Beat egg whites until stiff peaks form (tips stand straight). Gently fold into chocolate mixture.

In a mixer bowl beat 1/4 cup whipping cream until stiff peaks form. Gently fold into chocolate mixture. Pour into lined pan. Top chocolate mixture with remaining ladyfingers. Cover with plastic wrap. Freeze overnight or until firm or up to 1 week.

Three hours before serving, remove cake from freezer. Whip 1 1/4 cups whipping cream until stiff peaks form. Unmold cake from pan. Frost with whipped cream. Return cake to refrigerator. Garnish top cake with chocolate curls, if desired. Pass chocolate-flavored syrup, if desired. Makes 12 servings.

Nutrition information per serving: 326 cal., 4 g pro., 32 g carb., 14 g fat, 159 mg chol., 41 mg sodium. U.S. RDA: 15 percent vit. A.

Fall is nearing its lovely end. The cooler weather is approaching rapidly, the leaves are being whisked around the yard and fall harvest crops are at their peak.

It's a beautiful finish to a season that is full of nature's wonder.

And, as fall's final weeks approach, my thoughts turn to warm and hearty home-cooked foods.

I always savor the smell of a home that has had a big pot of soup or stew simmering for hours. I feel the warmth as the bread is being taken from the oven.

These are the smells and sensations of fall.

ON A COOL, crisp fall evening, serve the family a hearty dinner of beef stew and a wonderful, easy-to-prepare homemade bread.

There has been a lot of concern about the drawbacks of beef lately. Yes, fat and cholesterol are in beef, but a three-ounce, lean piece of cooked beef contains only 76 milligrams of cholesterol, the same as a three-ounce cooked piece of skinless chicken.

Here is a common misconception that the fat in beef is all saturated. The truth is that of the total fat content in a three-ounce cooked portion, only 39 percent is saturated fat.

And the latest research indicates beef contains stearic acid, which benefits cholesterol levels (either aids in maintaining them or bringing them down).

So, beef is OK. When you buy meat, choose cuts marked lean, and trim the visible fat.

Stews are a superb entree because you really can put anything into a



**Lite success**

**Florine Mark**

stew. I found a recipe that uses fresh pumpkin. Imagine that. To accompany the stew, I selected Boston Brown Bread, which has such a rich flavor it is also very good as a breakfast bread.

**PUMPKIN BEEF STEW**  
1 1/2 pounds extra lean boneless top round beef, cut into 1 1/2-inch pieces  
1 tablespoon plus 1 teaspoon vegetable oil  
2 cups coarsely chopped onion  
2 cups beef broth  
1/4 teaspoon each freshly ground black and red pepper  
3 cups cubed fresh pumpkin, cut into 1 1/2-inch pieces  
8 ounces drained cooked black beans salt to taste  
1 ounce roasted peanuts (about 15) coriander leaves to garnish (optional)

Preheat broiler. Place meat on rack in pan four inches from heat; broil 10 minutes, turning once. Set aside.

In Dutch oven, over medium heat, heat oil; saute onions five minutes until tender. Add broth, meat and pepper. Bring to a boil; reduce heat and simmer 30 minutes, partially covered, until meat is tender. Add pumpkin, beans and salt; cook 10 minutes longer, until pumpkin is tender.

**1 cup skim milk, mixed with 1 tablespoon lemon juice**  
1/2 cup raisins

In large mixing bowl combine one cup flour with the cornmeal and salt. In small bowl combine molasses, water and baking soda, mixing until foamy and caramel-colored; gradually add molasses and milk mixtures to flour mixture, stirring until no lumps remain. In small bowl toss raisins with remaining two tablespoons flour; stir into batter.

Spray clean one-pound coffee can with non-stick cooking spray; pour batter into can. Tightly cover can with foil and set cooking rack into deep kettle or eight-quart Dutch oven and set coffee can on rack.

Pour boiling water into kettle (or Dutch oven) until it reaches middle of can; tightly cover kettle (or Dutch oven) and let simmer, adding additional water if necessary, for 2 1/2 to 3 hours (until cake tester, inserted in center of bread, comes out clean).

Invert coffee can on plate (bread will slip out); let cool slightly before serving. To serve, cut into eight equal slices.

Each serving provides: One bread exchange; 1/4 fruit exchange; 50 calories optional exchange.

Per serving: 145 calories, 3 gram protein, 1 gram fat, 33 gram carbohydrates, 354 milligram sodium, 1 milligram cholesterol.

Source: Weight Watchers International Cookbook.

**BOSTON BROWN BREAD**  
Makes 8 servings, 1 slice each  
1 cup plus 2 tablespoons whole wheat flour, divided  
2 1/4 ounces (1/2 cup plus 2 teaspoons) uncooked yellow cornmeal  
1 cup salt  
1/2 cup dark molasses  
2 teaspoons water  
1/2 teaspoon baking soda

Stews are a superb entree because you really can put anything into a stew.

**ORCHARD-10 IGA**  
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**IGA Tablerite Beef Loin**  
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Save .80 lb.

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**IGA BONUS COUPON**  
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Limit 2 + 15 oz.  
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**IGA Tablerite Assorted Pork Chops**  
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Loin **2.49** lb.  
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**AT IGA "I GET ATTENTION"**  
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All Flavors - 1/2 Gallon 2 1/2 Quart FAME Ice Cream... **1.49**  
1 1/2 quart 10 oz. Pet Ritz Pie Shells... **.89**

**Grocery**  
For Your Holiday Baking Libby's Pumpkin  
29 oz. **.79**  
Limit 2 pieces

**IGA BONUS COUPON**  
Regular or Extra Creamy Bireye Cool Whip  
**.69**  
Limit 1 + 8 oz.  
Limit one coupon per family. Coupon valid only on Bireye brand whipped cream. Coupon expires Sunday, Nov. 27, 1988.

**IGA Tablerite Beef Loin T-Bone or Porterhouse Steaks**  
 **3.99** lb.  
Save .80 lb.

**IGA Tablerite Swift Circle S Flat Boneless Hams**  
 **1.79** lb.  
Paul Bunyan Whole Old Fashioned Hams **1.69** lb.

**AT IGA "I GET ATTENTION"**  
**Dairy**  
Kraft - Regular or Light Philadelphia Cream Cheese  
8 oz. **.79**  
Limit 1 piece

**Freshlike Vegetables**  
 **2.88**  
12-18 oz.

**IGA BONUS COUPON**  
FAME - Small or Large Curd Cottage Cheese  
**.89**  
Limit one coupon per family. Coupon valid only on FAME brand cottage cheese. Coupon expires Sunday, Nov. 27, 1988.

**Grade A Fresh Turkeys**  
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Young & Tender Never Been Frozen

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Land O Lakes Butter... **1.97**  
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**AT IGA "I GET ATTENTION"**  
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**Bakery**  
Oven Fresh Brown & Serve Rolls  
Buy One At Regular Price And Receive The Second 1/2 Doz. Free  
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**IGA COUPON**  
Pepsi Cola, Diet or Regular, Pepsi Free, Caffeine Free, Mountain Dew or Slice  
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8 Pack 1/2 Liter

**IGA COUPON**  
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**1.89**  
Limit one coupon per family. Coupon expires Sunday, Nov. 27, 1988.

**IGA COUPON**  
Folger's Coffee  
**1.00**  
Limit 1 - 10 oz. 8 1/2 oz. bag

**IGA COUPON**  
County Line Chunk Cheese  
**.30**  
Limit 3 - 8 oz. 4 oz. 1/2 lb.

**IGA COUPON**  
8 Pack 1/2 Liter **1.99** ± dep.