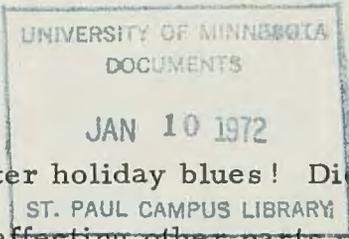


January 7, 1972

Staff Of Life For Dieters



(0:45)

Oh sorrow, it's the after holiday blues! Dieting seems to be on everyone's lips if not affecting other parts of the anatomy. Many make the mistake, however, of excluding bread from a reducing diet. According to Ronald Richter, food scientist at the University of Minnesota, an estimated 100 grams of carbohydrate per day are necessary for good health. Three slices of bread contain 38 grams of carbohydrate and 195 calories. Enriched bread, because it contains calcium, iron and three B-vitamins, is a good source of carbohydrate in a reducing diet.

It's believed by some that toasting cuts down calories. Richter says, it isn't true. The only thing toasting does is remove some of the moisture and destroy about 8 percent of the vitamin B-1. The vitamin loss, however, isn't that significant ...if you like toast.

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Lower Temperature For Pork

(0:25)

Pork is popular...especially if it's juicy and flavorful. Richard Epley, extension meats specialist at the University of Minnesota, suggests pork be cooked to an internal temperature of 170 degrees F. Research has indicated that the lower internal cooking temperature means less shrinkage and a tastier product. To be safe, pork only needs to be cooked to 137 degrees F. However it's more palatable at 170 degrees.

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consumer radio briefs

Pet Food No Boner!

(0:40)

A dog's life isn't what it used to be...no matter how you slide it or dish it out. Dogs, cats and other pets have eaten their way into a billion dollar a year business...pet food.

According to the United States Department of Agriculture, animals, who need and have people are the luckiest! Their owners feed them more than 4 million tons of prepared pet food. From an agricultural standpoint, it isn't bad. The pet food industry is canning and packaging 5 to 8 percent of the total high-protein feeds produced in this country. From the marketing viewpoint, it helps offset the share of natural protein lost to urea (a synthetic protein fed to livestock).

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PET FOOD CONTINUED

(0:40)

In ten years, pet food consumption has doubled. Fido and Fluff can have a choice from more than 100 different types and forms of processed pet foods. Four-fifths of these items are new since 1958. At least 75 percent of the total pet food is for dogs. Only about 10 percent is labeled for cats. The rest is for birds, rabbits, specialty animals or doesn't specify cat or dog.

Table scraps are a thing of the past...or so it appears. Pet owners have even been known to buy meat intended for human consumption to feed their four-footed friends.

And, if you're considering a protest, think twice. There are an estimated 26 million dogs and 21 million cats in the United States. What would happen if they'd organize?

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