

New Food Labels

(0:35)

By the end of this year, your food will be wearing new labels including nutrition information.

The required information will include the serving size, number of servings in the package and the calories, protein, carbohydrate and fat in each serving.

Also required is the amount of protein, vitamins A and C, thiamin, riboflavin, niacin, calcium, iron and vitamins B and B-12 expressed as a percentage of the U. S. Recommended Daily Allowance.

All foods with added vitamins or minerals and foods claimed to have special nutritional qualities must carry this labeling. University of Minnesota Extension Nutritionist Muriel Brink says many other foods will include the information to help shoppers select nutritious items.

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Splitting Shells

(0:08)

Shell splitting occurs as eggs are hard cooked, but can be reduced by piercing the large end of the egg shell before heating.

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Buying Beef

(0:24)

A University meat specialist says consumers should take advantage of meat bargains in the supermarkets.

The University of Nebraska's Roger Mandigo says advertised specials in the supermarket provide an excellent opportunity to stock up on beef, pork and lamb for freezer. He says meat prices undoubtedly will rise in coming months.

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