

July 8, 1977

Meat Inspection and Grades

(0:30)

Look for the federal or state inspection stamp on meat. This is your assurance of wholesome meat and meat products. The U-S Department of Agriculture's grade shield on beef, veal and pork is a guide to quality. The grades of beef and veal most commonly sold are prime, choice and good. Common lamb grades, starting at the top, are prime and choice. Pork usually is not graded. Use the meat grade to help you select your purchases. Tender cuts which you plan to roast or broil should be prime or choice grade. For less tender cuts such as pot roasts, good grade meat will be less expensive and yet tasty.

* * * *

Purchasing Poultry

(0:25)

Although it contains a high proportion of bone to lean, the low price per pound of most poultry makes it a bargain. Look for the inspection stamp and the U-S Department of Agriculture grade shield. Most poultry sold is U-S Grade A. Grade B is satisfactory where appearance of the whole bird is not a factor. Large turkeys yield more meat per pound. For cubed poultry, soups and stews, start with a stewing hen instead of a more expensive broiler-fryer. Buy whole chickens and cut them up yourself.

* * * *

Egg Selection

(0:30)

Eggs provide high quality protein at a relatively low price. The grade shield and size are important for proper egg selection. U-S Grade AA or Grade A are best for frying and poaching because they don't spread out very much in the pan and the yolk is firm and not easily broken. U-S Grade B eggs are just as good to eat but the white is thinner and the yolk may be flatter than in eggs of the higher grades. Eggs marked with a grade and size without the U-S in front of the grade are required to meet state laws, which often are the same as the U-S grades. Eggs come in different sizes, and the size is not related to quality. Small eggs sell for less than the bigger ones because you really buy eggs by weight just as you do meat.

* * * *