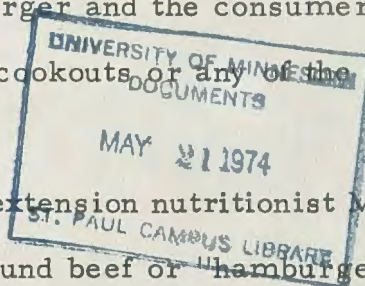


May 17, 1974

Buying Ground Beef

(0:50)

The mouth-watering smells of charcoal-broiled hamburgers soon will be drifting over backyard hedges and woody campsites. But ground beef isn't all hamburger and the consumer may be confused about what to buy for cookouts or any of the other uses for this versatile meat.



University of Minnesota extension nutritionist Muriel Brink says in most cases regular ground beef or "hamburger" is enough cheaper to deliver more lean for your money. In Minnesota, ground beef and hamburger are limited to a maximum of 30 percent fat. Lean ground beef contains up to 22 percent fat. Extra lean ground beef has no more than 15 percent fat.

To find out how much you are paying per pound for lean meat after the fat has broiled away, divide the grocery store price per pound by the percentage of lean for that classification.

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Turkey

(0:25)

Any time is turkey time. It used to be that turkey was the main attraction for holidays and other special family occasions, but no more.

With turkey in abundant supply, price and compare it with similar foods on special at your market.

University of Minnesota extension nutritionist Mary Darling says if a whole turkey is out of the question, why not try roasting a half, quarter or just part of the turkey breast. Ask the meat man to cut it for you.

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