

Buying That Turkey

Many shoppers look for turkeys without knowing the basic financial facts involved in buying a turkey on the modern-day market.

Congress introduced a bill, calling for mandatory labeling of sodium content on virtually all processed foods. If passed, shoppers

The turkey roll and roast contain little waste, but they are still very expensive. The average cost of a 3-ounce serving was 50

BETTER LIVING

By JoAnne Falls



Busy shoppers looking for meat bargains and time-saving factors often overlook such things as sodium content and the price they are spending per pound.

In buying turkeys, wise shoppers not only compare prices but focus attention on sodium content as well. This is an example:

According to Consumers Union, the average sodium content per 3-ounce serving is:

- 134 milligrams for whole turkey.
- 170 milligrams for turkey breasts.
- 555 milligrams for turkey rolls.

Generally, the basted turkey and basted turkey breasts contain more sodium than the non-basted.

Why is it important to compare sodium content?

A diet high in sodium may aggravate high blood pressure in some 20 percent of the U.S. population. The individual nutritional requirement for sodium intake is about 200 to 250 milligrams a day.

Recently, 67 members of

could easily make a choice on how much sodium food contained.

What is sodium? Sodium is one of the many minerals needed by our body for good health. It is not salt, but salt contains 40 percent sodium. Sodium is measured in milligrams. One teaspoon of salt contains over 2,000 milligrams of sodium. The average daily intake of sodium for most Americans is from 4,000 to 10,000 milligrams, which is equivalent to two to 10 teaspoons of salt daily. Your body's needs can be met with less, probably around 1,000-1,500 mg. a day for most people.

This is a price comparison for shoppers who are interested in pinching pennies:

The Average Price Of Turkeys Per Pound

Frozen whole turkeys.....	About \$1.00
Fresh killed.....	About \$1.16
Turkey roasts and rolls....	About \$1.59 to \$2.29
Turkey breast.....	About \$1.83

cents for rolls, and 57 cents for roasts and breasts.

When buying turkey, remember the tenderness of the turkey you buy will depend mostly on the age of the bird when it is killed.

A fryer-roaster usually is less than 16 weeks old.

A young bird is 5 to 7 months old.

A hen is larger than a tom.

The flavor of the turkey depends on what it ate and the conditions under which the turkey was raised.

In eating turkey, you can reduce fat and calorie-intake significantly by avoiding broth. You can reduce it even more by eating less dark meat, which has about twice the calories of white meat.

The fat in turkey is largely polyunsaturated, unlike the fat in most meats.

A serving of turkey has about 25 percent fewer calories than a serving of roast beef, and 46 percent fewer than a serving of pork loin, according to Consumers' Union's recent report.

Black Aldermen from page 1

currently being discussed.

"I'm going to try and work on those things that the people have brought to my attention. I see my victory as a victory for all the people of the Southeast Ward and not just for any one group," Womble said.

His goals will be the establishment of a

citizens advisory council and making a good positive working relationship with his fellow aldermen and the mayor.

"My main concern is being the best alderman I can possibly be, while helping the poor and the downtrodden," said Womble.

Bethlehem's Funds From Page 1

summer program and a family counseling service. The programs collectively serve 1500 people per month and Lomax said that when the fiscal 1982 budget begins in July, many of those served will feel the effect.

"We had a Community Service Program that began in 1977 and was CETA, (Comprehensive Employment and Training Act) funded. When the CETA funding was cut, Title XX funds and funds from the church absorbed the expense," said Wilkes. "Now the program is no longer eligible for Title XX monies and this is only an example of what we are up against in trying to keep these programs operating."

"It's all coming so fast," Wilkes added, "It's like we just get an answer to one

crisis and along comes another one. We seem calm, but we're just not sure what the future is going to hold for us."

The center has a budget of \$710,000, 73 percent of which comes from Title XX, 12 percent from the Food Service Program, and the other 15 percent from fees charged to parents. Lomax and Wilkes worry that if the funds are cut, many parents will seek alternate means of child care that won't emphasize quality.

"I don't think that anyone is going to quit their job, but the child will suffer," Lomax said. "We offer quality care at reasonable prices, but elsewhere, the care will probably be less and the child will suffer educationally, nutritionally and culturally."



YOUR TOTAL DISCOUNT FOOD STORES

GOLD MEDAL BLACK

PEPPER 4 OZ. CAN 59¢

MARCAL BATHROOM

TISSUE 4 ROLL 79¢

Chase & Sanborn Ground COFFEE \$1.79 Lb. Bag REDUCED!

DONALD DUCK ORANGE JUICE 1/2 GAL. 79¢

BUSH'S BEST BEANS PINTOS 4 16-oz. CANS \$1 WHY PAY MORE?

BANQUET FROZEN PIE CRUST SHELLS 2 PKGS. OF 2 \$1

SAVE NOW ON PEPSI 2 LITER PLASTIC BOTTLE 99¢ WHY PAY MORE?

GOLDEN RIPE BANANAS 27¢ LB.

QUANTITY RIGHTS RESERVED FRESH ICEBURG LETTUCE Head 39¢ SAVE! SAVE!

RED DELICIOUS APPLES 59¢ LB. BAG

NEW FLORIDA MARSH SEEDLESS WHITE GRAPEFRUIT Each 15¢ SAVE! SAVE!

CHOICE STEAK T-BONE \$2.49 LB.

CHOICE BONELESS FAMILY STEAK \$1.69 LB.
CHOICE BONELESS SHOULDER ROAST \$1.69 LB.
FRESH LEAN GROUND CHUCK \$1.69 LB.
CHOICE LEAN BONELESS STEW BEEF \$1.69 LB. JUST

BANQUET PUMPKIN OR MINCE MEAT PIES 20-oz. SIZE 79¢ WHY PAY MORE?

MRS. FILBERT'S MARGARINE Lb. 43¢ SAVE! SAVE!

PRICES GOOD ALSO AT THE DISCOUNT HOUSE ON N. PATTERSON AVE.

"HERE'S A GREAT CATCH" Treat your family to great seafood anytime! We bring it in fresh every day!

CROAKER \$1.59 PER LB.	SNAPPER \$2.29 PER LB.	WHITING \$1.59 PER LB.
CATFISH 1.09 PER LB.	SPOT \$1.39 PER LB.	OYSTERS IN THE SHELL

USDA Food Stamps Accepted Salem Seafood 1305 N. Liberty St. 725-4075 Tues.-Wed. 12-6 p.m. Thurs., Sat. 10-6 p.m. Fri. 9:30-6:30 p.m.