Page 20-The Chronicle, Thursday, November 12, 1981

Buying That Turkey

Many shoppers look for Congress introduced a bill, The turkey roll and roast turkeys without knowing calling for mandatory label- contain little waste, but the basic financial facts in- ing of sodium content on they are still very expensive. volved in buying a turkey virtually all processed The average cost of a on the modern-day market. foods. If passed, shoppers 3-ounce serving was 50



saving factors often contained. overlook such things as sodium content and the is one of the many minerals the turkey you buy will depound.

prices but focus attention measured in milligrams. This is an example:

Union, the average sodium ly intake of sodium for tom. content per 3-ounce serving most Americans is from is:

whole turkey

turkey breasts.

turkey rolls.

Generally, the basted turkey and basted turkey parison for shoppers who reduce it even more by breasts contain more are interested in pinching cating less dark meat, which sodium than the non- pennies: basted.

Why is it important to compare sodium content? A diet high in sodium

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

Recently, 67 members of

for meat bargains and time- on how much sodium food for roasts and breasts. What is sodium? Sodium remember the tenderness of

price they are spending per needed by our body for pend mostly on the age of good health. It is not salt, the bird when it is killed. In buying turkeys, wise but salt contains 40 percent shoppers not only compare sodium. Sodium is less than 16 weeks old. on sodium content as well. One teaspoon of salt contains over 2,000 milligrams According to Consumers of sodium. The average dai-

134 milligrams for which is equivalent to two to 10 teaspoons of salt dai-170 milligrams for ly. Your body's needs can be met with less, probably

555 milligrams for around 1,000-1,500 mg. a day for most people. This is a price com-

The Average Price Of **Turkeys Per Pound**

Turkey roasts and rolls.... About \$1.59 to \$2.29 loin, according to Con-Turkey breast About \$1.83

Busy shoppers looking could easily make a choice cents for rolls, and 57 cents When buying turkey.

A fryer-roaster usually is

A young bird is 5 to 7 months old.

A hen is larger than a

The flavor of the turkey 4,000 to 10,000 milligrams, depends on what it ate and the conditions under which the turkey was raised.

> In eating turkey, you can reduce fat and calorieintake significantly by avoiding broth. You can 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 \$1.00 about 25 percent fewer calories than a serving of About \$1.16 roast beef, and 46 percent fewer than a serving of pork sumers' Union's recent report.

Black Aldermen from page 1

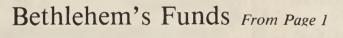
currently being discussed.

"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.



crisis and along comes another one. We



programs colle 1500 people per month and Lomax said that when the fiscal 1982 budget begins in July, many of those served will feel the effect

summer program and a family counseling

"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

eem calm, but we re 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.'



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

