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Shop Smart Sharpen Your Food –Buying Habits 2 Know What Labels Mean
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SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

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KNOW
WHAT LABELS
MEAN

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Extension Specialists in Nutrition

Look for the words "ENRICHED" and "FORTIFIED" on foods you buy.

You will find the word "enriched" on the labels of certain grain products including flour, bread, cereals, rice and macaroni products.

What does "enriched" mean?

When whole grain is milled into flour, some of the vitamins and minerals in it are removed. Three B-vitamins as well as iron are put back into flour or white bread and other grain products. This makes them equal again in nutritional value to the original whole grain. The new product is then labeled "enriched." Whole wheat bread and other whole grain products do not need to be enriched because nothing was milled out of them; therefore you won't find the word "enriched" on their labels.

What does "fortified" mean?

Manufacturers are permitted to add vitamins and minerals to certain foods to increase their food value. These are called "fortified" foods.

If the price is the same, enriched and fortified foods are good budget stretchers.

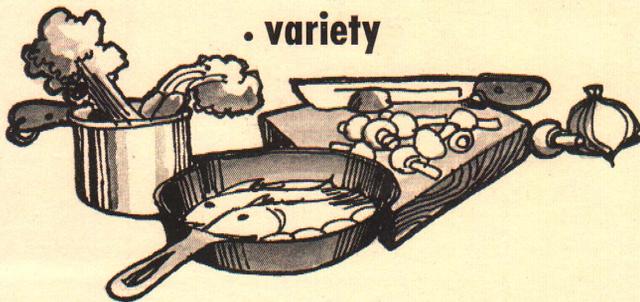
WHEN YOU BUY

Grain Products — "Enriched" grain products are a good buy. You get more vitamins and minerals for your money. Look for the word "enriched" on rice, macaroni, noodles, hamburger buns, hot dog buns, bread, and cereal. Not all breads and cereals are enriched in Michigan.

Canned Fruit Juices or Fruit Drinks — Check the label for a statement such as "Vitamin C added" or "enriched". Usually the enriched juice costs no more. You need Vitamin C every day for good health.

Salt— Buy iodized salt to prevent goiter.

BUY MORE • health
 • pep **WITH YOUR FOOD MONEY**
 • satisfaction
 • variety



TUNA OR MEAT MACARONI SALAD

6 servings

- 1 (7-ounce) can tuna fish *or*
- 1 to 2 cups diced canned luncheon meat (1 can of corned beef can be used instead of canned luncheon meat.)
- 1 cup chopped celery
- 2 cups cooked elbow macaroni (enriched)
- 4 hard cooked eggs, chopped
- $\frac{3}{4}$ cup salad dressing
- salt and pepper

Combine meat or tuna fish, celery, macaroni, salt, pepper and hard cooked eggs.

Add salad dressing and mix well.

Add tuna fish or meat.

Cover and refrigerate a few hours before serving.

MEAL-IN-A-DISH

(Serves 6)

- 8 ounces spaghetti (enriched)
- 1 medium onion, chopped ($\frac{1}{2}$ cup)
- 1 pound hamburger
- 1 can (No. 303) tomatoes or 1 can condensed tomato soup (10 $\frac{1}{2}$ ounce)
- 1 green pepper, chopped finely
- 1 (No. 2) can whole kernel corn, drained
- 1 small can mushrooms, drained (may omit)
- 6 ounces processed cheese, diced
- 1 teaspoon salt

Cook spaghetti in boiling salted water according to the directions on the package. Lightly brown hamburger, chopped onion and green pepper, draining off excess fat. Combine all ingredients reserving some cheese for the top. Bake uncovered in a greased casserole at 350 degrees for 30 to 40 minutes; or, if desired, heat on top of stove.