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Food Shopper's Guide  
Michigan State University  
Cooperative Extension Service  
Replaces Folder F-306

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January 1972  
32 pages

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# FOOD SHOPPER'S GUIDE

COOPERATIVE EXTENSION SERVICE  
MICHIGAN STATE UNIVERSITY

**GRADES**

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**SERVINGS**

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**MEATS**

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**POULTRY**

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**FISH**

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**EGGS**

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**DAIRY**

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**FRUITS, VEGETABLES**

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**CEREALS, BEVERAGES**

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**BUYING AIDS**

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**YOUR FOOD DOLLAR**

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# Be wise with your buys

*When you buy food:*

- Plan wisely
- Shop intelligently
- Store carefully
- Prepare correctly

*Compare*

- Weight
- Quality
- Price
- Food value

*by Anita Dean*

Extension Specialist, Foods and Nutrition

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# U.S. Grades

*your guide to quality*

SHOPPING FOR FOOD has become a complex task. It is often difficult to select the quality you want from the bewildering array of foods on display.

U.S. Grades established by the U.S. Department of Agriculture (USDA) offer help to the shopper. This booklet discusses these grades and gives you additional shopping guides to help you spend your food budget profitably. The shopper should be familiar with the U.S. Grades since they were designed for her benefit.

*Remember —*

- Use of U.S. Grades is optional. The food processor, handler or producer requests and pays for this service if he wants it.
- Grades apply to the *quality* of the food at the time the product was graded. Quality may have deteriorated by the time of consumer purchase.
- U.S. Grades offer a choice of quality. Learn the grades that best suit your needs.
- There are U.S. Grades for consumers and wholesalers.

*Consumer grades* apply to small units of food you commonly buy in retail stores.

*Wholesale grades* apply to large scale shipments and allow a certain tolerance for undergrade specimens.

- The more often you ask for correctly identified foods, the sooner you and consumers everywhere will get them in stores.

*Unless otherwise indicated the State of Michigan has adopted the Federal grades.*

## Average Servings

To select the right foods for your budget, try to develop skill in estimating the number of servings from a purchase. The size of average servings of foods provides a valuable tool for choice-making when shopping for food.

The image of the size of a serving differs from person to person and family to family. There is general agreement among nutritionists, dietitians and foods supervisors on the size of "average servings" or "standard por-



tions." Homemakers might use them in making comparisons. Ideally, the serving size should be adjusted to the needs of the individuals within each family.

## *Meats*

*The average serving of meat, fish, or poultry is 3 ounces of lean cooked meat without bone.* Unless much overcooked, this is derived from 4 ounces of raw lean meat without bone. There is approximately a 25% water and drippings loss during cookery. On this basis, a pound of hamburger, round steak, liver, or fish fillets provides four average servings of meat. The range in the cost of these, at 1961 prices in the Midwest, would be from 25 cents per serving for the round steak to 10 cents per serving for the ocean perch fillets.

The quantity of meat, fish, or poultry needed to net an average serving depends on the amount of inedible material. This may be as much as one pound for spareribs or frying chicken.

When you buy cooked meat that is free of waste — ham or tuna, for example — divide the weight by 3 (size of average serving) to find out how many servings you will get. In the case of salmon and canned hams, make a slight allowance for waste.

## *Milk and Dairy*

*An 8-ounce glass is an average serving of milk.* Use 2 ounces on cooked cereals and 4 on prepared cereals.

An average serving of cheese is 1 ounce of Cheddar, Colby, Swiss, and similar cheeses. Cottage cheese may be served in 2, 3, or 4 ounce servings depending upon its use. The smaller weight is served in dinner salads and the larger weights in main dish salads.

The average allowance of cream in coffee is  $\frac{1}{2}$  ounce or 1 tablespoon.

## *Fruits and Vegetables*

*The average vegetable serving falls between 2 and 3 ounces (about  $\frac{1}{2}$  cup) of drained, cooked weight (except potatoes).* Potato portions may be larger, especially whole boiled and baked.

The most commonly distributed packs of canned and frozen vegetables yield 4 servings. Fresh vegetables yield a varying number of servings per pound because the percentage of waste varies from much, as with peas, to very little, as with green beans.

The average serving of canned fruit weighs 4 or more ounces, depending on the ratio of fruit to juice.

Frozen fruits tend to run between 3 and 4 ounces because there is less juice.

The weight of fresh fruit servings varies with the percentage of waste. A portion of grapes weighs about 3 ounces because there is almost no waste. A portion of melon would weigh much more because half or more is waste. Portions vary too with the size of fruit; for example, apples vary from 2 to 4 per pound.

## *Breads and Cereals*

*One ounce is the average cereal serving poured from the box. Cooked cereals absorb water, so weigh more served than when dry.*

There are three exceptions to the rule of 1 ounce per serving:

1. Concentrate cereals with higher protein content are served in less than 1-ounce measures.
2. Puffed cereals are served in  $\frac{1}{2}$ -ounce portions.
3. Pastes (spaghetti and macaroni) are often served in 3 or 4 ounce portions.

A serving of bread is one slice, one biscuit, muffin, or roll, although weights may vary. Coffee cakes are generally cut into servings of about 2 ounces each.

## *Fats and Sweets*

*An average allowance of table fat is  $\frac{1}{4}$  ounce or  $1\frac{1}{2}$  teaspoons per portion. This quantity will spread one slice of bread generously or two slices sparingly.*

One-half ounce of jelly or jam or peanut butter (1 tablespoon) spreads one slice of toast.

Two ounces of sirup ( $\frac{1}{4}$  cup) are average for 2 slices of French toast or 3 pancakes.

Quantities of salad dressings vary from  $\frac{3}{4}$  tablespoon on fruit or vegetable salads to 2 tablespoons in meat, fish, or poultry salads.



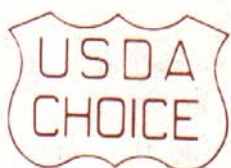
# MEATS



## FEDERAL INSPECTION

*This meat inspection stamp on a cut of meat indicates that the meat was Federally inspected and the animal was found free from disease when slaughtered.*

- Federal inspection is compulsory for all meat shipped in interstate commerce.
- Federally graded meat must first be inspected for wholesomeness.
- Meat slaughtered within a state may be sold in that state without inspection unless there are state or local laws prohibiting sale without inspection.



## FEDERAL GRADES

*This stamp shows that the meat was federally graded.*

- Grading of meat is not compulsory.
- Grade of meat is associated with expected palatability of meat. The higher the grade, the higher the fat content and expected tenderness.
- Nutritive value, keeping quality, and cleanliness are not associated with grade.
- Identify by looking for "USDA" within the shield, along with grade name, such as *Prime*, *Choice*, or *Good*.

## MICHIGAN LAW

requires that hamburger be 100% beef (only skeletal or muscle meat permitted) with not more than 30% beef fat. Ground beef shall meet the same requirements as hamburger except that it shall not contain more than 20% fat.

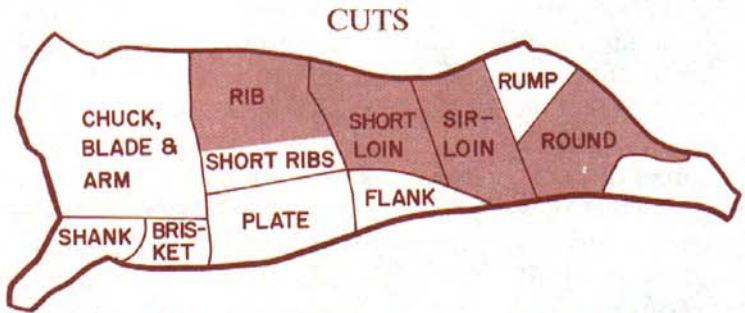
Pork sausages or processed sausages such as wieners, bologna and luncheon meats must be ground skeletal meat with not more than 50% fat containing specified seasonings and flavorings and not more than 4% dry milk solids.

Effective Jan. 1, 1966, animals slaughtered in Michigan must be inspected and the animal found free from disease. State inspection also provides for identification of inspected meat with the state seal, and inspection of slaughterhouses and processing plants.

# BEEF

The highest grades of beef come from steers and heifers. These are bred and fed for meat production and slaughtered as yearlings (13 to 24 months old) or 2 years old (24 to 36 months old). Many cattle are raised on the range, then put in feed lots, and fed concentrated rations for 90 days to a year.

High grade beef has a smooth covering of firm, creamy white, evenly distributed fat. There is a high proportion of lean to bone. The lean is bright red, firm, fine textured and velvety in appearance. It is well marbled with fat. Bones are porous and reddish, indicating that the meat comes from a young animal. Older animal bones are white and flinty.



*White area — less tender, less popular cuts*  
*Dark area — more tender and desired cuts*

## LAMB and MUTTON

*Lamb* is a young sheep, usually 8 to 14 months old when marketed. *Mutton* is from older sheep.

These are grouped as yearlings (between 1 and 2 years) and sheep (over 2 years). In Michigan, *yearling* and *lamb* mean the animal is no more than 2 years old.

High quality lamb has a smooth covering of clear, white, brittle fat over most of the exterior. The lean is pinkish red in lamb, a deeper red in yearling and mutton. The lean is marbled with fat. Bones are reddish and porous. In the older animal, the bones become hard and white.

## VEAL and CALF

Veal is usually produced from animals 3 months old or younger that have been fed largely on milk.

Calves are usually between 3 and 8 months old. Calf is distinguished from veal largely by the color of the lean. The lean of veal is grayish pink to almost white. The lean



of calf is reddish. In Michigan, meat from animals over 8 months old must be called beef.

The lean should be fine in grain, and fairly firm. There is very little fat — no marbling. The fat is milky white. Bones are porous, soft, red and still pliable on the ends.

## PORK

No Federally graded pork is available to consumers at the present time, although Federal grades have been published which are used by some states and by some individual buyers and sellers in grading live hogs or pork carcasses.

The official Federal grades for pork carcasses are U.S. No. 1, U.S. No. 2, U.S. No. 3, Medium and Cull. These grades are based on differences in proportionate yields of lean and fat cuts and thus reflect the increasing consumer preference for leaner pork. Grades are usually not found on retail pork cuts. All cuts of pork are tender.

Most of the hogs are marketed as barrows (males unsexed while pigs), gilts (females which have not borne young), and sows (females which have borne young). Barrows and gilts are preferred. They are usually between 6 and 7 months of age when marketed. Sows are slaughtered when 1½ to 3 years of age.

The lean of pork is a grayish pink in young animals, turning to a delicate rose color in the older animals. The flesh in high quality pork is firm, fine grained and free from excessive moisture. The lean is well marbled and the exterior is well covered with a layer of fairly firm white fat. Bones are reddish.

## SMOKED MEAT PRODUCTS

### KINDS OF HAM

1. *Fully cooked* — serve cold without further cooking or reheat if you prefer. Canned hams are fully cooked.
2. *Cook before eating* — Requires additional cooking before serving.
3. *Country style* — Heavily cured and usually requires soaking and simmering in water before baking. Not readily available everywhere.

## STYLES OF HAM

### Bone in

Skinless, shankless — Only the shank removed and the meat skinned and trimmed of excess fat

### Semi-boneless

### Boneless

Boneless-skinless — Shaped into rolls

Canned — Also boneless and skinless

## CUTS OF HAM

Whole ham — No center slices removed

Half ham — No center slices removed

Butt portion — Center slices removed

Shank portion — Center slices removed

## RELATED PRODUCTS

*Smoked shoulder butts* — Should be cooked before eating.

*Smoked shoulder picnics* — Shoulder cuts available either fully cooked or as cook-before-eating products.

These two cuts should be baked to an internal temperature of 170 degrees F. (between 30 to 35 minutes per pound) for picnics and 40 to 45 minutes per pound for butts).

## MEAT BUYING GUIDE

MEAT	Market Unit	Approx. Number Of Servings
Fat and bone free meat	1 pound	4
Meat with medium amount of bone (chops, steaks, roasts)	1 pound	2 to 3
Meat with large amount of bone (shoulder cuts, short ribs, spareribs, lamb chops, breast cuts)	1 pound	1 to 2
Dried chipped beef	4-ounce package	2½ (2 ounce)
Canned luncheon meat (corned beef)	12-ounce can	4 (3 ounce)
Frankfurters	1 pound	10 frankfurters

## U.S. (FEDERAL) MEAT GRADES

MEAT	1st	2nd	3rd	4th	5th
Beef	USDA Prime	USDA Choice	USDA Good	USDA Standard	USDA Commercial*
Veal	USDA Prime	USDA Choice	USDA Good	USDA Standard	USDA Utility†
Calf	USDA Prime	USDA Choice	USDA Good	USDA Standard	USDA Utility†
Lamb	USDA Prime	USDA Choice	USDA Good	USDA Utility	USDA Cull
Yearling Mutton	USDA Prime	USDA Choice	USDA Good	USDA Utility	USDA Cull
Mutton	—	USDA Choice	USDA Good	USDA Utility	USDA Cull

\*Three lowest grades are USDA Utility, Cutter, and Conner.

†Lowest grade is USDA Cull.

# PACKER'S GRADES

BRAND NAMES FOR GRADES OF BEEF\*

PACKER	TOP	BRAND DESIGNATIONS FOR GRADES				FIFTH
		SECOND	THIRD	FOURTH		
Armour	Armour Star Deluxe	Armour Star	Quality	Banquet	—	
Cudahy	Puritan	Fancy	Rex	Rival	Thrift	
Hormel	Best	Merit	Value	Hormel	—	
Hygrade	X-L	Reliable	K	Favorite	Marion	
Oscar Mayer	Oscar Mayer	Capital	Special	—	—	
Morrell	Pride	X-Trafine	Famour	Special	Frontier	
Rath	Blackhawk Deluxe	Blackhawk	Kornland	Racorn	Sunvale	
Swift	Swift Premium	Swift Select	Swift Arrow	—	—	
Wilson	Certified	Special	Ideal	Leader	Wilsco	

LIST OTHERS

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\*American Meat Institute, Chicago.

## RETAILERS' BRANDS

Many packers and retailers use their own brand names to indicate degree of quality. Some 40 to 60% of beef carcasses in the wholesale trade now carry a private brand. In buying meat, you should understand what brand grade means. Complete the blanks below. How do they compare with Federal Grades?

<i>Retail Stores</i>	<i>Retailers' Brands</i>	<i>Comparable U.S. Grades</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



# YIELD OF COOKED MEAT

FROM ONE POUND OF RAW MEAT\*

Meat as purchased	Yield of cooked lean (without drippings)	
	Ounces	Servings
<i>Chops or steaks for broiling or frying:</i>		
With bone and relatively large amount of fat such as pork or lamb chops, beef rib, sirloin, or porterhouse steaks.	5 to 7	1 to 2
Without bone and with very little fat, such as round of beef and veal steaks.	9 to 12	3 to 4
<i>Ground meat for broiling or frying:</i> Hamburger, lamb or pork patties.	9 to 13	3 to 4
<i>Roasts for oven cooking (no liquid added):</i>		
With bone and relatively large amount of fat such as beef rib, loin, chuck; lamb shoulder, leg; pork, fresh or cured.	6 to 9	2 to 3*
Without bone.	7 to 10	2 to 3
<i>Cuts for pot-roasting, simmering, braising, stewing:</i>		
With bone and relatively large amount of fat, such as beef chuck; pork shoulder.	6 to 8	2
Without bone and relatively small amount of fat, such as trimmed beef and veal.	9 to 11	3 to 4

\*Adapted from "Nutritive Value of Foods," Home And Garden Bulletin No. 72, (Gov't. Printing Office) September 1960.

## NOTES:

# POULTRY



## FEDERAL INSPECTION

*This stamp used on ready-to-cook poultry shows that the poultry was Federally inspected and passed as wholesome food.*

- Federal inspection is compulsory for all poultry in interstate commerce.
- Inspection for wholesomeness is not compulsory.
- This stamp does not indicate quality (grade).



Federal State Graded

## FEDERAL GRADES

*This grade mark, a shield, tells the quality and shows that the poultry was Federally graded.*

- Grading is completely voluntary.
- It applies to poultry parts as well as whole chicken or turkey.

- Federally graded poultry must also have been inspected for wholesomeness.
- Grades are limited to individually graded, ready-to-eat poultry and apply to all kinds of domestic poultry.

## U.S. (FEDERAL) POULTRY GRADES

Quality Grading	Consumer Grades	Wholesale Grades*
Top	U. S. Grade A	U. S. Extras
2d	U. S. Grade B	U. S. Standards
3d	U. S. Grade C	U. S. Trades

*In judging quality, the grader notes the shape of the bird, the amount of meatiness, the amount of fat distributed under the skin, the absence or extent of bruises, tears, discolorations and pinfeathers.*

\*Permits some allowance for lower quality birds.

## BUYING GUIDE

1. *Consider style of processing*
  - A. *Dressed* (only feathers removed) yields 20% less than ready-to-cook.

## BUYING GUIDE (continued)

B. *Ready-to-cook* (picked and eviscerated, inedible parts discarded, bird cleaned inside and out, giblets cleaned and wrapped.)

### 2. *Select kind and class*

Kind and Class	Age	Ready-to-cook weight (lb.)	Quantity to buy per serving
<b>Chicken:</b>			
Broilers	8 to 10 weeks	1 to 2½	¼ to ½ bird
Fryers	8 to 10 weeks	2½ to 3½	¾ to 1 lb.
Roasters	under 8 mo.	2¾ to 5	¾ to 1 lb.
Stewing hens or fowls	over 10 mo.	2½ to 5*	½ to ¾ lb.
Capons (castrated male)		4 to 8	¾ to 1 lb.
<b>Turkey: †</b>			
Fryers	less than 16 weeks	4 to 8	¾ to 1 lb.
Young hens	under 8 mo.	5 to 15	¾ to 1 lb.
Young toms	under 8 mo.	15 to 25	½ to 1 lb.
Yearling hens or toms	over 10 mo.	5 to 30	½ to 1 lb. ‡
<b>Ducks:</b>			
Broiler or fryer duckling		3 to 5½	¾ to 1 lb.
Roaster duckling		4½ to 6	1/5 to ¼ duck
Geese, all classes		6¼ to 9½	¾ to 1 lb.
Rock Cornish hen §		to 2	1 hen

\*One 4-pound ready-to-cook stewing chicken will yield 3 to 4 cups of cooked chicken for salads, casseroles, and other dishes.

†Eighty percent or more of the turkeys sent to market are frozen.

‡Larger birds yield more servings per pound. Sex differences are not significant in young birds, but older females are juicier than males, less tough and stringy, and yield more white meat.

§Cornish chicken or progeny of a Cornish chicken crossed with another breed.

## FROZEN MEAT AND POULTRY PIES

Present law states that pot pies to carry USDA (inspection of meat and poultry products) must have 13% (32 grams) of cooked meat or poultry.

### NOTES:



# FISH *and* shellfish



## INSPECTION FOR WHOLESOMENESS

*To receive a U.S. Department of Interior Grade Shield, the product must be packed under continuous inspection. Then, if there is a standard in effect for the product, it may be graded for flavor, texture, and color.*

If there is no standard for the product, the raw product is examined for wholesomeness, the plant personnel and equipment and the processing of the finished product are checked.

Only fishery products packed under continuous inspection of the U.S. Department of Interior (U.S.D.I.) may include "U.S." before the grade designation. Any packer may label his products Grade A, Grade B, etc. provided they comply with the requirements of the grades set forth in the United States Standards for the product.



## FEDERAL GRADES

Quality Grading	Federal Designation
1st	U. S. Grade A
2d	U. S. Grade B
3d	U. S. Substandard

*Fish is graded for quality on basis of flavor, texture and odor.*

## STANDARDS OF QUALITY

Voluntary standards of quality have been set for many fish products and are published in the Federal Register. Firms which accept them and meet USDA inspection requirements may market top quality frozen fillets labelled as "U.S. Grade A."

Standards are already established for the following frozen fish products:

Cod fillets, fish blocks, fish sticks, haddock fillets, ocean perch, Pacific ocean perch fillets, raw breaded fish

portions, raw breaded shrimp, raw halibut steaks, raw headless shrimp, and salmon steaks.

Standards are being developed for the following:

Frozen pollock fillets, fresh and frozen cooked, peeled shrimp, frozen fried scallops, frozen flounder, and frozen sole fillets.

## MARKET FORMS OF FISH

FRESH: Kinds available vary.

FROZEN:	Cod*	Halibut	Pike
	Flounder	Ocean perch*	Trout
	Haddock*	Sole	Whitefish
		Salmon	

CANNED: *Salmon*

1. King or Chinook	3. Medium red or Silver-side or Coho	4. Pink*	5. Chum*
2. Red or Sockeye			

### *Tuna*

COLOR	FORM OF PACK†
1. White (Albacore)	1. Solid or solid pack
2. Light	2. Chunk, chunks, or chunk style
3. Dark	3. Flake or flakes
4. Blended	4. Grated

### *Sardines‡*

Fancy	Choice	Standard
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### *Shrimps*

Brine	Dry
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(Products listed in rank order of quality)

\*Less expensive.

†Packing medium varies (vegetable oil, olive oil, water, etc.).

‡Standards for grade and fill of containers are for canned Maine sardines in oil.

## SHELLFISH:

*Live* — If purchased in shell, they should be alive (exceptions are cooked crab and lobster).

*Shucked* — Removed from shells.

*Headless* — Shrimp are an example.

*Cooked* — Hard shell crab, lobster and shrimp may be cooked in shell. Uncooked shrimp are called green shrimp.

## STYLES OF FISH

*Whole* — as fish comes from the water

*Drawn* — only entrails removed

*Dressed* — all inedible parts removed

*Filletts* — boned sides of fish

*Steaks* — cross section slices of dressed fish

*Sticks* — small uniform pieces of dressed fish

*When choosing fresh fish, look for the following signs of freshness and quality:*

*Eyes* — Bright, clear, full and moist; not shriveled, cloudy or sunken.

*Flesh* — Firm and elastic; does not pit if pressed.

*Gills* — Blood red in color.

*Scales* — Shiny and cling to the skin.

*Skin* — Shiny, iridescent skin, free from slime.

*Odor* — Fresh and mild, not putrid.

Cut pieces should not be dried out or have traces of browning at the edges. Shrimp also should have a mild odor and firm meat. Clams and oysters in the shell are alive if the shells close tightly when tapped. Shucked oysters should be plump and creamy in color with clear liquid. Live crabs and lobsters should show movement of the legs. Frozen fish should be solidly frozen and have little or no odor.

## FISH BUYING GUIDE

Fish and shellfish	Market Unit	Approximate No. of servings per market unit
Fish, whole	1 lb.	1
Fish, drawn	1 lb.	2
Fish, dressed	1 lb.	2
Fish, steaks	1 lb.	3
Fish, fillets	1 lb.	3 to 4
Fish, sticks*	1 lb.	3 to 4
Clams, shucked	1 pint	3
Crab meat	1 lb.	6
Lobster meat	1 lb.	6
Oysters, shucked	1 pint	3
Scallops, shucked	1 pint	3
Shrimp, headless	1 lb. (16-60)	4
Spiny lobster tails	1 lb.	2
Canned salmon	1 lb. can	4 to 5
Canned tuna	6½ to 7 oz. can or 9¼ oz.	2 to 4
Canned sardines	3¼, 4, 12 oz.	Varies
Shrimp (cooked meat)	1 lb.	8
Canned shrimp	4½, 5, 7 oz.	Varies
Frozen raw breaded shrimp†	10 oz., 20 oz.	Varies

\*Standards widely used require that fish sticks contain at least 60% fish flesh (no more than 40% breading).

†Definition and standard of identity states that they shall contain not less than 50% by weight of shrimp material.



# EGGS



PRODUCED and MARKETED  
under FEDERAL - STATE  
QUALITY CONTROL PROGRAM

## FEDERAL GRADES

Grades indicate quality

*This shield is the official Federal grade mark for eggs. It always carries the grade name (such as Grade A), the letters "USDA" and the words "Federal-State Graded" or a similar term.*

*The FRESH FANCY QUALITY grade shield identifies eggs produced and marketed under a quality control program which requires special controls to assure freshness and high quality.*

## U.S. GRADES AT A GLANCE

Quality Grading	USDA Designation
1st	U.S. Grade AA* or Fresh Fancy Quality
2d	U.S. Grade A*
3d	U.S. Grade B†
4th	U.S. Grade C†

\*Use these high quality eggs for all purposes especially poaching, frying, and cooking in shell.

†Use in baking, thickening sauces and salad dressings and combining with other foods such as tomatoes, cheese, or onions.

## EGG SIZES (WEIGHT PER DOZEN)

U.S. Weight Classes	Ounces per dozen
Small	18
Medium	21
Large	24 (2 oz. per egg)
Extra Large	27
Jumbo	30

## TO COMPARE COSTS:

1. Determine cost per ounce by dividing the total price per dozen by the weight of the eggs per dozen. Then compare egg cost of various sizes by the ounce or pound.

*Example:* If large eggs sell at 60 cents per dozen, they would cost 2½ cents per ounce or 40 cents per pound. Small eggs selling at 39 cents per dozen would cost 2.1 cents per ounce or 33.6 cents per pound. In terms of price per pound, small eggs would be the thrifty buy.

2. Eggs are cheaper sources of protein than meat, fish and poultry when one dozen costs less than one pound of all-lean, no waste meat.

## MICHIGAN EGG LAW

*and regulations conform to latest Standards and Grades of USDA. Correct size designation and grades must appear in all advertising and on labels on all eggs offered for sale. Eggs Grade C or lower may not be sold. Eggs from the first receiver on must be held at a temperature not to exceed 60 degrees Fahrenheit except when being candled and graded. — In effect September 10, 1963.*

*Effective June 1, 1966, all egg products produced under inspection must be pasteurized or analyzed for the presence of Salmonella.*

## EGG BUYING TIPS

- Buy from a dealer who sells graded eggs in cartons and keeps them in a clean, cold refrigerator.
- Buy eggs from a refrigerated case. Carry them home promptly and refrigerate at once. Keep them cold at all times, taking from the refrigerator only those you need to use.
- Check for egg quality by grade.
- Know that size refers to weight per dozen.
- Compare prices of different sizes in the same grade or different grades in the same size.
- Buy either white or brown eggs; they have the same nutritional value.
- Eggs need to be covered lightly especially when held for long periods of time. The carton is a good refrigerator container. It covers the eggs lightly and keeps the large end up, the way they keep their quality best.

## NOTES:

# DAIRY *products*

## BUTTER



### FEDERAL GRADES

*Butter is graded on basis of quality, chiefly flavor, but also on texture, body, color, and salt. When you see the letters AA, A, B, or numerical score 93, 92, 90, on the package without the prefix "U.S.," the butter has not been certified by a Federal butter grader.*

### U.S. GRADES AT A GLANCE

Quality Grading	Federal Grade	Numerical Score
1st	U.S. Grade AA	U.S. 93 score
2d	U.S. Grade A	U.S. 92 score
3d	U.S. Grade B	U.S. 90 score

## CHEESE

### FEDERAL GRADES

Official Federal grades have been in use for many years but there has been limited use of grades on consumer packaged cheese. Grading is based on flavor, body, and texture. Swiss cheese is rated on "eye" formation.

### U.S. GRADES AT A GLANCE

Cheese Type	Federal Grade
Cheddar	U.S. Grade AA
	U.S. Grade A
	U.S. Grade B
	U.S. Grade C
Swiss	U.S. Grade A
	U.S. Grade B
	U.S. Grade C
	U.S. Grade D
Cottage	No grade established
Process	No grade established
Cheese foods	No grade established



### FEDERAL INSPECTION

*This official USDA inspection emblem assures that the ingredients are wholesome and processed under Federal inspection in accordance with specifications prepared by the Department of Agriculture.*



*Process cheese* is made from a blend of one or more kinds of natural cheese by shredding, blending, pasteurizing and emulsifying the cheese.

*Process cheese spreads* and *cheese foods* are made from process cheese and are softer and more easily spread.

## MILK and its forms

### FLUID

*Pasteurized* — heated to a specified temperature for a prescribed period and cooled quickly to kill harmful bacteria.

*Homogenized* — whole milk processed to prevent a layer of cream from forming.

*Skim* — All or part of butterfat removed to less than 0.5% fat; thus has no Vitamin A unless added by "fortification."

*Vitamin D* — In Michigan must contain 400 USP units of Vitamin D per quart.

*Cultured buttermilk* — Pasteurized skim or low-fat milk soured by lactic acid producing bacteria.

*Yogurt* — Custard like milk product made from fresh, homogenized, pasteurized cow's milk inoculated with a culture of organisms.

*Fortified* — Milk and milk products other than Vitamin D milk and milk products to which vitamins, minerals, non-fat dry milk and other optional ingredients have been added as approved by the state.

*Low fat milk* — Milk from which butterfat has been removed so that it contains not less than 0.50% and not more than 2.0% butterfat. It frequently contains added Vitamin D and may be fortified with Vitamin A, minerals, lactose or nonfat dry milk.

*Flavored Milk* — Whole, low fat, or skim milk with added flavor (usually chocolate) and/or sweetener. If labeled "chocolate milk," it contains chocolate syrup or powder, while "chocolate flavored milk" has cocoa added.

*Eggnog* — A rich holiday drink made with milk, egg yolk solids (1 percent when made with whole milk; 0.25 to 0.50 for the low-fat version), nutmeg, sweetener and other spices.

### FLUID MILK FACTS

1. In Michigan, only pasteurized milk is delivered. It must not contain less than 3½% butterfat.
2. All natural fluid milks are similar in content of protein, riboflavin, and calcium, but may differ in fat and Vitamin A content.

### CANNED

*Evaporated homogenized whole milk* has had about 60% of its water removed. It is sterilized, canned, and sealed with Vitamin D added. *Evaporated skim milk* with Vitamin D added is also available.

*Sweetened condensed* is unsterilized evaporated milk with about 40% sugar added. Sugar protects it from bacterial action.

### DRIED

Both whole and skim (nonfat dry milk solids) dried milk are available. See the table above.

## FEDERAL GRADES — NONFAT DRY MILK



*U.S. grades are used mainly in commercial trading. The official emblem on a package of nonfat dry milk assures you of dependable quality and compliance with established sanitary requirements.*

Quality Grading	Federal Grade Designation
1st	U.S. Extra Grade
2d	U.S. Standard Grade

## CREAM

Forms	Percent fat
Heavy whipping	More than 36%
Light whipping	30 to 36%
Coffee or light	18 to 30%
Powdered dairy product	Made from light cream and skim milk
Half-and-half	Not less than 10.5%

## FROZEN DESSERTS

*Ice Cream* is a food product prepared by freezing while stirring a pasteurized mix composed of milk, cream, sugar and stabilizers, flavored with various extracts, fruits, chocolate or nuts. Coloring may be added as desired. Eggs may also be used as an optional ingredient. Air is incorporated into the product by whipping during freezing to approximately 80 to 100% by volume. The finished product weighs not less than 4.5 pounds per gallon. Most state laws require that it contain not less than 1.6 pounds of food solids per gallon. The milk fat content must be at least 10% for plain ice cream, although some special ice cream may be as high as 16 to 20%.

*Ice Milk* is a product made in the same manner using the same ingredients as in ice cream, but in different proportions. The milk fat content is usually much lower than ice cream, ranging from 2% to approximately 7%. It may be sold in either soft or hard-frozen form. The size of container in which it can be retailed is defined by law.

*Sherbet* is prepared by freezing a pasteurized mix of sugar, milk solids, stabilizer, food acid and water, using fruits and fruit juices and extracts as flavoring. Milk fat content ranges from 1 to 2%.

## DAIRY BUYING GUIDE

Milk products	Market unit	Approximate measure	Average No. of servings
Butter	1 lb.	2 cups	48 squares (1/3 oz.)
Cheese			
American	1 lb.	4 cups grated	16 (1/4 cup)
Cottage	1 lb.	2 cups	6 (1/3 cup)
Cottage	12 oz.	1 1/2 cups	4 1/2 (1/3 cup)
Milk	1 qt.	4 cups	4 (8 oz.)
Milk, evaporated	1 tall can (14 1/2 oz.)	1 2/3 cups	Equals 3 1/3 c milk
Nonfat dry milk	1 lb.	4 cups	Makes 4 to 5 qts. milk
Ice Cream	1 qt.		6 to 8 sv.



# FRUITS *and* VEGETABLES

## FRESH WHOLESALE GRADES



— *Eighty-four standards have been established for 71 different fruits and vegetables. Wholesale Grades usually are designated by number as U.S. No. 1, U.S. No. 2, etc.*

- Grades vary from product to product. For example, top three grades for Apples are
  - 1st — U.S. Extra Fancy
  - 2nd — U.S. Fancy
  - 3rd — U.S. No. 1
- Consumer-sized packages are often marked with wholesale grades. (For example — potatoes, onions, apples).
- Top wholesale grades for apples and potatoes are U.S. Extra Fancy and U.S. Fancy *not* U.S. No. 1 as you might think. Most fresh fruits and vegetables are packed and sold on the Wholesale Market on basis of U.S. Grades.

## RETAIL GRADES



— *Thirteen Consumer Standards have been established. Alphabetical designations are used for grade names. Grades are determined on basis of product's color, size, shape, degree of maturity and freedom from defects.*

Requirements for top consumer grades are much stricter than wholesale grades due to reduced allowance for defective specimens and higher requirements for cleanliness and other factors.

Perishable nature of commodity limits widespread use of consumer grades. Very little consumer grade-marked produce is available in retail stores.

(See pages 24-25 for U.S. Fresh Grades).



## SELECTING FRESH PRODUCE

1. Make your own selection.
2. Don't buy only because price is low.
3. Consider fruits and vegetables in season in near-by areas.
4. Don't buy more than needed or more than can be stored without waste.
5. Don't buy fruits and vegetables showing excessive deterioration.
6. Remember the largest is not always the best.
7. Distinguish between defects in appearance and those that affect edible quality.
8. Watch for full measure. Some containers may be packed or replaced with a loose or "slack pack" which reduces the actual quantity. Also, examine containers that appear to be "faced" with the best specimens. The face layer may conceal ordinary or poor quality.
9. Consider buying fruits and vegetables designated by the USDA as plentiful foods.
10. Do not handle produce unnecessarily.

## PROCESSED U.S. Grades

Quality grading	Consumer grades
1st (Excellent)	U.S. Grade A (U.S. Fancy)
2nd (Good)	U.S. Grade B (U.S. Choice for fruits and U.S. Extra Standard for vegetables)
3rd (Fairly good)	U.S. Grade C (U.S. Standard)

Grades have been developed for a wide variety of processed fruits and vegetables — canned, dried, and frozen and a number of related products such as peanut butter, jams, jellies, pickles, olives, honey, and dehydrated orange juice.

Fruits and vegetables are graded for size, color, freedom from blemishes, maturity or tenderness. Top grades of fruits are most suited for desserts and salads where appearance and texture are of prime importance. Lower grades are as wholesome and nutritious as higher grades.

The letter grades A, B, and C listed in the above chart are used for most of these products, although there are a few exceptions. For some there are grades A and C, but no grade B, and for some others grade C is omitted. For a very few, the grades run from A through D or E. For canned olives, the top grade is U.S. No. 1 and for maple sirup it is AA. For comb honey and some types of sirup there are slight deviations in the grade name pattern.

# FRESH FRUITS and VEGETABLES

FRESH  
FRUITS  
AND  
VEGETA-  
BLES



Product	Consumer Grades	
	1st Grade	2d Grade
Beet Greens	U. S. Grade A	.....
Potatoes	U. S. Grade A Large U. S. Grade A Medium to Large U. S. Grade A Medium U. S. Grade A Small	U. S. Grade B Large U. S. Grade B Medium to Large U. S. Grade B Medium U. S. Grade B Small
Broccoli (Italian Sprouting)	U. S. Grade A	U. S. Grade B
Brussels Sprouts	U. S. Grade A	U. S. Grade B
Carrots	U. S. Grade A	U. S. Grade B
Corn (Husked, on the cob)	U. S. Grade A	U. S. Grade B
Cranberries	U. S. Grade A	.....
Kale	U. S. Grade A	U. S. Grade B
Parsnips	U. S. Grade A	U. S. Grade B
Spinach Leaves	U. S. Grade A	U. S. Grade B
Tomatoes	U. S. Grade A	U. S. Grade B
Turnips	U. S. Grade A	U. S. Grade B
Celery	U. S. Grade AA	U. S. Grade A (3d Grade—U. S. Grade B)
Apples	None	None

<sup>1</sup> Same as U. S. No. 1 except for color.

<sup>2</sup> Same as U. S. No. 1 except for color, maturity and size.

<sup>3</sup> Same as U. S. No. 1 except for hail injury.

\* Partial listing of commodities for which there are wholesale grades to show how these grades compare with consumer grades.

# U.S. GRADES at a GLANCE

## Wholesale Grades \*

1st Grade	2d Grade	3d Grade	4th Grade
U. S. No. 1	.....	.....	.....
U. S. Fancy	U. S. No. 1	U. S. Commercial	U. S. No. 2
U. S. Fancy	U. S. No. 1	U. S. No. 2	.....
U. S. No. 1	U. S. No. 2	.....	.....
(Topped carrots) U. S. Extra No. 1	U. S. No. 1	U. S. No. 2	.....
(Green corn) U. S. Fancy	U. S. No. 1	U. S. No. 2	.....
.....	.....	.....	.....
U. S. No. 1	U. S. Commercial	.....	.....
U. S. No. 1	U. S. No. 2	.....	.....
U. S. Extra No. 1	U. S. No. 1	U. S. Commercial	.....
U. S. No. 1	U. S. Combination	U. S. No. 2	U. S. No. 3
(Topped turnips) U. S. No. 1	U. S. No. 2	.....	.....
U. S. Extra No. 1	U. S. No. 1	U. S. No. 2	.....
U. S. Extra Fancy	U. S. Fancy	U. S. No. 1 U. S. No. 1 <sup>1</sup> Cookers U. S. No. 1 <sup>2</sup> Early U. S. Hail Grade <sup>3</sup>	U. S. Utility



## RICE, DRIED BEANS AND PEAS

Product	U.S. GRADES AT A GLANCE			
	1st	2nd	3rd	4th
Dried Beans	U.S. Choice Handpicked U.S. No. 1	U.S. No. 1 Handpicked U.S. No. 2	U.S. No. 2 Handpicked U.S. No. 3	U.S. No. 3 Handpicked
Dried Peas	U.S. No. 1	U.S. No. 2	U.S. No. 3	—
Milled Rice	U.S. No. 1	U.S. No. 2	U.S. No. 3	U.S. No. 4
Brown Rice	U.S. No. 1	U.S. No. 2	U.S. No. 3	U.S. No. 4

U.S. Standards for dry beans and peas are widely used by the trade but rarely appear on consumer packages. Grades are based on such factors as color and presence or absence of defects, and foreign material. There are special "Handpicked" grades. In other than handpicked, grades for beans are simply numerical.

## BUYING GUIDE

Food	Market unit	Approx. Measure as Purchased	Approx. Number of Servings
<i>Fruits, fresh</i>			
Apples	1 lb.	3 medium	3
Bananas	1 lb.	3	3
Blueberries	1 pint		3
Cranberries	1 lb.	1 qt.	16 (1/8 cup)
Cherries, red	1 qt.	2 cups pitted	4 (1/2 cup)
Grapes, tokay	1 lb.	2 3/4 cups seeded	
Grapefruit*		1	2
Lemons	1 dozen medium	3 lbs.	Yields 1 pint juice
Oranges*	1 dozen medium	6 lbs.	Yields 1 quart juice
Peaches	1 lb.	4 medium	4
Pears	1 lb.	4 medium	4
Pineapple*	2 lbs.	1 medium	6 (1/2 cup)
Strawberries	1 qt.		4
Raspberries			
Watermelon	1 lb.		2 1/2
<i>Fruits, canned</i>			
All Kinds	No. 2 can	2 1/2 cups	5
	No. 2 1/2 can	3 1/2 cups	6 to 7
	No. 303	2 cups	4
<i>Fruits, frozen</i>			
All Kinds	10 oz. pkg.		2 to 3 (1/2 cup)
	10 to 16 oz. pkg.	1 to 2 cups	2 to 4
<i>Fruits, dried</i>			
Apples, dried	1 lb.	4 cups	16 to 20 (1/2 cup)
Prunes, dried	1 lb.	2 1/2 cups	8
Raisins, dried	1 lb.	3 cups seedless 2 1/2 cups seeded	
Dates	1 lb.	2 1/2 cups (60 dates)	
<i>Vegetables, fresh</i>			
Asparagus	1 lb.	16 to 20 stalks	4 (1/2 cup)
Beans, lima in pod	1 lb.	2/3 cup shelled	2 (1/3 cup)

\*The size of the citrus fruit is indicated by numbers which represent the count of fruit in a standard box. The larger the number the smaller the fruit.

Size	Oranges	Grapefruit
Large	96 or 126	24, 36, 46
Medium	150, 176, 200, 216	54, 64, 70 or 80
Small	225, 324, 344, 392	96, 126

## BUYING GUIDE (Continued)

Food	Market unit	Approx. Measure as Purchased	Approx. Number of Servings
<i>Vegetables, fresh</i>			
Beans, snap	1 lb.	3 cups, 1-in.	5 (1/2 cup)
Beets	1 lb.	2 cups, diced	4
Broccoli	1 lb.		3
Brussels sprouts	1 lb.	1 qt. or less	5
Cabbage, raw	1 lb.	1/2 small head 4 cups shredded	7
Cabbage, cooked	1 lb.		4 (1/2 cup)
Carrots	1 lb.	2 1/2 cups diced or shredded	5 (1/2 cup)
Cauliflower	1 lb.	1 1/2 cups	3 (1/2 cup)
Celery	1 lb.	2 med. bunches or 2 cups diced	4 (1/2 cup) cooked
Corn, ears	12 medium	3 cups cut	6
Egg plant	1 lb.	2 1/2 cups, diced 11 1/2-in. slices	5 (1/2 cup)
Greens	1 lb.		3 to 4
Mushrooms	1 lb.	35 to 45	6
Onions	1 lb.	3 large	4
Peas in pod	1 lb.	1 cup shelled	2
Potatoes, sweet	1 lb.	3 medium	3
Potatoes, white	1 lb.	3 medium	3
Squash, winter	1 lb.		2 to 3
Squash, summer	1 lb.		3
Tomatoes	1 lb.	4 small 16 slices	3 (cooked) 4 (raw)
<i>Vegetables, frozen</i>			
All kinds	10 to 12 oz. pkg. 1 lb.	1 1/4 to 2 cups 2 1/2 cups	3 to 4 5 to 6
<i>Vegetables, canned</i>			
All kinds	No. 303 No. 2 No. 2 1/2 No. 3 cylinder 8 oz. can 16 to 17 oz. can 20 oz. can 29 oz. can	2 cups 2 1/2 cups 46 oz.	4 5 (1/2 cup) 6 to 7 (1/2 cup) 11 to 12 2 (1/2 cup) 4 (1/2 cup) 4 to 5 (1/2 cup) 6 to 7 (1/2 cup)
<i>Vegetables, dried</i>			
Kidney beans	1 lb.	2 1/2 cups	9 (3/4 cup)
Lima beans	1 lb.	2 1/2 cups	8 (3/4 cup)
Navy beans	1 lb.	2 1/3 cups	8 (3/4 cup)
Split peas	1 lb.	2 cups	7 (3/4 cup)

# CEREALS and BEVERAGES

## BUYING GUIDE

Food	Market unit	Approx. Measure as Purchased	Approx. Number of Servings
Bread	1 lb.	12 to 16 slices	
Corn flakes	18 oz.	16 to 20 cups	18 (1 cup)
Macaroni, noodles, spaghetti	1 lb.	4 to 5 cups	10 to 12 (3/4 cup)
Rice	1 lb.	2 1/4 cups	16 to 17 (1/2 cup)
Crackers, graham	1 lb.		30 (2 crackers)
Crackers, soda	1 lb.		35 (2 crackers)
Rolled oats	1 lb.	5 cups	12 (2/3 cup)
<i>Beverages</i>			
Cocoa	8 oz.	2 cups	50
Coffee	1 lb.	5 cups	40 to 50
Coffee, instant	2 oz.	1 cup	25 to 30
Tea	1 lb.	6 to 8 cups	300

# BUYING AIDS

## WEIGHTS AND MEASURES

- Dash = less than  $\frac{1}{8}$  teaspoon  
3 teaspoons = 1 tablespoon =  $\frac{1}{2}$  ounce liquid  
16 tablespoons = 1 cup = 8 ounces liquid  
8 tablespoons =  $\frac{1}{2}$  cup = 4 ounces liquid  
4 tablespoons =  $\frac{1}{4}$  cup = 2 ounces liquid  
1 cup =  $\frac{1}{2}$  pint  
2 cups = 1 pint = 16 ounces liquid  
2 pints (4 cups) = 1 quart = 32 ounces liquid  
4 quarts (liquid) = 1 gallon  
8 quarts (solid) = 1 peck  
4 pecks = 1 bushel  
16 ounces = 1 pound — dry measure  
4 ounces =  $\frac{1}{4}$  pound — dry measure  
1 ounce = 28.35 grams — dry measure  
 $3\frac{1}{2}$  ounces = 100 grams — dry measure  
1 pound = 453.6 grams — dry measure

## CAN SIZES

Can size	Approx. net weight	Approx. contents	Average No. of servings	Used chiefly for:
	5 oz. 6 oz.	Scant cup $\frac{3}{4}$ cup	1 to 2 6 (reconstituted)	Chicken, turkey Frozen juice concentrate, natural strength juices
No. $\frac{1}{2}$	6 to 7 oz.	1 cup	3 to 4	Tuna, shrimp, crabmeat
Buffet	8 oz.	1 cup	2 (fruits) 2 to 4	Fruits, vegetables, mushrooms, shrimp, olives
Picnic or No. 1	10 $\frac{1}{2}$ oz.	1 $\frac{1}{4}$ cups	2 to 3	Condensed soups
No. 2	1 lb., 4 oz.	2 $\frac{1}{2}$ cups	4 (fruits) 5 (vegetables) 3 (soups)	Juices, fruits, vegetables, soups
No. 2 Vacuum	12 oz.	1 $\frac{1}{2}$ cups	3 to 4	Vegetables (peas, corn, tomatoes)
No. 2 $\frac{1}{2}$	1 lb., 13 oz.	3 $\frac{1}{2}$ cups	6 to 7 (fruits) 5 (soups)	Fruits, vegetables, soups, baked beans
No. 300	14 to 16 oz.	1 $\frac{3}{4}$ cups	3 to 4	Berries, cranberry sauce, baked beans, date nut bread
No. 303	16 to 17 oz.	2 cups	4	Fruits, vegetables
1 lb. tall	1 lb.	2 cups	2	Salmon
No. 3 cylinder	46 oz.	5 $\frac{3}{4}$ cups	11 to 12	Fruit and vegetable juices



## FROZEN PACKAGE SIZES

Frozen product	Weight (ounces)	Average number of servings
Fruits	10 oz.	3
	12 oz.	4
	13½ oz. (grapefruit and pineapple)	3 to 4
	20 oz. (cherries)	
Fruitades and fruit juices	6 oz. (concentrate)	6 (when diluted)
	12 oz. (concentrate)	12 (when diluted)
Vegetables	10 to 12 oz.	3 to 4
	1 lb.	5 to 6

## DIVIDING THE FOOD DOLLAR

The amount of money available to spend on food varies with the size of income. Regardless of family income, the homemaker must provide balanced healthful meals for her family. This takes more careful planning and shopping on a low cost food budget.

Fortunately, low cost foods such as dry beans and peas, grain products and potatoes have as many nutrients as the expensive.

Stewing meat and chuck steaks have the same vitamins and minerals as tenderloin steak or chops.

Dried peas and beans are good source of proteins and some of the B-vitamins.

Potatoes are good sources of many nutrients as are cabbage, turnips and squash.

Since 1/5 to 1/3 of most people's incomes is spent on food, it's an expenditure worth planning. The U.S. De-

## AVERAGE WEEKLY FOOD COSTS IN THE UNITED STATES AT 3 LEVELS OF SPENDING

Family type	Low-cost	Moderate	Liberal
	\$	\$	\$
One woman, 20 to 35 years of age*	7 to 9	10 to 12	12 to 14
Two persons, 20 to 35 years of age**	18 to 20	24 to 26	29 to 31
Two persons, 55 to 75 years of age**	15 to 17	19 to 21	24 to 26
Family of 4 with preschool children (Man and woman, 20 to 35, children, 1 to 3 and 3 to 6 years)	27 to 29	34 to 36	42 to 46
Family of 4 with school children (Man and woman 20 to 35, child 6 to 9, and boy 10 to 12 years)	31 to 33	40 to 42	49 to 51
Family of 6 (Man and woman 35 to 55, boy 15 to 20, girl 12 to 15, child 6 to 9, and girl 10 to 12 years)***	44 to 46	57 to 59	69 to 71

\*20% added for family size adjustment

\*\*10% added for family size adjustment

\*\*\*10% subtracted for family size adjustment

Based on estimates published in September 1971 *Family Economics Review*, Consumer and Food Economics Research Division, Agricultural Research Service, USDA.

partment of Agriculture estimates that the typical American family spends half its food money for meat, eggs, and milk. So it's wise to concentrate on savings in these groups when income is reduced.

On a moderate to liberal level, about  $\frac{1}{3}$  of the money is spent on meat, fish, and poultry. This expenditure should be kept between  $\frac{1}{5}$  to  $\frac{1}{4}$  on a low cost level. On a moderate to liberal level the expenditure for fruits and vegetables is about  $\frac{1}{4}$  of the food budget. This may be reduced to  $\frac{1}{5}$  of the food budget on the low cost level.

A good diet depends more on the food selected within each group than on the amount of money spent for food.

## ESTIMATED COST OF 1 WEEK'S FOOD U.S. AVERAGE

Sex-age groups	Low-cost plan	Moderate-cost plan	Liberal plan
<b>Children:</b>			
Under 1 year .....	\$ 3.60	\$ 4.60	\$ 5.10
1 to 3 years .....	4.60	5.80	7.00
3 to 6 years .....	5.50	7.10	8.50
6 to 9 years .....	6.80	8.60	10.80
<b>Girls, 9 to 12 years .....</b>	<b>7.70</b>	<b>9.90</b>	<b>11.60</b>
12 to 15 years .....	8.50	11.00	13.30
15 to 20 years .....	8.70	10.90	13.00
<b>Boys, 9 to 12 years .....</b>	<b>7.90</b>	<b>10.10</b>	<b>12.20</b>
12 to 15 years .....	9.20	12.10	14.40
15 to 20 years .....	10.70	13.50	16.30
<b>Women, 20 to 35 years .....</b>	<b>7.90</b>	<b>10.10</b>	<b>12.20</b>
35 to 55 years .....	7.60	9.70	11.70
55 to 75 years .....	6.50	8.30	10.00
75 years and over .....	5.90	7.40	9.10
Pregnant .....	9.40	11.80	13.90
Nursing .....	11.00	13.60	15.90
<b>Men, 20 to 35 years .....</b>	<b>9.20</b>	<b>11.70</b>	<b>14.60</b>
35 to 55 years .....	8.50	10.90	13.30
55 to 75 years .....	7.60	9.80	11.90
75 years and over .....	7.10	9.40	11.40

Based on estimates published September 1971 *Family Economics Review*, Institute of Home Economics, Agricultural Research Service, USDA.

The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person — add 20 percent; 2-person — add 10 percent; 3-person — add 5 percent; 5-person — subtract 5 percent; 6-or-more-person — subtract 10 percent.

Estimates based on current prices, issued quarterly, are available from Consumer and Food Economics Division, Agricultural Research Service, U.S. Dept. of Agriculture, Washington 25, D.C.



## COST FOR ONE SERVING OF FOOD

Retail price per unit (cents)	Number of Servings Per Unit			
	2	3	4	6
5	2.5	1.7	1.2	0.8
10	5.0	3.3	2.5	1.7
15	7.5	5.0	3.8	2.5
20	10.0	6.7	5.0	3.3
25	12.5	8.3	6.2	4.2
30	15.0	10.0	7.5	5.0
35	17.5	11.7	8.8	5.8
40	20.0	13.3	10.0	6.7
45	22.5	15.0	11.2	7.5
50	25.0	16.7	12.5	8.3
60	30.0	20.0	15.0	10.0
70	35.0	23.3	17.5	11.7
80	40.0	26.7	20.0	13.3
90	45.0	30.0	22.5	15.0
100	50.0	33.3	25.0	16.7
110	55.0	36.7	27.5	18.3
120	60.0	40.0	30.0	20.0
130	65.0	43.3	32.5	21.7
140	70.0	46.7	35.0	23.3
150	75.0	50.0	37.5	25.0

### OTHER READING

*Your Money's Worth in Foods* (For consumers), HG-183, December 1970, USDA Sup't. of Documents, U.S. Gov't. Printing Office, Washington, D.C. 20402. 25c.

*Family Food Budgeting . . . for good meals and good nutrition*, HG-94, 1964, USDA Sup't. of Documents, U.S. Gov't. Printing Office, Washington, D.C. 20402. 15c. Includes information on five family food plans with amounts of food from 11 food groups for various ages.

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Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U. S. Department of Agriculture. George S. McIntyre, Director, Cooperative Extension Service, Michigan State University, E. Lansing, Mich.

6P-3:72-10M-SQ



