

Shopping for Food and Nutrition

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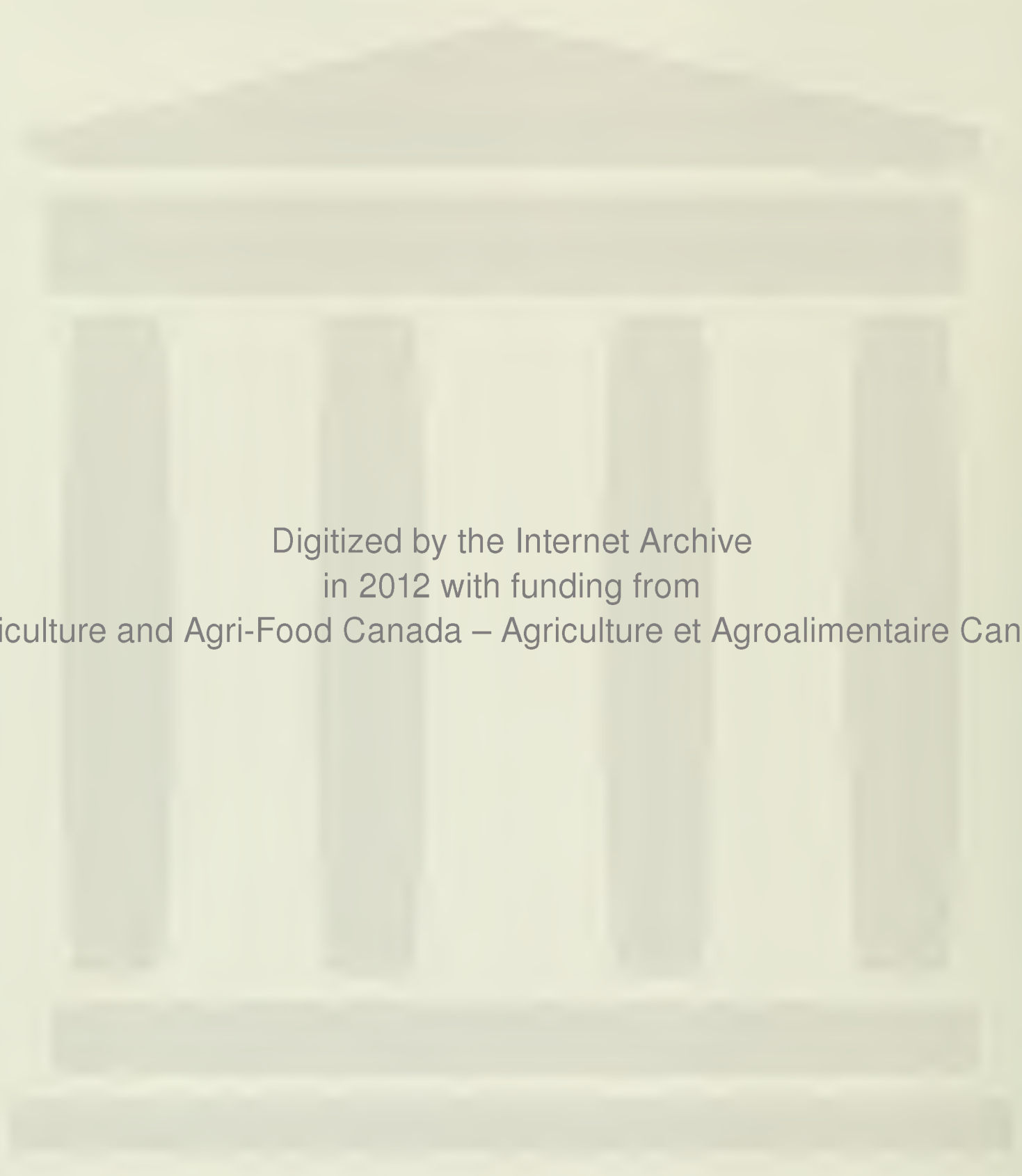
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Shopping for food and nutrition

This publication provides practical guidelines to help Canadians shop wisely and carefully for food and nutrition. It was prepared jointly by Food Advisory Division, Food and Agriculture Marketing Branch, Agriculture Canada and Educational Services, Health Protection Branch, Health and Welfare Canada.

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Nutrition

Why nutrition is important

Good health for you and your family is a feeling of total well-being, physical, psychological and emotional. Nutrition plays an important part in good health because it affects your skin, teeth, eyes, hair and overall appearance, as well as your personality, behavior, working potential and general outlook on life.

Requirements for energy and for nutrients such as protein, vitamins and minerals vary with age, life-style and level of activity. Within your family, there may be different nutrient needs. For example, during certain stages of growth and reproduction, the need for calcium and vitamin D is greater than at other times; and energy requirements are high during the teen years because of growth and development.

Life-style and activity play a major role in determining energy needs. A lumberjack uses up more energy than an office worker, and playing cards takes less exertion than cross-country skiing. If you continue to eat the same amount of food throughout your life, you'll probably gradually gain weight, because the body metabolism slows down and activity level usually drops as people get older.

Although eating habits, both good and bad, are formed early in life, it's never too late to begin following the path to good nutrition. Canada's Food Guide can help you eat wisely and well (see page 27).

Canada's Food Guide

Canada's Food Guide is a pattern of eating, not a rigid set of rules. Through it, you and your family can obtain the more than 50 nutrients needed by your bodies every day. The Guide recommends daily numbers of servings to be selected from each of the four food groups:

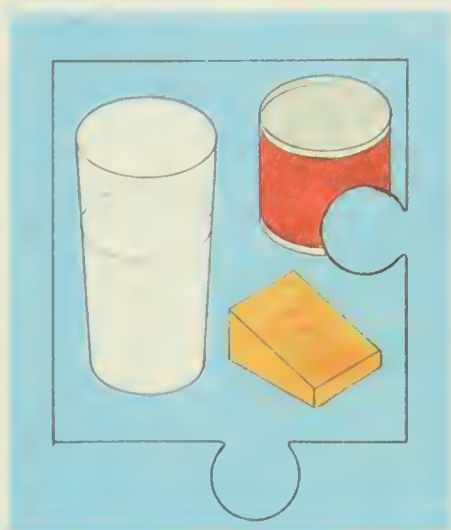
- **Milk and milk products**
- **Bread and cereals**
- **Fruits and vegetables**
- **Meat and alternates**

These four food groups were chosen because the kinds and amounts of key nutrients each group supplies, form an interlocking pattern of good nutrition, much like a jigsaw puzzle. But, just as pieces of a puzzle are not interchangeable because they are all different, these food groups are not interchangeable because the nutrients in them differ. For example, extra vitamin C from the **fruits and vegetables** group can't make up for the shortage of vitamin D that can occur if the **milk and milk products** group is neglected. Each food group contributes a number of specific, essential nutrients, as listed in the table that follows. You wouldn't expect to complete a jigsaw puzzle without having all the pieces and, likewise, good nutrition and complete health are difficult if some of the nutrients are missing.

The four food groups fit together like a jigsaw puzzle.

Main nutrients contributed by the food groups

| | | Milk and milk products | Bread and cereals | Fruits and vegetables | Meat and alternates |
|-----------------------|--|------------------------|-------------------|-----------------------|---------------------|
| Nutrient | Major functions | | | | |
| Carbohydrate | Supplies energy. Assists in the utilization of fats. Spare protein. | | ● | ● | |
| Fat | Supplies energy. Aids in the absorption of fat soluble vitamins. | ● | | | ● |
| Protein | Builds and repairs body tissues. Builds antibodies to fight infection. | ● | ● | | ● |
| Vitamin A | Aids normal bone and tooth development. Maintains the health of the skin and lining membranes. Permits good night vision. | ● | | ● | ● |
| B Vitamins Thiamin | Releases energy from carbohydrates. Aids normal growth and appetite. Maintains normal function of the nervous system and gastrointestinal tract. | | ● | ● | ● |
| Riboflavin | Maintains healthy skin and eyes. Maintains a normal nervous system. Releases energy to body cells during metabolism. | ● | ● | | ● |
| Niacin | Aids normal growth and development. Maintains normal function of the nervous system and gastrointestinal tract. | | ● | | ● |
| Folic acid | Aids red blood cell formation. | | | ● | ● |
| Vitamin C | Maintains healthy teeth and gums. Maintains strong blood vessel walls. | | | ● | |
| Vitamin D | Enhances calcium and phosphorus utilization in the formation and maintenance of healthy bones and teeth. | ● | | | |
| Calcium | Aids in the formation and maintenance of strong bones and teeth. Permits healthy nerve function and normal blood clotting. | ● | | | |
| Iron | An essential part of hemoglobin, the red blood cell constituent that transports oxygen and carbon dioxide. | | ● | ● | ● |



The food groups

How do you manage to find the right pattern for putting together these nutrients? It's not that difficult with Canada's Food Guide. Consider the contributions of each food group.

Milk and milk products

Milk and milk products are important in your family's diet (that includes adults, too!), because they are the main sources of calcium, vitamin D and one of the B vitamins, riboflavin. Foods in this group also supply vitamin A and protein.



The **milk and milk products** group includes all forms of milk — whole, partly skimmed (2% for example), skim, fresh, evaporated and powdered — as well as milk products such as cheese, yogurt and buttermilk. Butter, whipping cream and soft cheeses (for example, cream cheese) are not included, as they contain almost no calcium.

Canada's Food Guide recommends the following daily amounts of **milk and milk products**:

| | |
|----------------------------|-----------------|
| Children up to 11 years | 2 to 3 servings |
| Adolescents | 3 to 4 servings |
| Adults | 2 servings |
| Pregnant and nursing women | 3 to 4 servings |

Examples of a serving

250 mL (1 cup) whole milk, skim milk, buttermilk, partly skimmed milk, reconstituted milk powder, reconstituted evaporated milk, cocoa made with milk or flavored milk
250 mL (1 cup) yogurt
45 g (1-1/2 oz) firm cheese



Did you know?

- Calcium needs are highest during periods of rapid growth. That's why adolescents and pregnant and nursing women should have three to four servings of **milk and milk products** each day.
- Some foods made with milk contribute calcium but do not contain enough milk to qualify as a full serving. However, combinations of these foods can be used. For example, 1 cup cream of tomato soup made with milk (not water), along with 1/2 cup ice cream for dessert, would count as one serving of **milk and milk products**.

Bread and cereals

Bread and cereals are an inexpensive source of energy and supply your family with carbohydrates and proteins. They are also important sources (especially if whole grain and enriched) of iron and several B vitamins.

Whole grain products, such as whole wheat bread, rolled oats, bran flakes and shredded wheat, not only contain the above nutrients, but are also an important source of dietary fiber, which provides bulk to help normal elimination.

Canada's Food Guide recommends three to five servings of **bread and cereals** every day. The exact number and size of servings depend on energy needs and the types of foods you and your family prefer.

Examples of a serving

1 slice enriched or whole grain bread
125 to 250 mL (1/2 to 1 cup) cooked or ready-to-eat cereal
1 roll, tea biscuit or bran muffin
125 to 200 mL (1/2 to 3/4 cup) cooked rice, macaroni, spaghetti or noodles
1/2 hamburger bun

Did you know?

- All white flour must now be enriched with thiamin, riboflavin and niacin, so that all baked goods, whether home-baked or commercially prepared, contain these nutrients.
- Breakfast cereals and pasta products such as macaroni, spaghetti and noodles are sometimes enriched with thiamin, riboflavin, niacin and iron. For a nutritional bonus, look for labels that state what nutrients, if any, are added.
- Egg yolks are added to pasta dough to provide the required 4% egg solids in egg noodles.

Fruits and vegetables

Fruits and vegetables together form a single food group because they make similar contributions to your family's diet. They are the main source of vitamin C and some are especially rich in vitamin A. This group also provides iron, thiamin, folic acid, carbohydrate, trace minerals and fiber.

Cantaloupes, strawberries, citrus fruits, and vegetables such as broccoli, green pepper and Brussels sprouts, are excellent sources of vitamin C. Orange, yellow and dark green vegetables (for example, carrots, winter squash and spinach), and yellow fruits such as apricots and cantaloupes, are major sources of carotene, which is converted into vitamin A by the body. Good sources of iron include prunes, raisins, apricots, peas, beans, broccoli and green leafy vegetables.

Canada's Food Guide recommends four to five servings of **fruits and vegetables** every day, including *at least two vegetables*.

Examples of a serving

125 mL (1/2 cup) vegetable, fruit or their juice

1 medium-sized potato, carrot, green pepper, tomato, peach, apple, orange or banana

Did you know?

- One medium carrot supplies all the vitamin A you need for 1 day and one serving of broccoli fills your daily need for vitamin C.
- Although the potato is an inexpensive vegetable, it can supply worthwhile amounts of vitamin C, folic acid, thiamin and fiber.
- Vitamin C is perishable. Conserve it by storing and cooking **fruits and vegetables** carefully.
- A fruit juice by any other name ... may not be a fruit juice at all. Fruit juices and fruit-flavored drinks are two very different beverages nutritionally. *Fruit juice* is the natural liquid from a particular fruit and contains many minerals and vitamins. As you can see from the labels, *fruit-flavored* beverages, available as canned and frozen drinks, soft drinks, crystals and powders, are mostly sugar and flavoring, with added vitamin C. Remember that these flavored products are not members of the **fruits and vegetables** group and cannot be counted as servings of fruit juice.





Meat and alternates

Foods in this group are the main source of protein and also are important sources of fat, iron, and the B vitamins niacin, thiamin, riboflavin and folic acid.

Your family will receive ample protein from two daily servings of **meat and alternates**, as suggested in Canada's Food Guide, along with the recommended number of servings of **milk and milk products** and **bread and cereals**. Since liver is an unusually nutritious member of the **meat and alternates** group (because of its high content of iron, B vitamins and vitamin A), try to serve it several times a month.

Alternates —

Although meat may be a popular part of your family's meal pattern, there is a wide choice of alternates of both animal and vegetable origin, including poultry, fish, cheese, legumes and simulated products.

Dried legumes, such as peas, beans and lentils, are particularly flavorful, versatile and inexpensive meat alternates. There are dozens of varieties of dried legumes, each with its own distinctive appearance and flavor. Outstanding among the legumes is the soybean, which contains a higher proportion of protein than other dried beans and peas.

There are simulated meat and poultry products (vegetable protein products made to resemble meat and poultry), and meat extenders made from soy protein and other vegetable proteins. They contain the same quality and quantity of protein and about the same amounts of vitamins and minerals as the meat or poultry they replace.

Lower-fat meat alternates include poultry, white-fleshed fish, skim milk cheese and vegetable proteins, such as dried peas, beans and lentils.

Examples of a serving

60 to 90 g (2 to 3 oz) cooked meat, poultry, liver or fish (not including skin, bone or fat)
 80 mL (1/3 cup) canned tuna or salmon
 60 mL (4 tablespoons) peanut butter
 250 mL (1 cup) baked beans, cooked dried peas or lentils
 60 g (2 oz) cheese
 2 eggs
 80 mL (1/3 cup) shelled peanuts
 125 mL (1/2 cup) shelled almonds, cashews, sesame seeds or sunflower seeds
 250 mL (1 cup) shelled walnuts
 60 mL (4 tablespoons) vegetable protein pieces (textured vegetable protein)

Did you know?

- Sometimes restaurant meat portions tend to be overgenerous. A large steak fills the entire day's needs for **meat and alternates**.
- Cheese is a good source of protein, but a poor source of iron. When serving cheese instead of meat, include iron-rich foods such as enriched cereals, bread or green leafy vegetables in the day's food choices.

Proteins are made up of smaller units called amino acids, of which eight — the essential amino acids — must be obtained from food. Others are manufactured by the body.

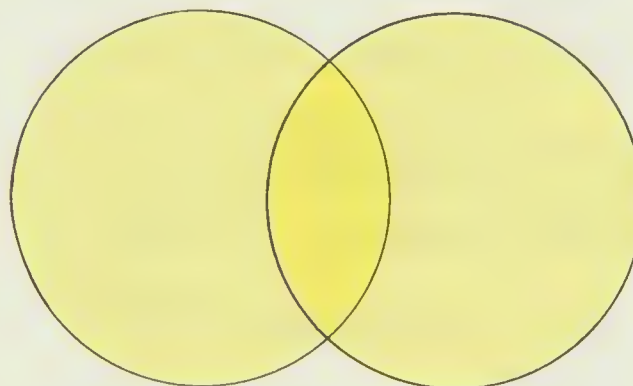
Proteins of animal origin are called complete, because they contain all eight essential amino acids. Foods containing complete proteins include meat, fish, poultry, eggs and cheese from the **meat and alternates** group, and all foods in the **milk and milk products** group.

Proteins of vegetable origin are low in one or more of the essential amino acids, although not necessarily the same ones. Foods containing incomplete proteins include nuts, seeds and legumes from the **meat and alternates** group, and all foods in the **bread and cereals** group.

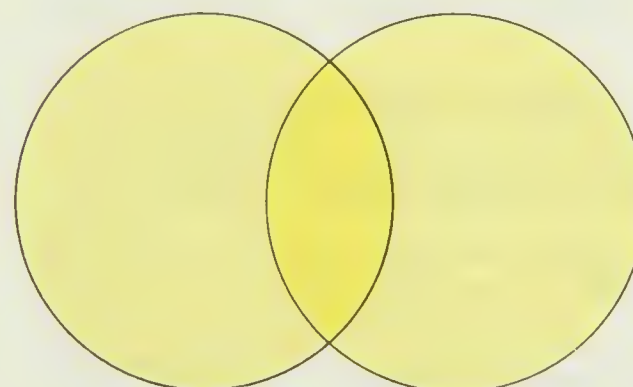
The trick to getting the most out of vegetable proteins is to combine a plant food low in one kind of amino acid with a food that compensates for the deficiency. As a general rule: combine grains with legumes; seeds or nuts with legumes; or any plant food with a high quality animal protein. *But make sure the combinations are eaten at the same meal.*

Good combinations include macaroni and cheese, whole grain cereals with milk, baked beans and bread, beans and rice, and casseroles in which one or more animal proteins are combined with beans, pasta or rice.

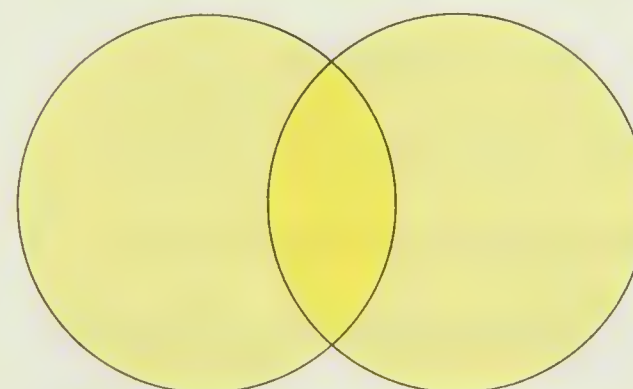
These are good combinations.



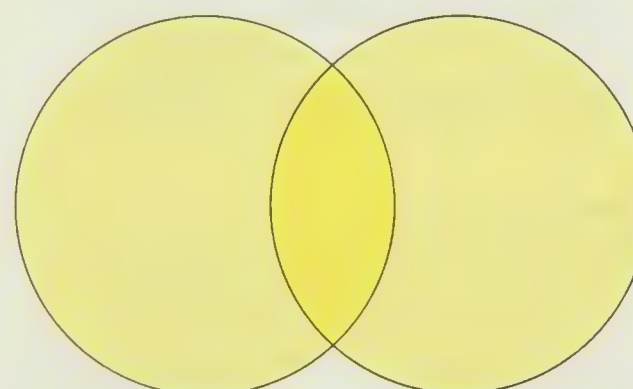
cereal and milk



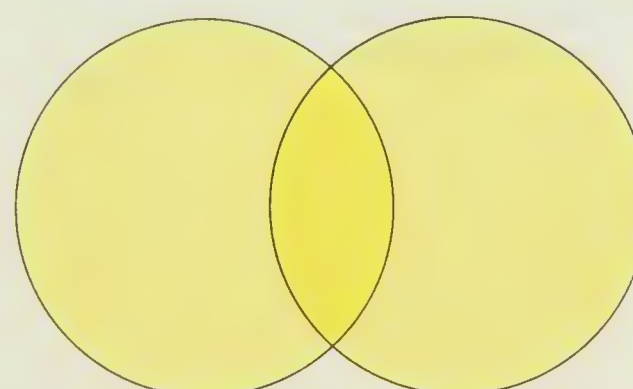
peas and rice



beans and bread



soybeans and sesame seeds



peanuts and noodles

Your daily nutrition scoreboard

| | | |
|----------------------------|--|--|
| Children up to 11 years | Milk and milk products — 2 to 3 servings | |
| | Bread and cereals — 3 to 5 servings | |
| | Fruits and vegetables — 4 to 5 servings (at least 2 vegetables) | |
| | Meat and alternates — 2 servings | |
| Adolescents | Milk and milk products — 3 to 4 servings | |
| | Bread and cereals — 3 to 5 servings | |
| | Fruits and vegetables — 4 to 5 servings (at least 2 vegetables) | |
| | Meat and alternates — 2 servings | |
| Adults | Milk and milk products — 2 servings | |
| | Bread and cereals — 3 to 5 servings | |
| | Fruits and vegetables — 4 to 5 servings (at least 2 vegetables) | |
| | Meat and alternates — 2 servings | |
| Pregnant and nursing women | Milk and milk products — 3 to 4 servings | |
| | Bread and cereals — 3 to 5 servings | |
| | Fruits and vegetables — 4 to 5 servings (at least 2 vegetables) | |
| | Meat and alternates — 2 servings | |

How to score

One square represents one serving. Dark squares represent optional additional servings suggested in Canada's Food Guide. For each food eaten that belongs to a food group, shade in the appropriate square or portion of a square.

Your nutrition score

Now that you are familiar with the food groups in Canada's Food Guide, let's see how your family's food patterns rate. Do the foods normally chosen provide the key nutrients required? First, pick out the category of the accompanying scoreboard that applies to you.

Scoring daily intake

For each food eaten that belongs to a food group, shade in the appropriate square or portion of a square (one square represents one serving). For example, an adult who consumes 1 cup of milk and 1/2 cup of yogurt would shade in 1-1/2 squares of the **milk and milk products** group. In the **fruits and vegetables** group, keep track of the number of servings of vegetables eaten, by writing a "V" on each shaded square representing a vegetable serving. A perfect score for this group shows four or five shaded squares with at least two "V" or vegetable servings.

Are there any squares left blank? If so, this means foods are lacking from one or more of the food groups. Why not keep score for several days until everyone is familiar with the number of servings needed and gets a perfect nutrition score.

Extra servings

You may eat more servings from a food group than are recommended in the Food Guide, but do not include these on the scoreboard. Beware — extra servings are only acceptable so long as you do not neglect the other food groups and can afford the additional calories.

Scoring mixed dishes

Although a few mixed dishes (such as cabbage, carrot and raisin salad) contain ingredients from a single food group, most contain foods from several groups. To score these dishes, separate their main ingredients.

For example:

1/8 of a 35 cm (14-inch) pepperoni pizza
crust — 2 servings **bread and cereals**
pepperoni — 1/2 serving **meat and alternates**
cheese — 1/3 serving **milk and milk products**

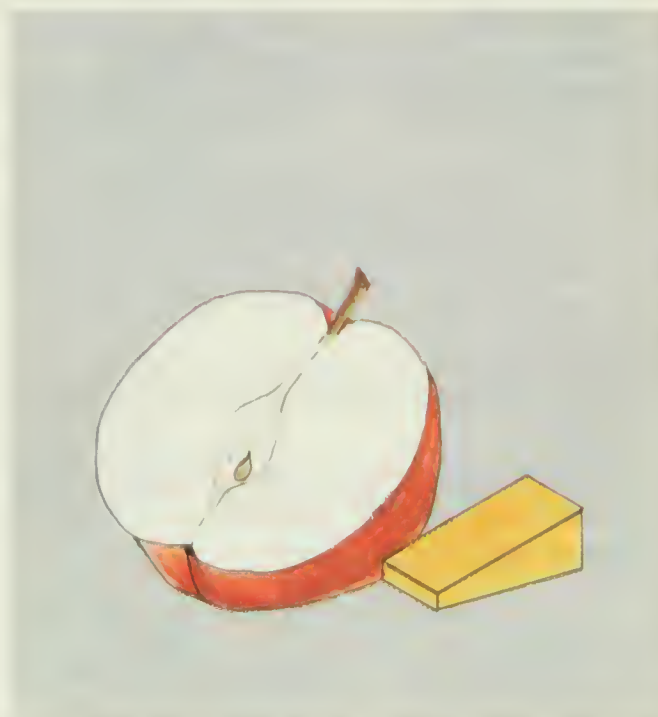


250 mL (1 cup) beef and vegetable stew
beef — 1 serving **meat and alternates**
onions, potatoes, carrots — 1 serving **fruits and vegetables**



250 mL (1 cup) tuna noodle casserole
fish — 1 serving **meat and alternates**
noodles — 1 serving **bread and cereals**





Meals and snacks

Canada's Food Guide does not specify when foods are to be eaten, but your intake should be spread throughout the day. The number and times of meals and snacks depend on your personal preferences. Remember, though, that all of the food you consume throughout the day contributes to your daily energy and nutrient intake.

Beware of snacks that contain little except energy. Choose snacks from the four food groups to make them score nutritionally.

Wise nibblers choose:

apples rather than apple turnovers
fruit juice or milk rather than soft drinks or beer

cheese rather than chocolates

peanuts rather than chips

peanut butter rather than jam

raisins rather than candies

carrot sticks rather than french fries

bran muffin rather than cake
or cookies

Shopping Strategy

You now know not only what you and your family should be eating for good health, but also how good your family's present eating pattern is. The next step is to put the Food Guide into practice and still stay within your budget.

Food is a necessity of life and always takes a substantial portion of your income. Smart consumers learn how to cut costs without reducing nutrition or quality. It's partly a matter of knowing what to beware of at the store, recognizing the pitfalls and discovering your shopping helpers.

Shoppers' pitfalls

Impulse buying

Buying on impulse can strike anytime and is extremely hazardous to your budget. For protection:

- Arm yourself with a grocery list.
- Eat before you shop.
- Leave other family members at home.
- Avoid extra stops at the store between your main shopping trips.

Decoys and delusions

Advertising gimmicks (such as cents-off coupons, premiums and games), colorful displays and arrangements of merchandise tend to blind shoppers to the true value of food items. To protect yourself:

- Be wary of dramatic food displays (is the product really lower priced?).
- Use the 'stoop-and-rise' way of shopping, as products on shelves above or below eye level may sell for less than items close at hand.
- Look for less-familiar brands and store brands, which are often less expensive than popular brands.

Shoppers' helpers

Meal planning

Plan ahead. Keep Canada's Food Guide in mind and include foods from the basic groups at each meal. It's a good idea to plot out a rough menu plan of the foods needed and to check this plan against supplies on hand and specials advertised.

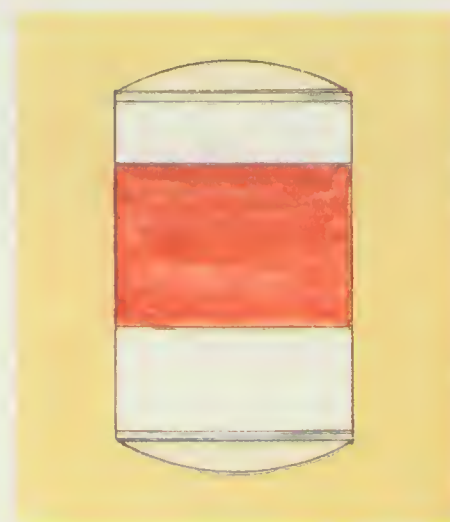
Grocery list

Do your homework before going to the store:

- Check food ads and jot down the best buys. It's smart to plan your list the day the weekly food supplement appears in the local paper.
- Check cupboards, refrigerator and freezer for foods on hand.
- To avoid forgetting foods you need, make notes as supplies get low so you'll remember to add these items to your grocery list when the time comes.
- Keep a list of prices usually paid for staples and baking supplies. By comparing advertised prices with your list, you can tell if items are really 'specials' or are simply being featured.
- To save time and steps, arrange your shopping list according to the layout of the store where you usually shop.

Caution

Never buy bulging, leaking or badly dented cans. Alert the store manager. Bulging cans may be a source of food poisoning.



Caution

Remember, bigger isn't cheaper if storage is a problem or if the item spoils before all of it is used.



Unit pricing

Unit pricing is helpful for comparing similar items of different sizes or brands, or different forms of the same item. Unit prices are sometimes shown on grocery shelves, but if they're not you can easily calculate them yourself using this method.

Unit price =
$$\frac{\text{total price of item}}{\text{number of units (oz, lb, mL, g, can, pkg)}}$$

Examples ¹

| | Unit price |
|------------------------------------|--|
| Canada Choice peas | |
| 10-oz can | $\frac{35\text{¢}}{10\text{ oz}} = 3.5\text{¢} / \text{oz}$ |
| 14-oz can | $\frac{40\text{¢}}{14\text{ oz}} = 2.9\text{¢} / \text{oz}$ |
| 19-oz can | $\frac{45\text{¢}}{19\text{ oz}} = 2.4\text{¢} / \text{oz}$ <i>Best buy</i> |
| Whole milk | |
| 4 L (plastic bags) | $\frac{\$1.92}{4\text{L}} = 48\text{¢} / \text{L}$ <i>Best buy</i> |
| 2 L | $\frac{\$1.01}{2\text{L}} = 50.5\text{¢} / \text{L}$ |
| 1 L | $\frac{51\text{¢}}{1\text{L}} = 51\text{¢} / \text{L}$ |
| Orange juice | |
| Unsweetened canned 48-oz can | $\frac{\$1.15}{48\text{ oz}} = 2.4\text{¢} / \text{oz}$ |
| Fresh 32-oz bottle | $\frac{\$1.06}{32\text{ oz}} = 3.3\text{¢} / \text{oz}$ |
| Frozen concentrate | |
| 12- 1/2 oz can = 48 oz reliquefied | $\frac{\$1.11}{48\text{ oz}} = 2.3\text{¢} / \text{oz}$ <i>Best buy</i> |

Grades²

Food grades indicate the quality of a product, according to standards set by Agriculture Canada. They are determined by physical characteristics, such as appearance, color, weight and maturity, not by nutritional content. When more than one grade is available, buy the one best suited to the use you'll make of the product. For example, in dishes where appearance isn't important, use Canada Standard canned fruits and vegetables. They are flavorful and just as nutritious as the higher-priced Canada Fancy and Canada Choice grades.

Graded foods include:

- Fruits and vegetables — fresh, canned, frozen and dried
- Beef, veal and lamb
- Eggs and poultry
- Butter, skim milk powder and some cheddar cheese
- Honey and maple syrup

Labels

Labels provide information to help you make nutritious, economical purchases. Under government regulations, a label must provide certain facts. For example, the label on a can of cut green beans shows the following:



¹ Based on prices, fall 1978.

² For more information, see publication 1283, *Food Grading in Canada*, available from Information Services, Agriculture Canada, Ottawa K1A 0C7.

| Grade mark | Name and style of product | Net quantity | Ingredients in descending order of proportion | Name and address of packer or distributor | Size |
|------------|--|--------------------|---|--|---|
| | | | National Packers Ottawa, Ontario | | |
| | cut green beans Canada Fancy | 14 fl oz 398 ml | Ingredients: Beans, water, salt Assorted sizes | Ingrédients: Haricots, eau, sel Grosseurs assorties | haricots verts coupés Canada de fantaisie |
| | | | | | 14 oz liq 398 ml |



Canadian grocery product code symbol³. (may appear)

Also check for:

- **Best before / Meilleur avant** — With the exception of fresh meats, fruits and vegetables, packaged foods that should be used within 90 days or less must show a durable life date on the label, with the words “best before / meilleur avant” immediately preceding the date. If the product is stored properly, it will keep its normal wholesomeness, eating quality, nutritive value and any other qualities claimed by the manufacturer until that date. Once the package is opened and some of the food removed, the date no longer applies. Refrigerated foods will probably remain safe to eat much longer than the expiry date on them; however, there may be a loss in quality.

- **Previously frozen** — If frozen meat or a meat by-product is thawed before being offered for sale, the words “previously frozen” must appear on a sign near the food. Similarly, if ground beef is made by grinding together frozen boneless beef and fresh beef, it must be marked with a sign that reads: “made from fresh and frozen portions”.

- **Canada Approved** — The round Canada or Canada Approved label on fresh meat and poultry, cured meats (such as wieners, sausages and picnic shoulders), canned meats, frozen meat dinners and meat-stock soups is your assurance that the meat is safe and wholesome. It indicates that the product has been federally inspected, by Meat Inspection Division, Agriculture Canada.

- **Artificial flavor** — If a food product is artificially flavored and the natural product being imitated is pictured, the label must state that artificial flavoring has been added.

- **Vitamins and minerals** — If vitamins or minerals are added, they must be mentioned on the label.

Caution

A label can't help you if you don't read it.



³ These lines and digits represent the manufacturer and each of his products. At automated checkout counters, the symbol is electronically decoded and the price and product information are printed on the register tape.



Buying

Buying only as much food as you need to feed your family can reduce leftovers, cut costs and allow you to have more variety in your menu. And if you know the number of servings to expect from each food, it's easy to calculate the number of pounds, kilograms or litres to buy. For example, referring to the meat yields listed in the Buying Guide, you can see that for four servings you'd need about 1 pound of boneless meat, but anywhere from 1-1/3 to 4 pounds of bone-in meat depending on the amount of bone it contains.

During the changeover to the metric system, you will be buying some foods by the pound and others by the kilogram; some by the quart or fluid ounce and others by the litre or millilitre. To help during the transition period, get acquainted with Kitchen Metrics, page 32.

Buying guide

| Food | No. servings ⁴ (from 1 pound) |
|---|---|
| Meat | |
| Beef, pork, veal, lamb, variety meats | |
| Roasts, steaks, chops, ground meat, stewing meat | |
| Boneless | 3 — 4 |
| Bone-in (small amount of bone) | 2 — 3 |
| Bone-in (large amount of bone) | 1 — 2 |
| Cold cuts | 5 |
| Poultry | |
| Whole chicken or turkey | 1 — 2 |
| Uncooked turkey roll | 3 — 4 |
| Cooked turkey roll | 5 |
| Fish | |
| Steaks, fillets, fish sticks | 2 — 3 |
| Pan dressed (head & tail removed, eviscerated) | 2 |
| Whole round | 1 |
| Vegetables | |
| Fresh, cooked: | |
| Cauliflower, corn, peas, winter squash | 2 — 3 |
| Broccoli, cabbage, parsnips, potatoes, spinach, summer squash, tomatoes, rutabaga | 3 — 4 |
| Asparagus, beets, Brussels sprouts, carrots, eggplant, onions, mushrooms | 4 — 5 |
| Beans, celery | 5 — 6 |
| Fresh, for salads: | |
| Tomatoes | 3 — 4 |
| Cabbage, lettuce, spinach | 6 — 7 |
| Dried, cooked: | |
| Beans, lentils, peas | 10 — 12 |

| Food | No. servings (from 1 pound) |
|----------------------------------|--------------------------------|
| Fruits | |
| Most fresh fruits | 3 — 4 |
| Most dried fruits | 12 — 15 |
| Beverages | |
| Coffee, ground | 50 |
| Coffee, instant (2 8-oz jars) | 200 |
| Tea leaves | 200 |

| | No. servings (from 1 kilogram) |
|--|--------------------------------------|
|--|--------------------------------------|

Cereals

| | |
|--|----------------------|
| Rice | |
| Long grain | 34 — 36 (1/2 cup) |
| Short grain | 26 — 28 (1/2 cup) |
| Pasta | |
| Macaroni, noodles | 16 — 18 (1/2 cup) |
| Spaghetti | 10 — 12 (1/2 cup) |
| Cereals requiring cooking | |
| Combination grain (e.g., Red River) | 18 — 20 (3/4 cup) |
| Rolled oats | 24 — 26 (3/4 cup) |
| Cracked wheat | 24 — 26 (3/4 cup) |
| Cream of Wheat | 28 — 30 (3/4 cup) |
| Cereals ready-to-eat | |
| Large flakes | 32 — 34 (1 cup) |
| Small flakes | 18 — 20 (1 cup) |
| Large puff | 64 — 66 (1 cup) |
| Granola type | 32 — 34 (1/4 cup) |

| Food | Yield |
|---|---------------------------------|
| Dairy products | |
| 1 pound | |
| Cheddar cheese, grated | 4 cups |
| Process cheese slices | 16 or 24 slices (read label) |
| Cottage cheese | 8 (1/4-cup) servings |
| Dry skim milk powder — reconstituted | 6-2/3-cups 4 quarts |

| | |
|-----------|-------------------------|
| 1 litre | |
| Milk | Slightly over 4 cups |
| Ice cream | 8 (1/2-cup) servings |

For sandwiches

| | |
|----------------------|------------------------------|
| Bread — 1 24-oz loaf | 20 — 24 slices |
| Butter — 1/4 pound | To spread 24 slices bread |

| | No. servings (1/2 cup) |
|--|---------------------------|
|--|---------------------------|

Canned foods

| | |
|-------------------|-------|
| 10 fl oz (284 mL) | 2 — 3 |
| 14 fl oz (398 mL) | 3 — 4 |
| 19 fl oz (540 mL) | 5 |
| 28 fl oz (796 mL) | 7 |

Frozen foods

| | |
|---------------|----|
| 10 oz (283 g) | 4 |
| 2 lb (907 g) | 13 |



⁴ See "Examples of a serving," pages 6, 7 and 8,

Your food and your money

It's all too easy to overlook penny savings on individual foods, but carelessly spent pennies soon add up to pinch your pocketbook. As a penny-wise consumer, learn to spot money-saving buys within each food group.

Save on milk and milk products

Milk and cream prices are influenced more by butterfat content than nutritional value. Whipping cream, for example, with the highest fat content, costs about five times as much as whole milk; and skim milk, especially that prepared at home from the powder, costs considerably less than whole milk.

Flavored dairy products, such as peach yogurt, pineapple cottage cheese and chocolate drink, usually cost more than the plain products and have sugar added. Sweetened condensed milk should be used only in specific dessert or candy recipes. It is higher priced than evaporated milk and contains a large proportion of sugar. Prices of cheddar and other kinds of hard cheese vary according to age and method of preparation; for example, old (or strong) and hickory-smoked cheese cost more than mild or medium cheddar.

Other Penny Savers

Skim milk powder

- Use reconstituted milk powder instead of fluid milk in cooking.
- Mix reconstituted milk powder with an equal amount of whole milk to make 2% milk that is lower priced than what you can buy.
- Substitute whipped topping made from skim milk powder or evaporated milk for whipped cream or ready-made topping.
- Make your own instant cocoa mix for cocoa and chocolate milk, by combining instant skim milk powder (1 L), cocoa (175 mL) and sugar (250 mL). For hot cocoa, combine 100 mL cocoa mix with 200 mL boiling water; for chocolate milk, combine 75 mL mix with 200 mL cold water.

Cheese

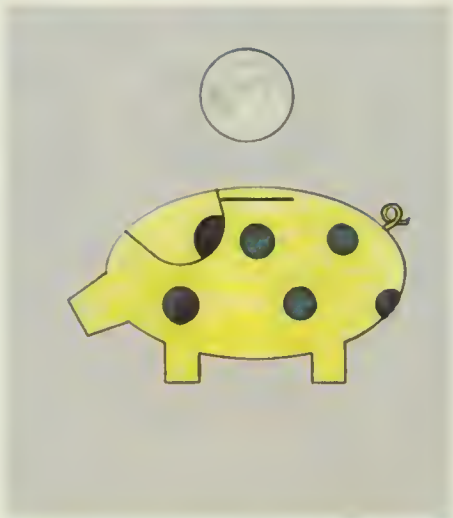
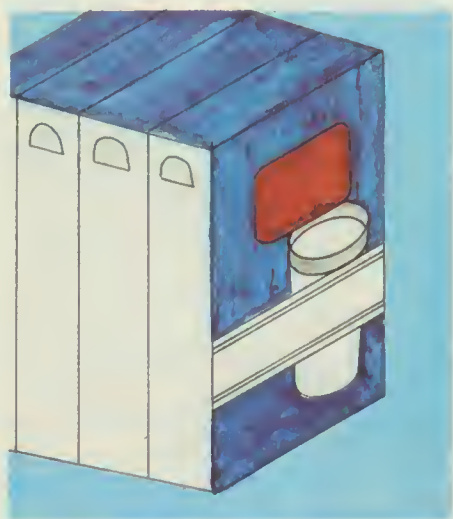
- Compare prices of bulk cheese vs. similar prepackaged or sliced cheese (especially individually wrapped slices); and Canadian specialty cheese vs. comparable types of imported cheese.
- Use mild or medium cheese instead of old cheese in most recipes, unless you want a sharp cheese flavor.
- Flavor soft cheese by adding spices, herbs, or chopped chives, pimiento, bacon bits or pineapple to plain cottage or cream cheese.
- Grate cheese that has become hard and use it in baked goods (biscuits, muffins, pastry), sauces and casseroles.

Other milk products

- Make your own flavored yogurt by adding jam, jelly or fruit to plain yogurt and make your own dips by adding finely chopped vegetables with seasonings to plain sour cream.
- Use evaporated milk to replace light cream in recipes.
- Serve ice milk and sherbet instead of ice cream; they're cheaper and contain less fat.

Save on bread and cereals

Plain breads, cereals and pastas are usually better buys than those with fancy flavors and shapes. As a rule, the more processed a product is, the more it costs.



Other Penny Savers

Bread

- Check prices by comparing both weight and number of slices of bread in loaves. Sandwich bread may cost more per loaf, but could cost less per serving as slices are usually thinner.
- Compare prices of frozen bread dough by the pound.
- Select enriched white bread or whole grain bread, such as rye or 100% whole wheat, for best food value.
- Stock up on day-old bread at the bakery and freeze it; it will keep for 2 months in the freezer.
- Buy frozen bread when on 'special' and store up to 1 month.

Cereals

- Select whole grain cereals, because they provide more nutrients and better money value than most processed ready-to-eat cereals (some refined cereals have added nutrients replacing those lost in processing).
- Buy unsweetened ready-to-eat cereals rather than the costlier sweetened ones — it's less expensive to add your own sugar if necessary.
- Compare cereals by unit price rather than package price; large packages are generally a better buy than small ones.

Pasta

- Check labels for added nutrients, as enriched pastas provide better nutrition for your food dollar.
- Buy pasta products — macaroni, spaghetti and noodles — when on 'special'; they keep indefinitely when stored in original packages in a dry place.
- Combine pastas with cheese, eggs or nuts for nutritious, money-saving main dishes.

Rice

- Weigh cost against convenience and cooking time, when deciding which kind of rice to buy. Rice is available at various stages of processing — brown, raw, quick cooking and precooked.
- Select brown rice or parboiled (converted) rice over regular white rice, as they contain more thiamin, niacin and iron.

Cooking times and yields

| 1 cup rice | Cooking time | Cooked yield |
|------------------------------|----------------------|--------------|
| Brown | 45 min | 3- 1/3 cups |
| Raw | 25 min | 3- 3/4 cups |
| Quick cooking | 5 min | 1- 1/2 cups |
| Precooked (canned or frozen) | Varies (reheat only) | 1 cup |

Save on fruits and vegetables

Prices of fresh fruits and vegetables vary but are usually lowest when the products are in season. Canned and frozen fruits and vegetables are available year round and generally are more economical than imported fresh produce in the winter months. When comparing costs of fresh and processed vegetables, remember that waste from fresh vegetables (outer leaves, peel, roots, etc.) is part of the cost.

Other Penny Savers

Fruits

- Buy fresh fruit by the basket or in bulk packages as it usually costs less this way than by the pound, but do not buy more than you can use before it starts to spoil.
- Compare costs per serving of various grades and kinds of fruit, to get the best value for your money.
- Look for sliced or diced canned peaches and pears, as they are often a better buy than canned halves.
- Select small apples and bananas for children rather than larger ones, which may be only half eaten.

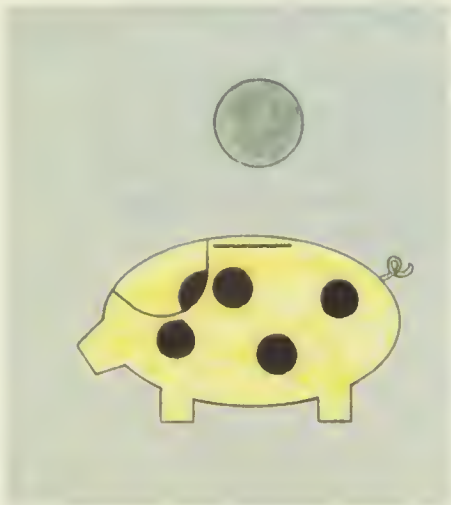
Consumer know-how

When deciding whether to bake at home, to buy ready-to-bake products or to buy bakery products, consider cost, time of preparation and flavor.



Consumer know-how

Citrus fruits, grapes and cherries are picked when fully mature. Other fruits such as peaches, pears, plums and tomatoes are picked underripe; leave them at room temperature to ripen, then refrigerate. You can cook overripe fruit with a little sugar and use as stewed fruit or a sauce for puddings.



Caution

Green potatoes have been exposed to light and will be bitter. Cut off and do not eat green areas. Always store potatoes away from light.



Vegetables

- Compare prices of fresh, canned and frozen vegetables by cost per serving rather than cost per unit (see Cost Comparison, below).
- Serve vegetables raw whenever possible.
- Cook vegetables properly to avoid loss of nutrients. To keep vitamins in the vegetables instead of in the cooking liquid, leave vegetables unpeeled if you can; keep them whole or in large pieces, and don't drown them — use the least amount of water, with the lid on tight.

Cost comparison

1/2-cup serving of cooked green beans

| Item | Cost ⁵ | No. serv-ings | Cost / serving |
|--------------------------|-------------------|---------------|--|
| 1 lb fresh green beans | 57¢ | 6 | $\frac{57}{6} = 9\text{-}1/2\text{¢}$ |
| 14 oz canned green beans | 47¢ | 4 | $\frac{47}{4} = 11\text{-}3/4\text{¢}$ |
| 10 oz frozen green beans | 55¢ | 4 | $\frac{55}{4} = 13\text{-}3/4\text{¢}$ |

In our example, at these prices, the fresh green beans are the best buy. Calculate the costs in your area. What is the best buy for you? Remember that the most economical form of produce depends on the time of year and on supplies available; the best buy in February may not be the best buy in September.

Save on meat and alternates

Since these protein foods consume a large part of your food dollar, careful selection can help you stay within your budget. It's important to know the various cuts of meat (see page 29) and their proper cooking methods, and how to shop for best values in meat, poultry, eggs and fish.

Labeling of Meat Cuts

Look for the common name of the meat cut on the label and learn to recognize the section of the animal from which it comes. This will give you a guide to its relative tenderness and the way it should be cooked. Cuts from the rib and loin, for example, beef rib or pork loin roast, are tender and should be cooked by dry heat (roasting, panfrying or broiling). Cuts from the beef shoulder or chuck, such as blade pot roast, are less tender and should be cooked by moist heat to make them tender (pot roasting, braising or stewing).

Health inspected beef, lamb and veal carcasses may be graded by Agriculture Canada food inspectors. Grades are an indication of quality for consumers. Beef and veal are graded Canada A, Canada B, Canada C or Canada D. For beef, there are four fat levels in the A and B grades; level 1 has the least fat and level 4 has the highest. The main lamb grades available in retail stores are Canada A1, Canada A2, Canada A3, Canada C1. Pork is not sold by grade in retail stores since pork cuts are trimmed before sale.

Labeling of Ground Beef

Ground beef is sold according to fat level:

| Type | Maximum % fat | % lean |
|---------|---------------|--------|
| Regular | 30 | 70 |
| Medium | 23 | 77 |
| Lean | 17 | 83 |

⁵ Based on prices, fall 1978.

Regular ground beef is often used for patties and meatballs, since the combination of lean and fat makes them juicy and not too compact. Leaner ground beef is preferred for meat loaves and casseroles (where fat cannot be drained away), and for people on reduced fat diets.

To discover which ground beef is the best buy as far as leanness is concerned, compare costs of the actual amounts of lean in the three types:

Cost/lb of lean portion =

$$\frac{\text{price / lb} \times 100}{\% \text{ lean (70, 77 or 83)}}$$

Example⁶

| Type | Cost / lb lean |
|---------------------|---|
| Regular ground beef | $\frac{\$1.28 \times 100}{70} = \1.83 |
| Medium ground beef | $\frac{\$1.48 \times 100}{77} = \1.92 |
| Lean ground beef | $\frac{\$1.78 \times 100}{83} = \2.14 |

At the prices used in the example, regular ground beef is the best buy. However, if medium ground beef was 'on special' at \$1.38 / lb (as sometimes occurs), it obviously would be the best buy ($\frac{\$1.38 \times 100}{77} = \1.79).

Other Penny Savers

Meat

- Compare cuts of meat by cost per serving rather than cost per pound, as fat, bone and gristle reduce the number of servings.
- Take advantage of 'specials' on meat to buy for more than one meal or to freeze (for example, pot roasts may be a good buy for the freezer during summer, when steaks are in demand).
- Use variety meats such as liver, kidney and tongue, which are often cheaper than other meats. Beef and pork liver sell for less than calves' liver and are almost the same nutritionally.

- Buy cold cuts in bulk (or sliced at the delicatessen counter), rather than presliced, prepackaged meats which usually cost more.
- Use less tender cuts of meat to make delicious dishes like beef bourguignon, beef stroganoff and curries.

Poultry

Although most of the poultry on the market is Canada A quality, you can take advantage of Canada B and Canada Utility poultry which are cheaper than Canada A birds but just as tasty and nutritious. Canada B birds are not as well fleshed or fattened as Canada A and have minor imperfections; Canada Utility birds (which qualify for at least Canada B) may have a part missing, to remove bruised skin, discoloration or broken bones. Canada C poultry, the lowest consumer grade, is available in certain areas. Basted turkeys are usually higher priced than regular turkeys.

- Compare price per pound of whole chicken with that of chicken parts; it's often cheaper to buy a whole bird and cut it up if you can use all the parts or freeze them.
- Cook a large turkey and freeze the extra meat immediately after cooking; you can use it for many meals. For example: braise legs and thighs in a flavorful sauce; slice breast meat, dip in egg and crumbs and sauté like veal cutlets; simmer wings, neck and other boney parts with vegetables for stew (include leftover gravy if you like); use bits and pieces of meat to make 'chicken' fried rice; and serve sliced meat with vegetables or in hot turkey sandwiches with a salad for lunch or supper.

Caution

Keep all ground beef well refrigerated. If you intend to freeze it, do it right away, not the next day. For convenience, freeze in meal-sized or individual portions.



Nutrition note

Price per pound of boneless meat cuts is no indication of nutritive value. The less-expensive cuts are as nourishing as those that cost more.

⁶Based on prices, fall 1978.



Eggs

- Buy the grade and size of eggs best suited to your purpose. Sizes of eggs graded Canada A1 and A are Extra Large, Large, Medium, Small and Peewee. At certain times of the year, Medium or Small eggs may be a better buy than Large or Extra Large.
- Take advantage of Peewee eggs, sometimes sold at half the price of Large. They're an ideal size, hard cooked, for lunch boxes and party appetizers.
- Refrigerate eggs as soon as possible after purchase; store with large ends up to prevent loss in quality.
- Pick up Grade B eggs, when available, for baking. Although they may have imperfectly formed shells, thinner whites and flatter yolks than Grade A eggs, they have the same nutritive value.
- Freeze leftover egg whites and yolks; they'll keep for up to 4 months. To freeze yolks for later use, add 5 mL (1 teaspoon) sugar or 2 mL (1/4 teaspoon) salt to 50 mL (1/4 cup) egg yolks (to reduce gumminess when thawed). Freeze egg whites as they are.



Fish

- Compare cost per serving of fresh and frozen fish to find the best buy.
- Buy plain frozen fillets and bread them yourself.
- Use flaked tuna rather than the more expensive solid tuna in sandwiches, casseroles and most dishes (except salads, where appearance is important).
- Buy canned mackerel; it's inexpensive and can replace tuna in recipes.
- Compare prices of canned salmon (Sockeye, Cohoe, Pink and Keta). There's not much difference in flavor, but Sockeye has the reddest flesh. The type you buy should be determined by the intended use.

Save on fats and oils

Fats and oils come in many forms. Those of animal origin, such as butter and lard, remain solid at room temperature. The same is true of most margarines and shortenings, which are generally from plant sources. Other fats of vegetable origin — such as corn, soybean, peanut, rapeseed (also known as canbra and colza), safflower and sunflower oils — are liquid at room temperature. The largest package of any of these products is often the best buy.

Other Penny Savers

- Compare prices of margarine and butter.
- Make homemade whipped butter for sandwiches by beating 50 mL (1/4 cup) milk into 250 g (1/2 lb) softened butter until light and fluffy. This expands the volume by a third and makes the butter easier to spread.
- Choose olive oil only when it is specifically called for in a recipe. It has a special flavor of its own and is more expensive than the other vegetable oils, which are bland in flavor.
- Use liquid oil rather than higher-priced spray oil to prevent foods from sticking to pans.
- Strain, cover and refrigerate oil after deep-fat frying. It can be used several times for the same type of food.

Ready-made or do-it-yourself foods?

Convenience foods

When is a convenience food not so convenient? When it doesn't offer you a saving in cost, time or ease of preparation. A convenience food needn't be a bonus in all these areas, but it should benefit you in some way.

Weigh Value of Convenience

Only you can decide whether the price you pay for convenience foods is worth the benefits they offer. Consider the pros and cons in the following examples:

Cost

Can you save money with convenience foods?

- Ready-made cookies and some cake mixes may be less expensive than homemade ones.
- Sometimes processed potato products (for example, frozen french fries and instant mashed potatoes) are cheaper than fresh potatoes, especially in early summer before the new crop comes in.

Or do convenience foods cost you more?

- Make-in-a-cup soups are more expensive (and less valuable nutritionally) than condensed canned soups.
- Homemade mixes for biscuits, muffins and pancakes are a fraction of the cost of commercial mixes (particularly when you use skim milk powder).

Time

Do convenience foods save you time or work in preparation?

- Canned condensed soups are easy to prepare and a real time-saver.
- Commercially frozen meat pies offer a vast saving in time and ease of preparation, but cost substantially more than homemade pies.

Or do they take almost as long to prepare?

- Pancakes made from some mixes take just about as long to prepare as those made from a recipe.
- Macaroni and cheese is prepared just about as quickly from scratch as from a package, when the same method is used.

Flavor

Do convenience foods taste as good as those they replace?

- Frozen bread doughs and ready-to-bake pies can be just as delicious as the homemade ones.
- Packaged cooked deboned turkey rolls (ready to use in sandwiches or salads) are both tasty and tender.

Or are homemade foods more flavorful?

- Frozen ready-to-bake pizza does not have the same flavor as pizza made from scratch, but it is easy and quick to prepare.
- Canned spaghetti in sauce lacks the texture and spicy flavor of spaghetti served with either canned or homemade sauce but, again, it is quick.

Decide What Is Most Important

Whether or not a convenience food is a good purchase depends on your own situation. What is most important to you — time? energy? money? superior quality and flavor? — only you can decide. And when you do choose convenience foods, make sure the advantages you want are offered for the higher price.



Leftovers

Wise food shopping isn't the only way to keep your budget in check. Leftover food that's thrown away is money down the drain. When you have leftovers, place them in a handy spot at the front of the refrigerator, just inside the door, so they won't be forgotten. Airtight containers such as the plastic ones margarine and ice cream come in are best for storage.

Using Leftovers

Bones

- Save bones to use in making soups and stocks — beef and lamb for vegetable soup, chicken or ham for rice or pea soup.
- Freeze cooking liquid for later use, if you can't use it right away (the same goes for cooking liquid from vegetables or meat).

Bread, cakes and cookies

- Dry stale bread in the oven, grind into crumbs and use to bread meats and vegetables, top casseroles, or 'stretch' meat patties and loaves.
- Cut bread in cubes and dry in the oven to make croutons for soups or salads.
- Crumble stale cake and cookies on puddings and ice cream for tasty toppings.

Fat

- Use chicken fat in muffins, biscuits, pancakes and popovers.
- Brown onions in beef fat for casseroles or spaghetti sauce.

Fish

- Use leftover flaked fish in sandwich fillings, salads, fish cakes and loaves.
- Mix cooked fish with rice to stuff tomatoes, green peppers or zucchini.

Meat, poultry and cheese

- Add small pieces to tossed salads, casseroles, omelets or sandwich spreads.
- Combine leftover meat, poultry, ground liver and kidney in a spicy chili dish.
- Grate cheese to sprinkle on a favorite vegetable or meat dish; store cheese in covered container in refrigerator or freezer.

Miscellaneous foods

- Make a delicious snack by adding hard-cooked eggs or raw mushrooms and cauliflowerets to the liquid left in a pickle jar; refrigerate several days before eating.
- Freeze soup and homemade baby foods in ice cube trays; remove and store in plastic bags in the freezer, to be thawed and heated when needed.
- Use up sour milk in recipes calling for it, such as chocolate cake, muffins, biscuits or pancakes.

Vegetables

- Fold into cream sauce and reheat.
- Add to fritter batter and cook in deep fat.
- Marinate in French dressing for a salad.
- Blend with canned fish for a quick and easy casserole.
- Combine with canned soup for a hearty vegetable chowder.



Consumer know-how

The best way to avoid waste of leftovers is not to have any. Plan meals carefully, shop frugally and try to prepare only the amounts of food that will be eaten at one meal.

Storage of foods

There's no excuse for food waste due to improper storage.

Canned Goods

- Rotate stock so that older cans are used first.
- Date cans when you put them away and try to use within a year. Canned foods are safe to eat so long as there's no sign of bulging or leakage, but with prolonged storage for several years they deteriorate in quality.
- Store in a cool place, to retain texture, color and vitamins.
- Turn evaporated milk cans upside down once a month to prevent settling.

Packaged Foods

- Keep opened cereal packages in tightly closed containers or plastic bags to prevent insect infestation.
- Date packages of food being frozen, so that you can use them within the optimum storage time.
- Avoid storing spices and herbs in a warm place or for too long a period of time, as they lose flavor and aroma quickly.

See Guide to home storage of foods pages 30, 31.



Appendix

- Canada’s Food Guide
- Beef chart
- Guide to home storage of foods
- References
- Metric table

Notes

Eat a variety of foods from each group every day

milk and milk products

Children up to 11 years 2-3 servings
Adolescents 3-4 servings
Pregnant and nursing women 3-4 servings
Adults 2 servings

meat and alternates

2 servings



bread and cereals

3-5 servings
whole grain or enriched

fruits and vegetables

4-5 servings
Include at least two vegetables.



Eat a variety of foods from each group every day

Energy needs vary with age, sex and activity. Foods selected according to the guide can supply 1000-1400 calories. For additional energy, increase the number and size of servings from the various food groups or add other foods.

milk and milk products

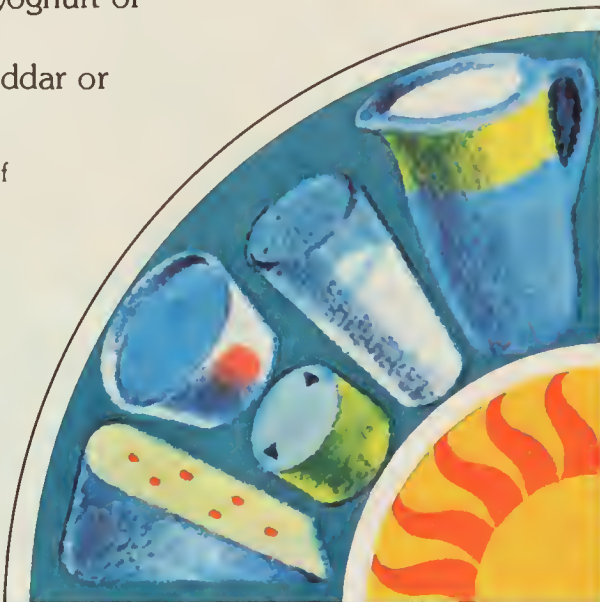
| | |
|----------------------------|--------------|
| Children up to 11 years | 2-3 servings |
| Adolescents | 3-4 servings |
| Pregnant and nursing women | 3-4 servings |
| Adults | 2 servings |

Skim, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.

Examples of one serving

250 ml (1 cup) milk, yoghurt or cottage cheese
45 g (1½ ounces) cheddar or process cheese

In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.



meat and alternates

2 servings

Examples of one serving

60 to 90 g (2-3 ounces) cooked lean meat, poultry, liver or fish
60 ml (4 tablespoons) peanut butter
250 ml (1 cup) cooked dried peas, beans or lentils
80 to 250 ml (⅓-1 cup) nuts or seeds
60 g (2 ounces) cheddar, process or cottage cheese
2 eggs



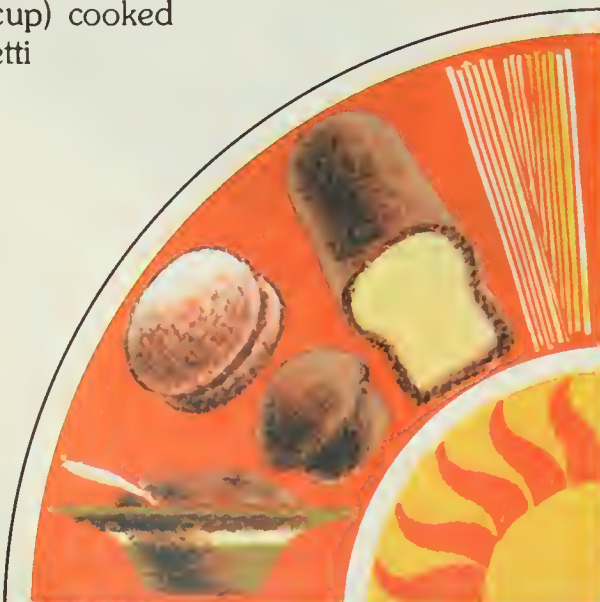
bread and cereals

3-5 servings

whole grain or enriched. Whole grain products are recommended.

Examples of one serving

1 slice bread
125 to 250 ml (½-1 cup) cooked or ready-to-eat cereal
1 roll or muffin
125 to 200 ml (½-¾ cup) cooked rice, macaroni, spaghetti



fruits and vegetables

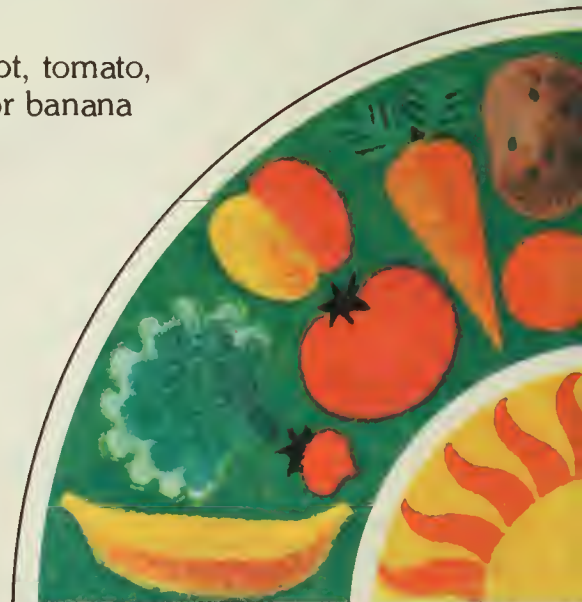
4-5 servings

Include at least two vegetables.

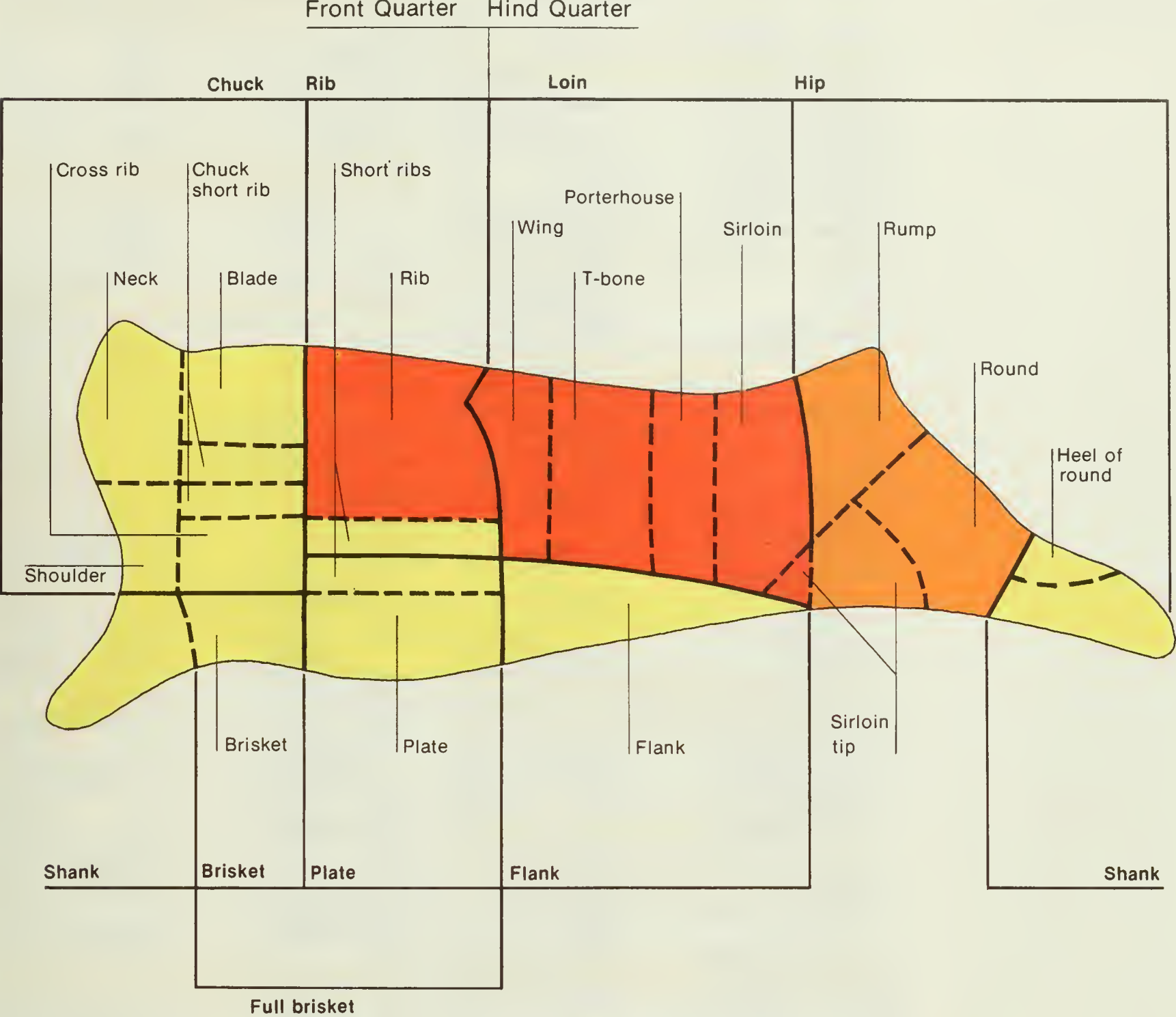
Choose a variety of both vegetables and fruits — cooked, raw or their juices. Include yellow or green or green leafy vegetables.

Examples of one serving

125 ml (½ cup) vegetables or fruits
125 ml (½ cup) juice
1 medium potato, carrot, tomato, peach, apple, orange or banana



Beef Chart



Legend



tender cuts



moderately tender cuts



less tender cuts

Storage times are for best flavor and nutrition.

Guide to home storage of foods⁷

Cupboard storage

Cereal grains

| | |
|----------------------------|---------------|
| Bread crumbs — dry | 3 months |
| Cereals — ready-to-eat | 8 months |
| Crackers — graham, soda | 6 months |
| Granola | 6 months |
| Oatmeal, rolled oats | 6 — 10 months |
| Mixes — cake, pancake | 1 year |
| Pasta | Several years |
| Rice | Several years |
| White flour | 2 years |
| Whole wheat flour | 6 weeks |

Dry foods

| | |
|--------------------------------|---------------|
| Beans, peas, lentils | 1 year |
| Bouillon | Several years |
| Fruit — dried | 1 year |
| Gelatin | 1 year |
| Jelly powder | 2 years |
| Potatoes — instant | 2 years |
| Pudding mixes — instant | 18 months |
| Skim milk powder — unopened | 1 year |
| — opened | 1 month |
| Soup mixes — dehydrated | 18 months |

Fats and oils

| | |
|--|----------|
| Mayonnaise, salad dressing ⁸ | 8 months |
| Sandwich spread ⁸ | 8 months |
| Vegetable oils | 1 year |

Leavening agents

| | |
|--------------------|---------|
| Baking powder | 1 year |
| Baking soda | 1 year |
| Yeast — compressed | 7 weeks |
| — dry | 1 year |

Miscellaneous foods

| | |
|---|---------------|
| Baking chocolate | 7 months |
| Canned fish and shellfish | 1 year |
| Canned fruits, vegetables ⁸ | 1 year |
| Canned fruit juice ⁸ | 1 year |
| Cornstarch | 2 years |
| Evaporated milk ⁸ | 9 — 12 months |
| Mustard — dry | Several years |
| — prepared | 6 months |
| Peanut butter — unopened | 6 months |
| — opened | 2 months |
| Pectin | 2 years |
| Vinegar | Several years |

Sugars and syrups

| | |
|--------------------------------|---------------|
| Honey | 18 months |
| Jams, jellies | 1 year |
| Molasses | 2 years |
| Sugar — all types | Several years |
| Syrups — corn, maple, table | 1 year |

Tea and coffee

| | |
|-----------------|----------|
| Coffee — ground | 1 month |
| — instant | 1 year |
| Tea bags | 1 year |
| Coffee whitener | 6 months |

Vegetables

| | |
|----------|--------|
| Potatoes | 1 week |
| Squash | 1 week |
| Rutabaga | 1 week |

Refrigerator Storage (40°F or 4°C)

Cooked meat and poultry

| | |
|--|------------|
| Casseroles, meat pies, meat sauces | 2 — 3 days |
| Wieners | 3 — 4 days |

Dairy products and fats

| | |
|---|---------------------|
| Butter — unopened | 2 weeks |
| — opened | 1 week |
| Cheese — cottage ⁹ | 3 — 5 days |
| — firm | Several months |
| — Process — unopened | Several months |
| — opened | 3 — 4 weeks |
| Cream — table, whipping ⁹ | 3 days |
| — sour ⁹ | 1 week |
| Milk ⁹ | 3 — 5 days |
| Margarine | 4 months |
| Mayonnaise, salad dressing-opened | 1-1/2 — 2 months |
| Yogurt ⁹ | 7 — 10 days |

Fresh meat

| | |
|---------------|------------|
| Cured, smoked | 6 — 7 days |
| Roasts | 3 — 4 days |
| Steaks, chops | 2 — 3 days |

Fish and shellfish¹⁰

| | |
|---|---------------|
| Fish — cleaned, whole, fillets, steaks | 3 — 4 days |
| Shellfish — crab, lobster | |
| clams, mussels (live) | 12 — 24 hours |
| — oysters (live) | Several weeks |
| — scallops, shrimp (fresh) | 1 — 2 days |

⁷ Unless otherwise specified, times apply to unopened packages.

⁸ Once opened, keep in refrigerator.

⁹ Check durable life date on label.

¹⁰ For information on how to store, contact:
Fisheries Food Centre,
Fisheries and Oceans
401 Lebreton
Ottawa K1A 0E6

Refrigerator Storage (40°F or 4°C)

Fresh poultry and eggs

| | |
|----------------------|------------|
| Ducks | 2 — 3 days |
| Eggs | 3 weeks |
| Giblets | 1 — 2 days |
| Poultry | |
| — cut-up | 2 — 3 days |
| — whole, eviscerated | 2 — 3 days |

Fresh fruits

| | |
|----------------------|----------|
| Apples — fresh | 2 months |
| — C.A. ¹¹ | 1 week |
| Apricots | 1 week |
| Blueberries | 2 days |
| Cherries | 3 days |
| Cranberries | 1 week |
| Grapes | 5 days |
| Peaches | 1 week |
| Pears — ripe | 2 days |
| Plums | 5 days |
| Raspberries | 2 days |
| Rhubarb | 3 days |
| Strawberries | 2 days |

Fresh vegetables

| | |
|--------------------|----------------|
| Asparagus | 2 days |
| Beans — green, wax | 5 days |
| Beets | 3-1/2 weeks |
| Broccoli | 3 days |
| Brussels sprouts | 5 days |
| Cabbage | 2 weeks |
| Carrots — mature | Several weeks |
| — young | 2 weeks |
| Cauliflower | 10 days |
| Celery | 2 weeks |
| Corn | Same day |
| Cucumbers | 10 days |
| Eggplant | 5 days |
| Lettuce | 1 week |
| Mushrooms | 5 days |
| Onions | 4 weeks |
| Parsnips | 4 weeks |
| Peas | Same day |
| Peppers | 1 week |
| Potatoes — mature | 9 months |
| — new | 1 week |
| Rutabaga | Several weeks |
| Spinach | 4 days |
| Squash — summer | 1 week |
| — winter | Several months |
| Tomatoes | 1 week |

Freezer Storage (0°F or -18°C)¹²

Cooked meat and poultry

| | |
|------------------|--------------|
| Casseroles | 3 months |
| Meats — cooked | 1 — 3 months |
| Meat pies | 2 months |
| Meat sauces | 2 months |
| Poultry — cooked | 1 — 3 months |
| Sausage, wieners | 2 — 3 weeks |

Dairy products and fats

| | |
|-----------------------|----------|
| Butter — salted | 1 year |
| — unsalted | 3 months |
| Cheese — | |
| firm, process | 3 months |
| Cream — | |
| table, whipping | 1 month |
| Margarine — salted | 1 year |
| — unsalted | 6 months |
| Milk | 6 weeks |
| Yogurt — stirred type | 1 month |

Fish and shellfish¹⁰

| | |
|--------------------------------|--------------|
| Fish | |
| — fat species | |
| (salmon, mackerel, lake trout) | 2 months |
| — lean species | |
| (cod, haddock, pike, smelt) | 6 months |
| Shellfish | 2 — 4 months |

Fresh meat

| | |
|----------------------|----------------|
| Beef roasts, steaks | 10 — 12 months |
| Cured, smoked | 1 — 2 months |
| Ground | 2 — 3 months |
| Lamb — chops | 4 — 5 months |
| — roasts | 6 — 8 months |
| Pork — chops | 3 — 4 months |
| — roasts | 4 — 5 months |
| Sausages | 2 — 3 weeks |
| Variety meats | 3 — 4 months |
| Veal — chops, roasts | 4 — 5 months |

Fresh poultry and eggs

| | |
|--------------------|--------------|
| Ducks | 3 months |
| Eggs (see page 22) | 4 months |
| Geese | 3 months |
| Giblets | 1 — 3 months |
| Poultry — cut-up | 6 months |
| — whole | 1 year |

Miscellaneous foods

| | |
|-----------------------------------|----------|
| Breads — yeasts, baked or unbaked | 1 month |
| Cakes — baked | 4 months |
| Cookies — baked | 4 months |
| Fruits | 1 year |
| Herbs | 1 year |
| Pastries — baked | 4 months |
| Pastry — unbaked | 2 months |
| Pie — baked | 6 months |
| Sandwiches | 6 weeks |
| Soups — | |
| stocks, cream | 4 months |
| Vegetables | 1 year |

¹¹ Controlled atmosphere storage.

¹² Use freezer wrapping or airtight containers

References

For more information on nutrition,
contact your local health unit or
provincial health department.

For more information on food prod-
ucts and meal planning contact:
Food Advisory Division
Agriculture Canada
Ottawa K1A 0C5

KITCHEN METRICS

VOLUME

Use metric measures for metric recipes. Measures are marked
in millilitres (mL) and are available in the following sizes:

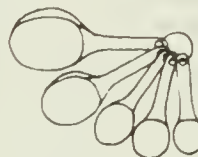
1000 mL = 1L
500 mL
250 mL



250 mL
125 mL
50 mL



25 mL
15 mL
5 mL
2 mL
1 mL



TEMPERATURE

Most commonly used oven temperatures

| °C replaces | °F | °C replaces | °F |
|-------------|-----|-------------|-----|
| 100 | 200 | 190 | 375 |
| 150 | 300 | 200 | 400 |
| 160 | 325 | 220 | 425 |
| 180 | 350 | 230 | 450 |

Refrigerator temperature: 4°C replaces 40°F

Freezer temperature: -18°C replaces 0°F

MASS

1 kg (1000 g) is slightly more than 2 pounds
30 g is about 1 ounce

LENGTH

1 cm (10 mm) is slightly less than 1/2 inch
5 cm is about 2 inches

PRESSURE

Pressure for pressure cookers and canners is measured in
kilopascals (kPa) instead of pounds per square inch (PSI).

| kPa replaces | PSI |
|--------------|-----|
| 35 | 5 |
| 70 | 10 |
| 100 | 15 |

CAL/BCA OTTAWA K1A 0C5



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