

New Whole Grain Stamp

The Whole Grains Council has introduced another Whole Grain stamp to help shoppers search for whole grain foods. The 50% stamp will show up on foods in the first half of 2017. The stamp is available on over 11,000 products in 55 countries.

The three stamps include:

100% Stamp—The product contains all whole grains. The minimum requirement is 16 g (a full serving) of whole grain per serving.

50% Stamp—The product contains half or more whole grains in the grain ingredients. The minimum requirement is 8 g (a half serving) per serving.

Basic Stamp—The product contains at least 8 g of whole grains (a half serving) per serving and may contain some refined grains. Each stamp shows how many grams of whole grains ingredients are in a serving of that specific product.

Consider Lamb to Your Spring Meals

Sheep is the oldest domesticated meat species. Sheep have been raised by humans beginning about 9,000 years ago in the Middle East. In many countries, lamb (a young sheep) is the major source of protein. Many Americans think of lamb as a springtime food, but it can be enjoyed year round.

When shopping for lamb, look for meat that is fine textured and firm that has red coloring and white marbling (white flecks of fat within the meat muscle). The fat trim should be firm, white, and not too thick. The USDA quality grades are reliable guides. There are five basic major (primal) cuts into which the lamb carcass is separated: shoulder, rack, shank/breast, loin, and leg. It is recommended that packages of fresh lamb purchased in the supermarket be labeled with the primal cut as well as the product, such as “shoulder roast” or “loin chops.”