



IDAHO DEPARTMENT OF
HEALTH & WELFARE

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To Whom It May Concern:

The Division of Health, Idaho Department of Health and Welfare, supports that changes are made to the food label requiring that pre-packaged foods reasonably consumed during one eating occasion state the nutrition information for the entire package. Including total nutrition information is critical to assist consumers with decision making regarding food choices. Awareness of total calories consumed is the bottom line for management of total food intake.

Additionally, we recommend the label on products deemed reasonably consumed during one eating occasion include a measure of the total contents of the package in either cups or ounces. For multiple-serving packages we recommend the following: total nutrients in package, total number of servings (cups/ounces) that are estimated as a reasonable serving in package, and nutrients provided by each serving (cups/ounces).

These recommendations will assist consumers in making healthy food decisions by promoting the use of the food label in combination with the recently revised USDA My Pyramid food guidance system which lists total cups or ounces of a food to be consumed per day instead of number of servings to consume per day.

Thank you for the opportunity to comment on the proposed changes.

Sincerely,

Elke Shaw-Tulloch, MHS, Chief
Bureau of Community & Environmental
Health

Russell A. Duke, Chief
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Services

C: Richard H. Schultz, Administrator
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