

COOPER CLINIC®

A PROFESSIONAL ASSOCIATION

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July 14, 2000

Dockets Management Branch
(HFA-305)
Room 1061
Food and Drug Administration
5630 Fishers Lane
Rockville, MD 20852

Re: docket # 99P-2630

To whom it may concern:

I urge you to support the citizen petition proposal filed last year by the Center for Science in the Public Interest requesting that the Food and Drug Administration (FDA) establish a Daily Reference Value of 40 grams for added sugar and require the declaration of added sugars in both grams per serving and a corresponding percent Daily Value.

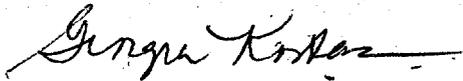
As a registered dietitian and Director of Nutrition at the Cooper Clinic for 21 years, I specialize in the areas of prevention, weight control and cardiovascular disease. I counsel patients daily on how to achieve better health and prevent disease through diet and fitness. Food labels help keep consumers ~~very~~ informed. The current labels are confusing and often misleading with respect to carbohydrate information. We can correct this problem. People avoid juices, milk, yogurt, vegetables, bread, rice, etc., wholesome *sugar-free* basics, when they misinterpret the word "sugar" on the current labels. "Naturally-occurring" or "no added sugar" would correct the problem.

We can help Americans achieve better health with education from proper food labels.

Foods with *naturally occurring* sugars as in fruit, grains, vegetables and dairy products help prevent cancer, heart disease, stroke, osteoporosis and other diseases. In contrast, "empty calorie" soft drinks, baked goods, candy and other sources of *added sugars* contribute to obesity and other chronic diseases, either by adding extra calories to the diet or by replacing more nutrient-dense foods.

Accordingly, I urge you to amend FDA's food labeling regulations to provide consumers with the information they need to improve their diets.

Sincerely,



Georgia Kostas, M.P.H., R.D., L.D.
Cooper Clinic
Director of Nutrition

99P-2630

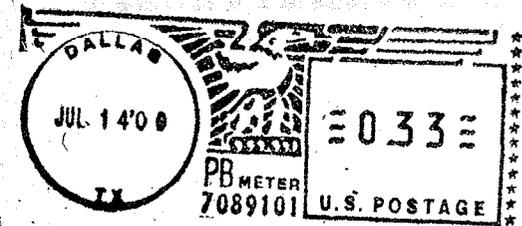
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