

Charles L. Crist, M.D.

P.O. Box 1339

Branson, Missouri 65615

Phone: (417) 239-1514 Fax: (417) 239-1367

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TO JAN -7 1999

12-31-99

Greetings,

Please add my name to the list of citizens concerned about trans fatty acids. I tell my patients to get foods from health food stores, to avoid the trans fatty acids. Some products at health food stores even state on the box that there are no hydrogenated or partially hydrogenated vegetable oils. It was not so long ago medical doctors ignored cholesterol. One of these decades trans fatty acids will get due attention. Please help with food label requirements.

Sincerely,

Charles L. Crist, M.D.

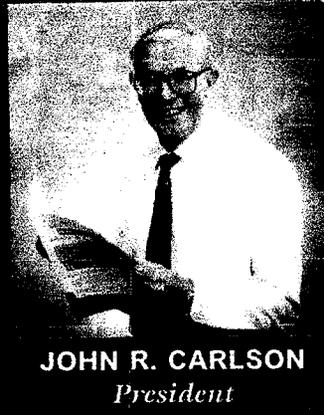
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NEWS

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JOHN



JOHN R. CARLSON
President

J. R. CARLSON LABORATORIES, INC.

15 College Drive, Arlington Hts., IL 60004-1985

- 847-255-1600
- 800-323-4141
- Fax: 847-255-1605
- E-Mail: carlson@carlsonlabs.com
- Website: www.carlsonlabs.com

TRANS FAT SPECIAL NEWSLETTER

NEWS FLASH

The Food and Drug Administration (FDA) has issued a proposed amendment to its regulations on nutritional labeling that will require the amount of trans fats in foods to be separately listed in the "NUTRITION FACTS" panel of labels. Currently, trans fats are hidden within the "saturated fat" portion of "NUTRITION FACTS".

Trans-fatty acids are different from naturally occurring fatty acids because the molecule has been "twisted" in one or more places from high heat processing or cooking. When trans-fatty acids get into our cell membranes, they create abnormal body chemistry which may lead to disease.

Created by man through a process called hydrogenation to solidify natural liquid polyunsaturated oils (fats), trans fats are found in margarine, pastries and other processed foods. We also consume trans fats when polyunsaturated vegetable oils are heated as in making donuts, french fries, fried chicken and fish.

Public awareness is the first step toward eliminating trans fats from our food supply. Many food manufacturers do not control the trans-fatty acids produced. When processed foods must declare trans fat separately on the product labels, manufacturers will start reducing them.

I trust you agree this is an important regulation that can affect all our lives. The FDA is simply asking for public comments on their proposal. Please send your comment before February 15, 2000, to:

FDA Docket Management Branch
HFA-305 FDA
5630 Fishers Lane
Room 1061
Rockville, MD 20852

For more information:

The proposal is 100 pages long and can be found at www.access.gpo.gov/su_docs/. Search for trans fats under proposals and you should find it immediately.

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