

Yvonne Spaulding
1364 East 93rd Street
Brooklyn NY 11236

3744 '00 JAN 10 19:43

Jane Henney, MD Commissioner
U.S. Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

December 8, 1999

Dear Dr. Henney:

As a student presently studying nutrition at New York City Technical College I am concerned about the public's health. I urge you to study and approve a petition concerning sugar labeling that was submitted to the FDA in August. The petition called on the FDA to establish a "Daily Value" for refined added sugars. The petition also asked that the FDA require the amount (in grams) of added sugar be declared on food labels and should also be expressed as a percentage of the daily value.

I am very concerned about the impact of diets high in refined sugar on health. In the past attention has focused on tooth decay. I believe much more consideration should be placed on consumption of foods, and the likelihood of squeezing more nutritious foods out of the diet which will reduce the overall nutrient density of the diet.

Better labeling would help consumers to recognize how much added sugars are in processed food. It is currently impossible to determine the added sugars contained in food such as ice cream which contain both natural and added sugars. My concern is not with the dairy products fruits, and vegetable, because those sugars are usually accompanied by a variety of nutrients.

Quick approval of the sugar-labeling petition would make it easier for me and other consumers to help consumers who are trying to consume a healthier diet.

Sincerely,

Yvonne Spaulding
Yvonne Spaulding

99P-2630

C111

Yvonne Spaulding
1364 E 93 Street
Brooklyn NY 11236



Ms. Jane Henney MD
Commissioner
U.S. Food and Drug Administration
5600 Fisher Lane
Rockville, MD, 20857.

