RE: NUTRITION LABELING JAN 2000

PLEASE INCLUDE THE AMOUNT OF TRANS FATTY ACIDS ON THE NUTRITION FACTS PANEL FOUND ON FOOD PRODUCTS.

ALSO SHOW THE AMOUNT (IN ADDITION TO THE PERCENTAGE) OF CALCIUM AND IRON FOUND IN THE SERVING, TOO.

AMOUNTS ARE NECESSARY BECAUSE A 2000 CALORIE DIET IS NOT OPTIMAL FOR EVERYONE, THEREBY MAKING THE PERCENTAGES OF LITTLE USE.

IN ADDITION, ON ALL BOXED AND OTHER PRODUCTS, THE NUTRITION CHART SHOULD CLEARLY SHOW BOTH "AS PREPARED" VALUES IN ADDITION TO THE "IN MIX" VALUES. "IN MIX" CAN DIFFER SIGNIFICANTLY FROM "AS PREPARED", AND THE MIX-ONLY VALUES ARE MANY

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TIMES USELESS! FOR EXAMPLE, WHO EATS HAMBURGER HELPER MIX ITSELF WITHOUT FIRST PREPARING IT? LET THE AMOUNTS FOR "AS PREPARED WITH GROUND BEEF" BE SHOWN, THE MANUFACTURER CAN NOTE IN THE DIRECTIONS - "LESS FAT USING GROUND TURKEY, MORE FAT USING GROUND SAUSAGE." BUT SINCE THERE IS A SIGNIFICANT DIFFERENCE BETWEEN NUTRIENT VALUES "IN MIX" -VS- "AS PREPARED" USING ANY MEAT, BOTH SHOULD BE SHOWN !!!

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