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December 14, 2004

The Honorable Tommy G. Thompson  
Secretary, US Department of Health and Human Services  
Hubert H. Humphrey Building, Room 425A  
200 Independence Avenue, Southwest  
Washington, DC 20201

Dear Mr. Thompson,

This letter is written to encourage prompt action by the Food and Drug Administration on the General Mills Whole Grain Claims Citizens Petition filed with the FDA on My 11, 2004 (DK/H 2004-0223CP1).

I wanted to express my support for consistent, uniform definitions for "good" and "excellent" sources of whole grain. This will give consumers a practical tool to help make sound nutritional choices regarding diet.

As a health professional and researcher, one of my roles is to teach the American public how to implement dietary guidance. One of those recommendations is to consume more whole grain foods. The benefits of consuming more whole grains are widely recognized not only by the Department of Health and Human Services and the US Department of Agriculture, but also by most health organizations. However, we know that there is a significant gap between the recommended amounts, and how much whole grain is actually being consumed.

One of the major road-blocks in reaching the recommended goals for whole grain consumption is the confusion around how to identify whole grain foods in the marketplace. Uniform definitions for "good" and "excellent" sources of whole grain will give consumers an important tool needed to identify foods that contain significant amounts of whole grain.

I believe prompt action on this petition will allow consumers to take advantage of the important dietary advice to increase consumption of whole grain foods. Furthermore, I hope that the FDA will commence action in advance of the release of the new Dietary Guidelines and Food Guide Pyramid.

Thank you for your consideration.

Sincerely,

James W. Anderson, MD  
Professor of Medicine and Clinical Nutrition  
Department of Internal Medicine  
College of Medicine  
University of Kentucky

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cc: Len Marquart