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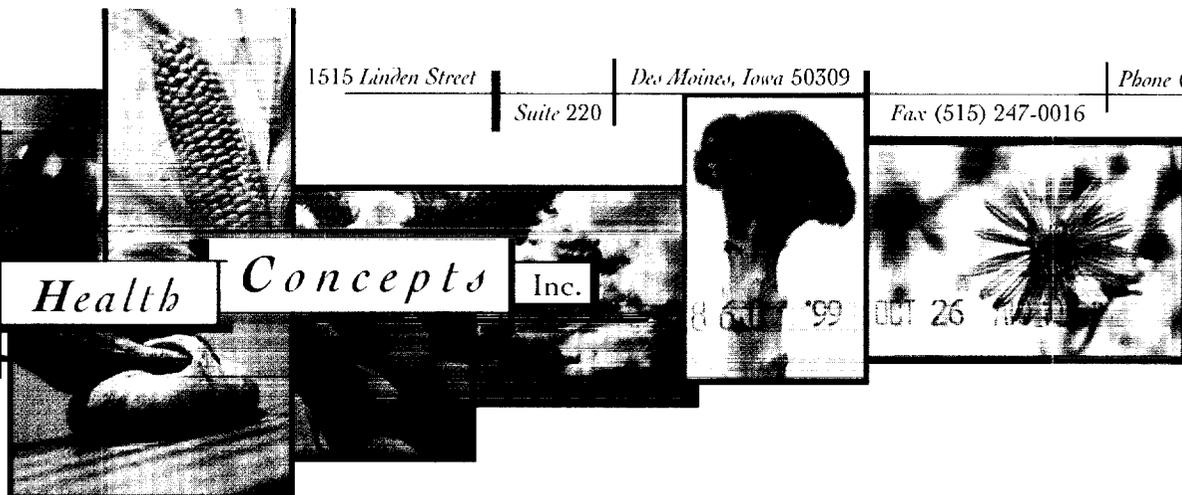
Sue

Roberts

Health

Concepts

Inc.



October 13, 1999

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

Dear Dr. Henney:

As a health professional, mother and grandmother, I urge you to study and approve a petition concerning sugar labeling that has been submitted to the FDA. This petition calls on the FDA to establish a "Daily Value" for refined/added sugars and declare it on food labels.

Diets high in refined sugar impact health. These sugary foods often squeeze more nutritious foods out of the diet and reduce the overall nutrient density of the diet. One example is soft drinks which may well be the most important contributor to obesity, the incidence of which has soared in the past two decades.

Currently it is impossible to determine the added-sugars content in foods such as flavored yogurt and ice cream, which contain both natural and added sugars. (I am not concerned about consumption of natural sugars, in dairy products, fruit, vegetables, because those sugars are usually accompanied by a variety of nutrients. Indeed, we should be consuming *more* of those foods.) Better labeling would help consumers.

Quick approval of the sugars-labeling petition would make it easier for health professionals to help consumers who are trying to consume a healthier diet.

Sincerely,

Sue Roberts, MS, RD, LD.

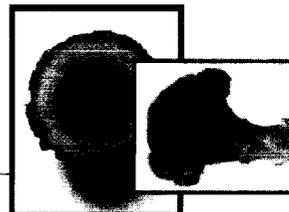
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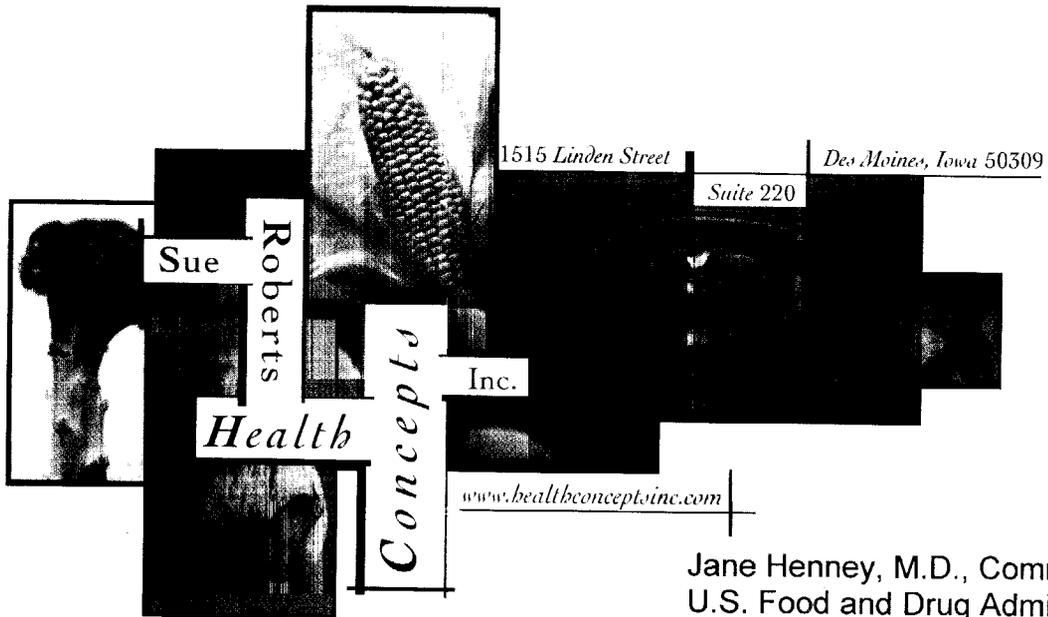
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