



AMERICAN DIETETIC ASSOCIATION

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May 29, 2002

Dockets Management Branch (HFA-305)
Food and Drug Administration
5630 Fishers Lane, Room 1061
Rockville, MD 20852

**Comments of the American Dietetic Association to FDA concerning Food Labeling:
Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish;
Identification of the 20 Most Frequently Consumed Raw Fruits, Vegetables, and
Fish**

Re: **Docket No. 01N-0458**

Dear Sir or Madam:

The American Dietetic Association (ADA) represents nearly 70,000 food and nutrition professionals who serve the public promoting good health through diet and physical activity. ADA supports FDA's proposal to amend and continue the voluntary nutrition labeling regulations by updating the names and nutrition labeling values for the 20 most frequently consumed raw fruits, vegetables and fish in the United States.

ADA agrees that the availability of the updated nutrition labeling values in retail stores and on individually packaged raw produce and fish can enable consumers to make informed purchasing decisions to meet their dietary needs.

The positive association between dietary intake of food components found in fruits, vegetables, and fish oil, and their effect on chronic disease is becoming more evident. For example, epidemiological research shows that different kinds and amounts of components that are commonly found in fruits and vegetables, as well as fish, may help lower the risk of heart disease and other health conditions. Evolving research indicates that consumption of these foods, consistent with the Food Guide Pyramid, is indeed an important part of a healthful diet.

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Dietetic and nutrition professionals can interpret nutrition labeling regulations and help translate guidelines into real food guides that will enhance consumer knowledge of foods. We commend FDA for providing the latest information on the 20 most commonly consumed fruits, vegetables and fish, and believe that updated nutrition labeling information is critical for raising awareness about health and chronic disease prevention.

ADA appreciates this opportunity to provide comments and, as always, stands ready to assist the Agency in any way possible.

Sincerely,

A handwritten signature in cursive script that reads "Susan Borra".

Susan T. Borra, RD
President



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Association
Advocacy Group
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