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3018 Old City Park Road  
Providence, RI 02909  
January 19, 2000

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

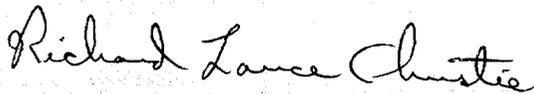
Gentlemen:

RE: Docket Number 94P-0036

I strongly support the proposition that the FDA require the "trans-fat" content of foods be listed on the label. Currently the saturated fat content of food is required on the label. Trans-fats are produced by hydrogenating vegetable oils in order to convert them to solid or semi-solid form. There is an increasing amount of medical research that indicates these trans-fats are more damaging to health than natural saturated fats such as butterfat from milk.

My wife and I, like many middle-aged American consumers, are concerned with being able to identify products which contain ingredients which we wish to moderate or avoid in our diets. We manage our diets to maintain healthy weight, help manage emergent health conditions such as elevated cholesterol, and prevent development of probable health conditions evident in our family histories. In order to take responsibility for maintaining our health, we need accurate information from food product labels. Information on trans-fat content is important and relevant to this effort.

Sincerely yours,



Richard Lance Christie

94P-0036

C1225



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