

THUR. DEC.30,1999

Dockets Management Branch (HFA-305) 1981 '00 JAN -5 P153

Food & Drug Administration

5630 Fishers Lane,Rm 1061

Rockville, MD 20852- Docket No.94-0036

Dear Sirs:

Although trans fats are even more damaging to your health than saturated fats,food manufacturers are not required to list them on food labels.

It is high time the general public was made more aware of this significant health threat.These unhealthy fats are produced when vegetable oils are hydrogenated and transformed into solid or semisolid margarine and shortening,which are used in pastries,cookies,crackers,and other commercially baked goods.Trans fats are also found in fried foods,French fries and other fast foods.

It is high time we add them to all our food labels,so we can help the general public lose weight and become a healthier Nation .

We Will Be Watching You On Feb.15,2000

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