

2330 5 JUL 12 19:30
DeWitt Clinton High School
Biology Department
100 Mosholu Parkway South
Bronx, New York 10468

Food and Drug Administration
Division of Dockets Management
5630 Fishers Lane
Room 1061
Rockville, MD 20852

June 28, 2005

Dear Madam/Sir:

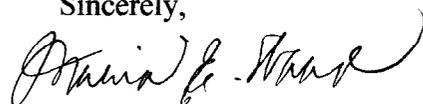
Please find enclosed responses by students in my Unified Science Class whose assignment was to critique present labeling practices by the Food and Drug Administration, and to then suggest ways to address some of the nebulous labeling practices that they found troubling.

I hope their assessments will be insightful and informative, and will serve as a catalyst toward improving future labeling practices and/or initiatives.

Thank you for your time, and the experience for these youngsters to correspond with you. They have all sent personal letters to you and will be looking forward to a response.

Thanks again.

Sincerely,



Maria E. Ward
Biology Teacher

2004N-0456

C65

Amanda Figueroa
2375 1st Avenue #10 B
New York, N.Y. 10035
May 29, 2005

2331 5 JUL 12 19 30

Food and Drug Administration
Division of Dockets Management
5623 Fisher Lane
Rockville, MD 20852

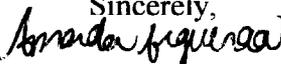
Dear Madam/Sir:

The food and drug administration has done a lot of good things for this country regarding the labeling of food products and it has made it safer to purchase certain food and feel safe about what you are eating. Certain problems are still there regarding the labeling of food products. One of them is the fact that the daily percentage values are usually based on a 2000 calorie diet a day and not everyone is on a 2000 calorie diet a day. A solution to this problem would be to put a website on the food products and people who are not on a 2000 calorie diet can look and see the daily percent values for the products that they are eating. Another solution would be to offer more charts that show the percent daily values of a diet based on less or more than 2000 calorie diet. The second problem with the labeling of food products is that the information is hard to understand. Most people I know say that they can not understand the labeling on food products. A way to fix this would be to make the labeling easier to understand and to say the exact amount of calories in the food product.

Like I stated in the first paragraph a problem that I think the labeling of food products has is there is not enough information available on the packaging labels. Like I said in paragraph one the way that they can fix this problem is by putting the information not stated on a web site and making it easily available for people to get this information. But the solution that I think is better is to put more label on there based on diets more or less than 2000 calories.

Like I stated in paragraph one another problem that the labeling of food products has is the fact that most people really don't understand what the labels are saying. The FDA needs to make it easier for people to understand what the labels are saying. The FDA should also put the exact amount of calories that are in the food.

I feel the FDA has done a lot in the food labeling process but more has to be done. They need to make it easier for people to read the labels they need to give more information on the labels like charts that are based on different percent daily values. Until these changes are made I don't think the labeling process is going to be successful.

Sincerely,

Amanda Figueroa

1046 Nostrand Avenue
Apartment 51 JUL 12 A9:30
Brooklyn, NY 11225
May 2, 2005

Food and Drug Administration
Division of Dockets management
5623 Fisher Lane
Rockville, MD 20852

Dear Madam/sir:

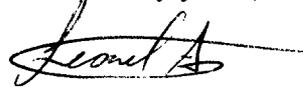
I'm writing this little to explain the issue regarding your labeling practices. The Food and Drug Administration should be more specific and give more detail of the portion of food from each group an active and a non-active person should eat. Also explain some of the words that average people do not understand. One way to find a solution to this issue is to find out the things that many people don't understand about your labeling. You should give more detail on your new pyramid on how many portion should each model take in for each food group.

There should be a better explanation of how much food should an active and a non-active person take in daily. The problem is that you measure the portion of food that should be taken in by cups and not all food can be measure in a cup. To solve this issue you just have to be more specific on the portion that should be taken in. Also give more detail on how should it been take.

There should be more details on your new pyramid. The new pyramid does not show the serving for each food group and there is not enough explanation of how it work for the twelve different models and lifestyle. Just looking at the pyramid it does not say much. I suggest that you put a little more information to what this new pyramid means. Also to how it could be use for the different twelve model that you had created.

The Food and Drug Administration should give more information on the new pyramid that they have created. It's more complex than the first one and it does not have enough details to how it should de use for the twelve different models and lifestyles. I believe that it can be improved if you explain briefly how it works for each model.

Sincerely yours,



Leonel Adames

111- 38 207th Street
Jamaica, NY 11429

2333 5 JUL 12 ~~MAY 30~~ 2005

Food and Drug Administration
Division of Dockets Management
5623 Fisher Lane
Rockville, MD 20852

Dear Sir or Madam:

This letter is to inform you about the hardships that I, as a consumer, am having in reading and understanding the labels that you put on the back of food packages.

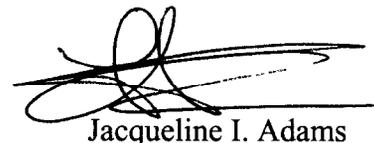
The caloric intake, the grams of sugar, and the amount of sodium for the total amount of servings are not clearly stated. You do not specify exactly where the calories are coming from. Neither do you tell what the limit is to having certain nutrients. I have realized that it is almost impossible to receive and calculate the correct amount of nutrients just by reading the label. Also, the daily caloric intake needs to be adjusted to fit our own unique body mass. To these problems I pose two solutions: To clearly state what type of calories we are consuming, energy calories or fat calories; to better state the nutrient intake that we are taking in.

The FDA does not clearly state where the calories we are consuming are coming from. We as consumers should know what types of calories are being consumed; energy or fat calories? My solution to this problem is that the FDA supplies us with two caloric intake charts. One of the charts should state how much energy calories we are taking in, and the other should state how much fat calories we are taking in. This would make it much easier to read and decide where the calories are coming from.

The next problem that I am bringing to your attention is that you are also not clearly stating the nutrient intake. It has been proven that taking in too many nutrients can be detrimental to our health. It is very hard for the average consumer to analyze and follow how much nutrients they are taking in just by reading your labels. My solution to this is to clearly list all the nutrients, in percentage, on the back. The consumer will be able to distinctly keep track of how much nutrients they are taking in daily.

In conclusion, we as consumers are having a difficult time in understanding your current labeling practices. If you were to clearly print each nutrient that we are taking in, and show what type of calories we are consuming it would be a step toward great improvement. I thank you for your time and hope that this letter has shed some light in reconstructing your current nutrition labels.

Sincerely,



Jacqueline I. Adams

2334 5

14 East 208 Street
Apartment 4H
Brooklyn, New York 10467
May 2, 2005

Food and Drug Administration
Division of Dockets Management
5623 Fisher Lane
Rockville, MD 20852

Dear Madam/Sir:

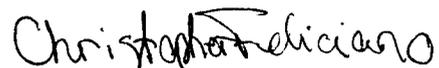
I am writing this letter to you because I am disappointed with your labeling practices, two problems that I have with your labeling practices are that most of the ingredients on your label are very hard to understand and some of the nutritional facts I don't understand for example, grams and fats. One solution on how to understand the ingredients on your label would be to write the ingredients a little bigger on your labels and one solution to understand how to distinguish some of the nutritional facts are to be more explicit on the wordings next to the numbers.

The first problem that I feel that needs to be resolved regarding present labeling practices is that most of the ingredients on your label are very hard to understand. One way to solve this problem is to not be so technical in the ingredients because there are certain words that I do not understand. Another solution would be to provide the ingredients and labeling information on a packet inside the bag.

The second problem that I feel that needs to be resolved regarding present labeling practices is distinguishing some of the nutritional facts. One solution to this problem is to be more explicit on the wordings next to the numbers on the label. Another way you can solve this problem is to write the definition of the words that you think certain people like me won't know.

I have written to the Food and Drug Administration because I am disappointed with present labeling practices and I want to see a change that will benefit both others and me that might have the same problem as I do. I feel that the solutions I have presented here should be considered when describing your new labeling practices.

Sincerely Yours,


Christopher Feliciano

2335 5729 Penfield Street
Private House
Bronx, NY 10470
May 2, 2005

Food and Drug Administration
Division of Docks Management
5623 Fisher Lane
Rockville, MD20852

Dear Madam/ Sir:

I been observing the label practice of the Food and Drug Administration and the problem that exist between the males and females policy of eating disorders is bad because they don't watch their health, people taking drugs. If the male and female eat more then they are supposed to eat a day they will be overweight or obesity. These drugs are destroying all people in life like for example AIDS (Auto-Immune Deficiency Syndrome) or death and other affection that is bad.

These male and female are eating more than they are supposed to eat in their calories in a day. The children, teen girls, active women, most men are all 1,600 calories, many women, older adults are 1,600 calories, teen boys, active men are 2,000 calories. The problem can be resolved by a daily prescribed by nutritionists that we should replenish vitamins C+B because they are water-soluble.

The drugs are affecting the environment and people in the environment, which is causing the place dangerous, and it can lead to death. There are a lot of drugs that can give you all types of diseases that are bad. It can be resolved by people not taking drugs, are they can stop selling the products that are in the environment. People should only buy drugs if they have prescription for it from their Doctor telling you that they need it for your health.

It comes to an end that the Food and Drug Administration problem was the nutrients of the male and female of how they eat, people taking drugs. This topic can affect people in their health of living their life. The two problem can be resolved by the following watching our health and the way we eat.

Sincerely Yours,

Jermaine Brown

4683 Park Avenue
Apartment 3B
Bronx, NY 10458
May 8, 2005

2336 5 JUL 12 19 30

Food And Drug Administration
Division Of Docks Management
5623 Fisher Lane
Rockville, MD 20852

Dear Madam/Sir:

The problem I found in your food-practicing label is that the nutrition facts are only available in English language why not also in Spanish the two most common spoken languages. I would want to know why in your labeling it does not state when eating too much of a food can cause harm to a person body. You should make your nutrition facts available in the two most common language spoken in the U.S and should make your writing of nutrition facts in bold large print for the elderly to see. Another good solution to deal with the second problem that I stated is that in certain food that may cause obesity and harm is that warn consumer when eating more then the serving recommended may cause harm to ones body so consumer are alert on what can happen if they eat more then what is recommended.

Many people complain that they only read Spanish not English so when they eat something they don't understand what they are consuming. We have large consumer that are Spanish so why not make them alert on what they are eating to avoid future law suit from Hispanic people. One way you can change your food labeling practice is to have nutrition facts available in Spanish for your Spanish-speaking consumer. Another way to help your consumer is to make the print of the words big not in small words many elderly people cant see the small writing.

Another problem consumer face is that in your food labeling you never explain if too much of a product can cause harm to some one health. How can a consumer be alert if you never state that eating to much of a product put you in danger of your health for different age group it does matter for example a child can get hyper and cavities while and person older can raise sugar level and cause other health risk. One way you can help older consumer is to make product available for diabetic people with less sugar and healthier for diabetics. Another suggestion to help consumer be alert will be to put on label how much a person should consume at different weight so a person cannot blame food administration for the reason why they are over weight or unhealthy.

I hope you will take some time to look at the problems I found with your food practicing labels. Two problems I found was the lack of language your nutrition facts are in only in English should be available in Spanish as well. Another problem you face is that you don't have warnings to consumer that eating too much of a product can be unhealthy and at certain weight you should only eat so much of a product. You should have nutrition facts available in both language Spanish and English and have warning that eating to much of a product can be dangerous so label how much a person should consume according to there weight. Thank you for your time and taking the time to read my letter and hope you intake some of the suggestions that I have made when you practice your future food label.

Sincerely

A handwritten signature in black ink that reads "Rafael Diaz". The signature is written in a cursive style with a large, looped initial "R".

Rafael Diaz

671 Westchester Avenue
Apartment 17G
Bronx, New York 10455
May 2, 2005

Food and Drug Administration
Division of Dockets Management
5623 Fisher lane
Rockville, MD 20852

2337 5 JUL 12 A9:30

Dear Madam/Sir:

I am writing this letter to you, The Food and Drug administration, to inform you how misleading and unsafe your labeling practices are for consumers like myself. I feel that we are not protected as we should be by the FDA. One major problem with the labeling particularly is the calories. For example present labeling does not consider those who fall into individual diets that are not based on a 2,000 calorie count. The second major problem is the amount of nutrients and how it can cause chronic diseases. Both problems are going to be addressed throughout this letter explaining why the Food and Drug Administration is not doing their job by protecting consumers.

As a consumer, reading labels are important because it is suppose to provide information on my intake of food nutrients. With labeling that provide percentages that don't fall under my daily requirements as a female are useless, unjust, and misleading. Facts state that females should consume approximately 1,500 calories daily. On many labels of nutritional facts the percent daily values are based on a 2,000 calorie diet. Unfortunately, those percentages are meaningless to my daily calorie in take. Having a healthy diet is important for all. If the Food and Drug Administration allows these misleading, unjust practices of labeling proceed then it will cost more money to keep consumers healthy. Everyone doesn't fall under a 2,000 calorie diet. Therefore the nutritional facts should be labeled for individual requirements.

Many nutrients should be limited to prevent consumers from chronic diseases and other essential nutrients should be added to products that the majority of the food we consume lack. For example, taking in too much sodium may cause or increase the risk of heart disease, cancers, or hypertension. The lack of dietary fibers, vitamins A and C, calcium and iron in our diets can cause major health problems. The FDA job is to protect the consumer by publicizing defective and unsafe products. Many people are becoming unhealthy due to the high rate of some nutrients and the lack of essential nutrients. To solve this problem the FDA should make sure enough essential nutrients are provided in the products.

As I stated previously it will cost a lot more money to keep consumer s in good health. So to prevent that from happening the food and drug administration should address these problems. Just a few more inches of information added to the nutritional facts about individual calorie counts for teens, pregnant and menopausal women will make a great difference in our health. Also providing products with enough essential nutrients will be huge factor in protecting consumers.

Sincerely yours,



Ms. Crystal Nelson

2338 5 JUL 12 A9:30

189 East 205th Street
Apartment 1st
Bronx, New York 10458

Food and Drug Administration
Division of Dockets Management
5623 Fisher Lane
Rockville, MD 20852

Dear Sir/ Madam

There is not much information given in the nutritional facts on food. For example there is not enough information relating to different age groups. You do not pay attention to the key points when analyzing food labels in response to serving sizes for children, teenagers, adults, and the elderly or persons who are athletes. You do not pay enough attention to the serving size. There is no information to where the calories are coming from, etc.

First of all, there is not enough information given on the serving size. Usually for chips it states that only one package is the serving size. There are different sorts of packages so try being more specific with the serving size. Also state the age range of the people who should eat the food product.

In addition, there is no attention paid to where the calories are coming from. For example it just says the amount of calories there are, but nowhere does it say where they are coming from. Maybe stating where the calories are coming from will be more helpful to the buyers. Just stating the name of the product where the calories are coming from would really help.

In short, the Food and Drug Administration labeling practices should pay attention to the key points when analyzing food labels. For example stating where the calories are coming from, or by stating the serving size servings per package for all age groups. This would really help the buyers understand much more of what we should or not eat.

Sincerely yours,



Arion Dedushi

2339 5 JUL 12 A9:30

333 East 181 Street
Apartment 6M
Bronx, New York 10457
May 2, 2005

Food and drug Administration
Division of Dockets Management
5623 Fisher Lane
Rockville, MD 20852

Dear Madam/Sir

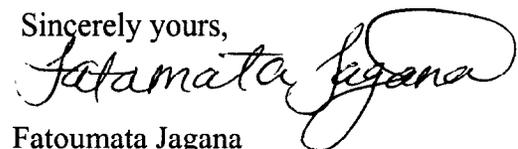
The problem am addressing today has to do with too much calories and fat in lots of foods that are being produced. The two solutions I have for this issue is to find ways in which less fat and calories won't be put into foods as much so it won't hurt ones body when they decide they want to eat a lot.

The first problem am addressing has to do with too much calories in chips, and other products out there that has too much calories. Elderly people do not sometimes realize what they put into there bodies, or sometimes it is very confusing to read especially if one reads in Spanish. My explanation in resolving this matter is to change, and make sure that the high percentage of calorie level is reduced so it won't damage one's body when they decide to eat more, and also there should be labels in both English, and Spanish so one could know what they are putting onto there bodies. In addition, the labels should be in big print so it will not be hard for the elderly to see what they are putting into there bodies as well.

The second problem that needs to be resolved is putting to much fat into ingredients. Many people wonder why so many Americans are obese and this is why. This can be very harmful to someone that has a heart condition. That is why there should be a way to lower fats in lots of foods that are being produced.

In conclusion, I have written to you because I know this is a big problem in the society causing all sorts of problems to everyone's health. The only way to resolve this matter is to find ways to lower calories, and fat that is being produced. With your help, anything is possible. Thank you and have a nice day.

Sincerely yours,



Fatoumata Jagana

155 Third Avenue and Elton
Apartment #7

2340

30 JUN 2005 10:30
May 16, 2005

Food Drug Administration
Division of Dockets Management
5623 Fisher Lane
Rockville, MD 20852

Dear Madam/Sir:

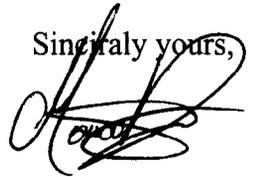
The Problem that I am addressing in this letter is that the new food pyramid guide is not giving the information necessary like the old pyramid guide food. One solution to this problem is to increase the information in the pyramid guide food, a second solution is to eliminate the new pyramid guide food and reincorporate the old pyramid guide food.

The first problem I feel needs to be resolved is to show the amount of calories of every food in the pyramid guide food. I think the new pyramid guide food needs more information for people who likes to know the amount of calories in every food, especially overweight people, diabetics, and people with high cholesterol.

The second problem that I think needs to be resolved is that many people with cholesterol buy food with a lot of fat because the place where they go to buy the food doesn't have it with low fat, I think they should have food for all type of people. This problem can be resolved with different type of low fat restaurants that can help people with food problems.

I wrouthg this letter for the food and drug administration because the new pyramid guide food Is not given the information necessary like the old pyramid guide foodand to tell that people who are cholesterol or have Diabetist likes to buy in plect doesn't have food with low fat and they need more plect where they can buy food with low fat.

Sincerely yours,



Monica Duran

2755 Reservoir Avenue
Apartment # 1A
Bronx, New York, 10468
May 2, 2005

Food and Drug Administration
Division of Management
5623 Fisher Lane
Rockville, MD 20852

2341 5 JUL 12 A9:31

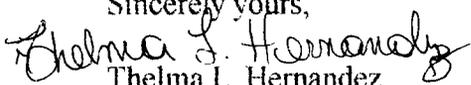
Dear Madam/Sir,

I am writing you this letter regarding labeling practices. The problem that I feel exist with your present labeling practice is that you are not thinking of elderly people. My solutions are that you put the exact amount of ingredients and how many calories do they have. In addition, you can try to make the labels more specific so those persons who do not know about calories, fat, sodium, etc could understand.

The biggest problem is that many people do not understand the labels. As I said before you could do the labels, a way that people could understand. Another solution is that you could explain in another label how the labels.

Another big problem that I think should be address is that many labels do not have the calories per serving. This is a big problem because many people trying to loose weight. A solution is that you put the exact amount of fat in all labels. In addition, you could put how much calories you need per day.

In conclusion, this letter is regarding labeling practices. In my opinion, the biggest problem in labeling practices is that you are not thinking of elderly people. I hope you will take care of this problem.

Sincerely yours,

Thelma L. Hernandez