

From: JC Sanford <jcsanford@earthlink.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Tue, Sep 26, 2006 9:37 PM
Subject: No Trans Fat

I think the proposed ban on trans fat in NYC area restaurants is a great idea. I am diligent about purchasing products at the grocery store that don't have hydrogenated oils in them, but of course this is difficult to control in a restaurant. I fully support this proposal.

--

JC Sanford
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(718) 499-5319
(646) 391-7136

From: <tesalvato@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: Fri, Sep 29, 2006 7:56 PM
Subject: trans-fat ban

I am writing in response to your request for feedback about the new policy of banning trans-fat oils from restaurant food. As a psychiatric registered nurse, I understand that there is an epidemic of obesity and the co-morbidity of high cholesterol, hypertension and diabetes. Whether your motive is to protect public health or prevent and therefore lower the cost of treating these medical conditions, I don't agree with your agenda. It is hypocritical to ban the use of trans fats, while permitting the serving of alcohol. It is intrusive for you to limit what foods people can purchase, especially when trans fats make food taste so much better (have you tried the new trans-fatless doritos? They are awful.) I resent the government intruding upon my rights to eat what I want to eat. But if you insist on policing how my food is cooked, then be prepared to take accountability for the many of frivolous lawsuits that will result from those who begin to depend upon you to make everything they eat safe for their health.

CC: <mford@mercy.edu>

From: "Robyn Gotch" <rgotch@gmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Fri, Sep 29, 2006 2:13 PM
Subject: Support for the Trans Fat Ban

I am a new york city resident and wholly support and applaud the city's efforts to ban trans fats in restaurants.

Thank you for your efforts,

Robyn Gotch
1 Astor Place
New York, NY 10003

From: Anne A <angelgirl8215@yahoo.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Fri, Sep 29, 2006 1:15 PM
Subject: Trans fat

Hello,

My name is Antoinette. I am writing regarding the upcoming ban on Trans fats. I commend you for addressing this major issue. I work hard, and have a small child at home. When we pick up food, I do not want to fear for our health. I am concerned for our future regarding our health, and the children's health. Trans fat needs to be gone from the food we eat all the time. Trans fat is seriously hurting us, and we need to stop it. Thank you. Again, please ban all Trans fat for everyone's safety. Antionette.

Do you Yahoo!?

Everyone is raving about the all-new Yahoo! Mail.

From: <SYadegari@CRMLLC.COM>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Fri, Sep 29, 2006 12:15 PM
Subject: Proposed Section 81.08 (Trans Fat Proposal)

Thank you for the opportunity to submit comments on this important initiative. I applaud the New York City Department of Health (DOH) proposal to phase out artificial trans fat in all restaurants. I am a New York City resident who dines out on occasion. Until reading about the DOH initiatives regarding the dangers of trans fat, I had no idea that (1) it was used in so many restaurants or that (2) it posed such a danger to consumers. I believe the DOH proposal is necessary and would promote the well being of New Yorkers. I have heard lobbying groups for restaurants state that "consumers should decide" whether their foods prepared in trans fats and if they want to accept any of the accompanying risks. I think this is a ridiculous assertion. I was unaware of the risks and appalled that so many restaurants have continued to use the substance, notwithstanding the DOH campaign. How can customers make a decision when we are unaware of the fact that the food is being prepared with very dangerous ingredients. I do not cook with trans fat at home and I would not want to eat in a restaurant that prepares my food with it. I usually do not know one way or another, but I think the DOH is the proper way to protect the well being of our community. Finally, I also have heard a representative of the restaurants state that this DOH initiative is different than the smoking ban. The argument he proposed is that a person exposed to second hand smoke has no choice in the matter, but a consumer gets to choose if he wants to eat food prepared in trans fat. As I stated above, how can you make that type of choice when you are unaware as to your meal's manner of preparation? I am disappointed that the restaurant industry is fighting this measure and hope the DOH pushes forward with its initiative.

Sincerely,
Steven A. Yadegari
New York City

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From: David Brown <davebnep@yahoo.com>
To: Rena Bryant <resolutioncomments@health.nyc.gov>
Date: Fri, Sep 29, 2006 10:09 AM
Subject: Saturated fats and heart health: part II, remainder of book excerpt.

Hi again,

Here is the entire excerpt. In my opinion, it clearly explains why saturated fat ought not to be blamed for clogged arteries.

David Brown

Book excerpt: (my thanks to Dr. Donald R. Davis, Jr. Ph.D. University of Texas at Austin, for permission to use this material in my Nutrition Education Project.

The following paragraphs are from pages 81-83 of Nutrition Against Disease (1971) by Roger J. Williams, PhD. More information about Dr. Williams and his work is available at www.doctoryourself.com. I encourage you to read the references and notes. They are every bit as interesting as the associated text. Dave Brown

No discussion of heart disease would be complete without mention of the question of saturated fats. It has come to be almost an orthodox position that if one wishes to protect oneself against heart disease, one should avoid eating saturated (animal) fats. While this idea may not be entirely in error, it is misleading in its emphasis. The evidence shows that high fat consumption, when accompanied by plenty of the essential nutrients which all the cells need, does not cause atherosclerosis or heart disease.

Rats have been used extensively to study the effects of diet on atherosclerosis. Under ordinary dietary conditions the inclusion of saturated fats in their diet will consistently promote the deposition of cholesterol in their arteries.(50) For 285 days rats were fed a diet containing 61.6 percent animal fat, but highly superior with respect to protein, mineral, and vitamin content, without producing any pathological changes in the aorta or in the heart.(51) The animals did, to be sure, become obese, as much as three to four times their normal weight. Animals fed vegetable fats at the same level fared essentially no better and no worse. These findings were based upon extensive long-term experiments at Yale, using a total of 600 rats, which were observed for as long as two years. There were no findings suggestive that either high animal fat diets or high vegetable fat diets were conducive under these conditions to atherosclerosis.

These animals represented an extreme condition, since 81 percent of their energy came from fats. Their diets otherwise were extremely good. The protein was of high quality (casin) and was kept at a high level (20 percent); the vitamin levels were double those ordinarily used in this laboratory. The Yale findings were corroborated almost a decade later (1965) at Tufts University School of Medicine.(52)

That cardiovascular disease is not associated with high fat diets is also shown by comparison study of matched groups of twenty-eight railwaymen from North India and twenty-eight from Southern India.(53) The consumption of fats, mostly of animal origin, was ten times higher among the North Indians than the South Indians, but there were no significant differences between their lipid and cholesterol levels. Among the South Indian population, the incidence of heart disease is said to be fifteen times as high as among the North Indians where the fat content of the diet is ten times higher. Dietary factors are doubtless very important in connection with the incidence of heart disease, but fat is only one factor, and other dietary factors are considerably more important.

This is also corroborated by a study of 400 Masai men in Tanganyika.(54) In spite of the fact that the diet of these men is almost exclusively milk and meat (consumption of whole blood is relatively rare), both of which contain much fat and plenty of cholesterol, the cholesterol levels in the blood of the Masai are extraordinarily low, and there was "no evidence of arteriosclerotic heart disease." It should be noted that a diet containing large quantities of meat is free from "naked calories," and is certain to supply an assortment of amino acids, minerals, and vitamins in liberal amounts. Though the Masai have other health disorders - many of infective origin - they probably escape heart disease because their body cells are furnished with an environment that is adequate enough to protect their hearts and blood vessels.

A corollary of the notion that saturated fats are arch villains is the idea that one should eat substantial amounts of polyunsaturated fats. (The phrase "polyunsaturated fatty acids" has become virtually

synonymous with "heart protection" in both popular and orthodox medical thinking.) While everyone should have unsaturated fats in his diet, their presence does not by any means afford adequate protection against atherosclerosis and heart disease. The current consumption of polyunsaturated fatty acids in the USA is higher than it has ever been, yet this does not curb heart disease.(55) There are many reasons on which to base our conclusion that other factors are far more important.(56) When other deficiencies are eliminated, the amount of unsaturated fat is of secondary importance. If there is plenty of vitamin B6 in the diet, fat metabolism tends to take care of itself.

I have said a good deal about vitamin B6, but I do not mean to imply that it is, by itself, the answer to heart disease. All the nutrients contribute to the prevention of heart trouble.

References and notes:

50. Thomas, W.A., and Hartroft, W.S. "Myocardial infarction in rats fed diets containing high fat, cholesterol, thiouracil, and sodium cholate." *Circulation*, 19:65, 1959; Taylor, C. B., et al. "Fatal myocardial infarction in rhesus monkeys with diet-induced hyper-cholesterolemia." *Circulation*, 20:975, 1959.

In the above experiments, the investigators found that prolonged feeding of butter or lard to rats resulted in hyperlipemia and finally coronary thrombosis and myocardial infarction with lesions similar to those found in human beings. The diets of these animals were regarded as otherwise "normal" in respect to their intake of supplementary vitamins, minerals, and amino acids. Other data, however (see reference note 52 below) demonstrate that when fat and cholesterol (or animal protein) are increased in the diet, certain nutrients (particularly pyridoxine) must be increased above "average" or "normal" requirements.

51. Barboriak, J.J., et al. "Influence of high-fat diets on growth and development of obesity in the albino rat." *J. Nutr.*, 64: 241, 1958.

52. Naimi, S., et al. "Cardiovascular lesions, blood lipids, coagulation and fibrinolysis in butter-induced obesity in the rat." *J. Nutr.*, 86:325, 1965.

In this more recent study, Naimi and his colleagues were directly interested in the effects of a high fat butter-induced obesity on the cardiovascular system of seventeen male Wistar albino rats. Butter constituted 65 percent of the total calories, with 20 percent protein (casin) and generous vitamin and mineral supplements equal to if not superior to those used in the above-mentioned Yale study.

Under the conditions of their experiment, these investigators found that a high fat butter diet causing obesity in rats did not produce changes in blood cholesterol nor result in cardiovascular lesions, as other data had led them to expect. The authors note, "The absence of such adverse changes, despite, the development of gross obesity in these animals may be significant, since both obesity and animal fats have been considered to be associated with lipemia and vascular lesions. It may be suggested that other dietary factors might have protected the experimental group against such changes. Yet, even if this happens to be the case, it should not detract from the significance of the fact that large amounts of saturated fat and obesity are not necessarily associated with lipemia and vascular lesions."

We are confident that other dietary factors did protect these rats, and that only in the absence of sufficient supportive nutrients are obesity and high fat and high cholesterol diets associated with atherosclerosis and heart disease in the human population.

53. Malhotra, S.L., "Serum Lipids, dietary factors and ischemic heart disease," *Am. J. Clin. Nutr.*, 20:462, 1967.

See also Malhotra, S.L., "Geographical aspects of acute myocardial infarction in India, with special reference to the pattern of diet and eating." *Brit. Heart J.*, 29:777, 1967.

54. Mann, G.V., et al. "Cardiovascular disease in the Masai." *J. Atheroscler. Res.*, 4:289, 1964.

In an extensive review of the various peoples of the earth who have little or no atherosclerosis and are virtually free of heart disease, Lowenstein found that the fat intake ranged from 21 grams per day to as much as 355 grams per day (Lowenstein, F.W. *Am. J. Clin. Nutr.*, 15:175, 1964). In both the Somalis and the Samburus of East Africa, the diet is from 60 to 65 percent fat (animal), and yet they are nearly free from atherosclerosis and heart attacks. While it might be argued that ethnic differences are involved here, population groups of wide ethnic variation have been reported who subsist on high fat, high cholesterol, high caloric diets while remaining virtually free of coronary heart disease.

In the text we have mentioned the report of Mann and his colleagues of the Masai tribe who subsist on a diet excessively high in butter fat (and cholesterol), the fat constituting as much as 60 percent of the total calories consumed, yet are virtually free of cardiovascular disease. Gsell and Mayer report that the semi isolated peoples of the Loetschental valley in the Valaisian Alps of Switzerland habitually eat a diet high in saturated fat and cholesterol, high in calories, but evidence low serum cholesterol values and little cardiovascular disorders (Gsell, D., and Mayer, J. "Low blood cholesterol associated with high calorie, high saturated fat intake in a Swiss Alpine village population." *Am. J. Clin. Nutr.*, 10:471, 1962).

Stout and his coworkers report that an Italian immigrant colony in Roseta, Pennsylvania, consumes diets much richer than other Americans, yet have less than half the incidence of coronary heart disease (*J. A. M. A.*, 188:845, 1964).

In a survey study of 27,000 Kenya East Indians, A. D. Charters and B. P. Arya report (*Lancet*, 1:288, 1960) that the animal fat consumption was relatively high among the Punjabi nonvegetarians and relatively low among the vegetarian Gujeratis, but the percentage of heart disease morbidity "is closely proportional to that of the population." The statistics of their survey, conclude these investigators, suggest that in the case of the East Indian population in Kenya, "the ingestion of animal fats is not an important etiological factor" in heart disease morbidity. Interestingly, besides their low animal fat diet, the Gujerati vegetarians consume foods rich in polyunsaturated oils, as groundnut, cottonseed, and simsim oils, yet were not "protected from coronary occlusion by a high intake of unsaturated fatty acids."

In an epidemiological study of coronary heart disease in a general population of 106,000 Americans conducted over a one year period, W.J. Zukel and his coworkers found the highly provocative fact that farmers showed a much lower incidence of coronary heart disease than males of other groups, in spite of the fact that there were no substantial differences in their mean caloric intake or fat and cholesterol consumption (Zukel, W. J., et al. *Am. J. Pub. Health*, 49:1630, 1959).

In an epidemiological study of two Polynesian island groups, Hunter compared the diet, body build, blood pressure, and serum cholesterol levels of the tradition-following Atiu and Mitiaro with the more Europeanized Raroyongan Neighbors (Hunter, J.D. *Fed. Proc.*, 21, Supp. 11:36, 1962). The Atiu-Mitiaro people live on a diet low in calories and protein but rich in highly saturated coconut fat. Hunter found that 25 percent of Rarotongans (males) suffered from hypertension as compared to only 10 percent of the Atiu-Mitiaro males. While the serum cholesterol levels of the saturated coconut fat-eating Atiu-Mitiaro males were higher (as high as European males), Hunter was unable to discover by electrocardiographic readings any tendency to coronary heart disease.

Finally we turn to the early primitive Eskimo who subsisted almost totally on an excessively high animal fat diet. In an early 1927 issue of the *Journal of the American Medical Association* (May), in an article titled "Health of a Carnivorous Race," Dr. William Thomas reports that of 142 adults between the ages of forty and sixty who were completely examined, he found no unusual signs of vascular or renal morbidity, and all indications were that diseases of the cardiovascular system were not prevalent among these people. This is in agreement with other reports of scientists of the primitive Eskimo (e.g. C. Lieb. *J. A. M. A.*, July, 1926; V. Stefannsson, in his book *Cancer: Disease of Civilization*, p. 76; I. M. Rabinowitch, *Canad. Med. Assoc. J.*, 31:487, 1936; W. Price, *Nutrition and Physical Degeneration*. New York: Hoeber, 1939).

It is clear, therefore, that adult males of a widely differing ethnic stock can subsist on a high fat, high cholesterol, high caloric diet, and yet remain relatively free of cardiovascular disorders. Even if prevailing views are to the contrary, I think that the evidence points strongly toward the conclusion that the nutritional environment of the body cells - involving minerals, amino acids, and vitamins - is crucial, and that the amount of fat or cholesterol consumed is relatively inconsequential.

55. Antar, M.A., et al. "Changes in retail market food supplies in the United States" *Am. J. Clin. Nutr.*, 14:169, 1964

Here are some further resources about fat intake in general and saturated fats in particular.

Books

Know your Fats by Mary G. Enig, PhD.

The Modern Nutritional Diseases by Fred Ottoboni, PhD & Alice Ottoboni, PhD.

Sweet and Dangerous by John Yudkin, MD.

Nutrition against Disease by Roger J. Williams, PhD.

Articles

The Surprising Truth about Saturated Fats -- Cherie Calbom
www.wedge.coop/newsletter/article/641.html

Saturated fats: what dietary intake? -- German and Dillard
www.ajcn.org/cgi/content/full/80/3/550 -

Ketogenic diets and physical performance Stephen D Phinney
www.nutritionandmetabolism.com/content/1/1/2

The oiling of North America -- Sally Fallon
www.consumerhealth.org/articles/display.cfm?ID=19990303194521

Web sites

tfx:Home
cholesterol-and-health.com

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From: David Brown <davebnep@yahoo.com>
To: Rena Bryant <resolutioncomments@health.nyc.gov>
Date: Fri, Sep 29, 2006 10:05 AM
Subject: Saturated fats and heart health.

Dear Ms. Bryant:

This is the first of a series of messages about saturated fats and heart health.

I am a nutrition science analyst residing in Kalispell, Montana. Studying nutrition and nutritional issues is a hobby that has engaged my interest for nearly thirty years.

I see that the New York City Health Department is serious about forcing restaurants to get the trans fats out of the food. While the ban may, in certain respects, be a wise move on the part of the Health Department, it puts restaurant owners between a rock and a hard place because the currently accepted alternatives to trans fats are vegetable oils manufactured from corn, soybeans, and rapeseed. Having studied fat metabolism issues, I absolutely will not consume foods (especially deep fat fried foods) cooked in or containing these fats (Type "The Oiling of America" into a search engine). From my standpoint, there is an acceptable alternative but it involves going against conventional wisdom regarding saturated fat intake.

I've been following the controversy regarding the effects of saturated fats on heart health for several decades. My conclusion is that saturated fats produce an artery-clogging effect only under conditions where nutrient intake happens to be suboptimal or a person's metabolic requirements preclude high saturated fat intake. Since most Americans tend to consume too much food containing refined grain and added sugars and not enough of nutrient rich foods (generally produce), cutting back on saturated fat intake may delay, but not prevent, the onset of heart disease.

On the other hand, those who avoid processed foods, nourishing themselves with generous daily portions of organically grown produce, grass fed beef, unpasteurized milk from grass fed cows, and free range poultry need not fear saturated fats. In fact, they can safely consume them in amounts currently considered lethal by the scientific establishment. I, for example, have been eating between two and three pounds of butter a week for at least two decades. I also consume cheese, sour cream, yoghurt, cottage cheese, and an occasional glass of whole milk. I eat bacon and eggs for breakfast, peanut butter sandwich for lunch, and hamburger or chicken for dinner. At age 59, my body mass index is 19 and I take no medications of any sort.

I report on my own dietary intake by way of illustration. I wouldn't recommend this for everyone. It's a mistake to generalize from one's own experience because we're all biochemically and physiologically unique.

It was an article (A Less-Fatty Big Apple?) about banning trans fats from restaurants that prompted this message. Regarding the proposal, Laurie Tansman at the department of clinical nutrition at Mount Saini Hospital said, "The final proposal will need to include a section that says that trans fats must not be replaced by saturated fats."

It might interest you to learn that back in 1988 the Center for Science in the Public Interest pressured McDonalds to replace the saturated fats in which french fries were cooked with partially hydrogenated vegetable oils containing trans fats. They justified the move by characterizing trans fats as a healthy alternative to saturated fats. Here's a quote from a March, 1988 Nutrition Action Healthletter article by Elaine Blume entitled The truth about trans: hydrogenated oils aren't guilty as charged - trans fats:

In rat studies, trans fats appear safe. Animals absorb them just as well as they absorb other fats and oils. [1] And rats fed high levels of trans fats for 46 generations lived as long as other rats, reproduced as well, and appeared normal. [2]

Hydrogenated Hearts. But these studies have not stilled all fears. Some claim, for example, that trans

fats raise blood cholesterol levels. That's a serious charge against trans-fat-containing margarines, which are marketed as heart-healthy.

In some animals, trans fats do raise blood cholesterol; in others, they don't. [3] But it makes sense to look most closely at the evidence from human studies.

Although some human studies suggest that trans fats do raise blood cholesterol, most of these had serious flaws. Several, for example, used an unusual fat with two trans groups. This fat is not present to a significant extent in commercial margarines or oils. [4,5]

Only a few studies were well designed, and these showed that hydrogenated (trans-containing) and non-hydrogenated fats produced similar cholesterol levels. [6,7] However, even in the weaker studies, trans fats did not raise cholesterol as much as saturated fats. [8] "In general," says Fred Mattson, a noted researcher at the University of California in San Diego, "studies show trans fats to have the same effect on human blood lipid levels as cis fats."

References for the above:

[1] Ann. Rev. Nutr. 4: 339, 1984.

[2] J. Nutr. 63: 241, 1957.

[3] Fed. Am. Soc. Exp. Biol. Health Aspects of Dietary Trans Fatty Acids, 1985, pp. 65-67.

[4] J. Nutr. 75: 388, 1961.

[5] J. Am. Oil Chem. Soc. 58: 260, 1981.

[6] Am. J. Clin. Nutr. 28: 726, 1975.

[7] Bibl. Nutr. Diet 7: 137, 1965.

[8] Vergroesen, A.J., ed. The Role of Fats in Human Nutrition (Academic Press, New York) 1975, pp. 1-41.

The Center For Science in the Public Interest is a vegetarian activist organization that has been supplying the public with misinformation about saturated fats for many years. Confronted with the facts regarding saturated fats they would have to back down from harrasing restaurant owners who replaced trans fat-rich vegetable oils with healthy saturated fats.

Well enough commentary. The remainder of this message is the first paragraph of a book excerpt that advances a different perspective regarding saturated fat. Hope you find it interesting.

Note: I'm sending the complete excerpt plus reference notes as a separate e-mail in case you have a filter that automatically rejects long messages.

Regards,

David Brown

1925 Belmar Dr

Kalispell, MT 59901

Ph/406-257-5123

Nutrition Education Project

Book excerpt: (my thanks to Dr. Donald R. Davis, Jr. Ph.D. University of Texas at Austin, for permission to use this material in my Nutrition Education Project).

The following paragraph is from page 81 of Nutrition Against Disease (1971) by Roger J. Williams, PhD. More information about Dr. Williams and his work is available at www.doctoryourself.com.

No discussion of heart disease would be complete without mention of the question of saturated fats. It has come to be almost an orthodox position that if one wishes to protect oneself against heart disease, one should avoid eating saturated (animal) fats. While this idea may not be entirely in error, it is misleading in its emphasis. The evidence shows that high fat consumption, when accompanied by plenty of the essential nutrients which all the cells need, does not cause atherosclerosis or heart disease.

Do you Yahoo!?

Everyone is raving about the all-new Yahoo! Mail.

From: "Aaron Friedman" <aaronsfriedman@gmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 7:48 PM
Subject: Letter of support for transfat proposal (81.08)

Dear New York City Department of Health,

I want to express my strong support for your proposal to eliminate unhealthy transfats from New York City restaurants (section 81.08 of the health code). Like lead paint, transfats are deadly products, ingested unknowingly, which can be easily replaced by effective alternatives. There is no excuse for New Yorkers to endanger their health any longer with these industrial foods. Thank you for taking such a strong stand against them.

Sincerely,

Aaron Friedman
351 Wadsworth Avenue #36
New York, NY 10040
646-283-4154

From: Peter Nigrini <peter@nigrini.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 7:12 PM
Subject: Comment on 81.08

This is a long overdue resolution. I fully support it's adoption.

Peter Nigrini

Peter Nigrini
Theatre Designer

241 W. 37th Street Studio 924
New York, New York 10018-5705

T 212.840.6061
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From: "INFO1@ADSFL.COM" <info1@adsfl.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 5:08 PM
Subject: TRANS FAT

IF YOUR DEPT HAS A MINDSET TO PUSH THE TRANS FAT RULE THROUGH, NO AMT OF MEETINGS WILL CHANGE THE FINAL RULING. PLEASE BE AWARE YOU ARE NOT AN ELECTED UNIT AND CAN BE OVER TURNED. YOUR INTENTIONS SEEM TO BE WELL PLACED BUT SMACK OF GOVT CONTROL AND SOCIALISM. WIN OR LOSE YOU WILL COST THE CITY MONEY IN LAWSUITS. THANK YOU...PHIL RUMSEY

From: David Rutkin <drutkin@nyc.rr.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Thu, Sep 28, 2006 4:59 PM
Subject: Trans fats resolution

I strongly support the proposal to phase out trans fats in all New York City restaurants.

The government is well within its rights to protect us from danger, especially where we cannot protect ourselves. In fact, the government has an obligation to do so.

David Rutkin
39 West 69th Street
New York, NY 10023
212-873-8531

From: "David Snyder" <dasnyder76@gmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 4:04 PM
Subject: Comment Concerning NYC Resolution Proposal of Elimination of Artificial Trans-Fats from NYC Restaurants

David Snyder
2616 Mission Rd., Apt. 7
Tallahassee, FL 32304

28 September 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, NY 10013

As a frequent visitor to New York City who has food allergies and who visits people in New York City who keep Kosher and/or who are vegan, I am writing to express my concern regarding the Board of Health's proposal to require New York City restaurants to eliminate artificial sources of trans-fats. While this resolution is admirable in its goal of protecting consumers from unhealthy food items, I fear that requiring, with no exceptions, the complete elimination of all trans-fats from New York City restaurants could lead to problems for those of us who either cannot have certain, e.g. dairy, products or who choose, for religious or health reasons, to avoid dairy and/or meat products or at least the eating of those products at the same time.

A key source of trans-fats are partially hydrogenated vegetable oils used in baked goods. In many cases, such oils provide non-dairy substitutes for butter. By banning such oils, which may simply not be available or feasible to use in a trans-fat free form to those producing baked goods which may be baked off-site from the restaurant itself, the city will potentially restrict the ability of Kosher meat restaurants and vegan restaurants to provide desserts for their customers (at least at a reasonable cost). I know this is a rather small quibble, but for those of us who are severely allergic to dairy products, the ability to enter a restaurant and be able to order a "normal" dessert is a big deal, and one of the attractions for us in New York City is the number of vegan and Kosher meat restaurants around. Indeed, it seems rather ironic that this measure will potentially have one of its greatest impacts on vegan food establishments whose food items are potentially healthier than even trans-fat-free items available at other restaurants and another of its greatest impacts on dessert items, which even or perhaps especially when made with butter or lard rather than partially hydrogenated vegetable oil, are not noted for their health benefits.

I hope that this resolution does pass in some form, but that it is appropriately phased in with the cooperation of restaurateurs and food manufacturers (which would be a challenge considering that local restaurants may get many supplies from national manufacturers for whom loosing one market, even a market as important as New York City, may be less costly than retooling food preparation processes to use trans-fatty-acid free products, which may not be readily available or which may cost significantly more) and provided with exceptions where appropriate so that those of us who relish the unique dining experiences New York City has to offer, in particular,

those of us with particular food concerns which are currently met by New York City dining establishments in ways not available anywhere else in the world.

Sincerely,
David Snyder
dasnyder76@gmail.com

From: "Edgerly, Mike" <Mike_Edgerly@CINFIN.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 4:04 PM
Subject: Banning trans fats!!

Yes!! This is such an important decision to ban trans fats in NYC restaurants. They are so damaging to people's health, I just wish more of the general public knew that. Perhaps if this proposal goes through, more people will learn of the dangers of trans fats.....
Sue

From: "Jack Straw" <jstraw727@hotmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 3:59 PM
Subject: Amendment to Article 81 - RE: Trans fats

Rena Bryant
Secretary to The Board of Health
125 Worth Street CN-31
New York, NY 10013

Dear Ms. Bryant:

Regarding the decision of the New York Board of Health to act as a nanny and interfere in the private business of the restaurants in New York, as well as interfere in my right to eat what I want when I want without restriction, I suggest you take your decision and back off. The last time I checked this was a free country, there is free enterprise, and the people – free citizens of a free country – have the right to make their own decisions without having the government tell them how to live their life. If people are suffering from heart disease or obesity, that is their own responsibility and not that of the government or the establishments selling legal products.

This action is a slippery slope that will lead to further government interference in private enterprise and private lives. Red meat is bad for people, will that be outlawed next? What about chocolate or coffee or alcohol? Wait, we already tried banning alcohol; it was called Prohibition and it was a complete failure.

The bottom line is that the actions by the Board of Health WILL impact the taste of foods prepared by restaurants in New York, and it will impact my ability to choose for myself what want to eat as well as my spending habits, as I will be forced to go to restaurants that have not been forced by excessive government intervention to alter their established cooking styles.

On behalf of all those who still believe in the right to decide for ourselves how we live our lives, I urge you to reject this unnecessary and un-American proposal and allow the restaurants and people of New York to live without a repressive nanny state telling them what they can and cannot eat. In short, stay out of my eating habits.

Sincerely,

Jack Straw
New York, NY

From: "Joanne Kerr" <JoanneKerr@WowWay.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 1:52 PM

To whom it may concern,

I don't live in New York but I wish I did. First the no smoking and now this. I think it is great that you are trying to implement a proposal to eliminate Trans Fats in restaurants. I hope Michigan follows your lead!

Friend in Michigan

From: "Dyan Backe" <BackeD@HillsboroughCounty.ORG>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Thu, Sep 28, 2006 1:47 PM
Subject: Trans fats ban - Great Idea!

To whom it may concern:

I think that this is a wonderful idea, while I do not live in NYC I feel that this can only have a domino effect on the rest of the country and I applaud your efforts!!!

Dyan Backe, AICP
Senior Planner
Planning and Growth Management
Hillsborough County

From: "Stephen L. Joseph" <sljoseph.law@earthlink.net>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Thu, Sep 28, 2006 1:34 PM
Subject: Pre-registration for trans fat hearing

Ms. Bryant:

I am hereby pre-registering to speak at the public hearing on the proposal to add a new §81.08 to the Health Code regarding foods containing trans fat. The hearing is scheduled for October 30, 2006 at 10:00 a.m. I shall be speaking in two capacities:

1. As CEO of BanTransFats.com, Inc., a non-profit organization campaigning for the reduction and elimination of trans fat in our food supply.
2. As CEO of FryTest.com, LLC, a company which is holding a contest to compare low and zero trans fat cooking oils for the restaurant industry.

I shall be speaking in support of the proposal to add the proposed new §81.08.

I can be reached on 415-577-6660 during normal working hours.

I have also sent a letter to you via fax and regular mail pre-registering for the hearing.

Stephen L. Joseph

LAW OFFICES of

STEPHEN L. JOSEPH

3701 Sacramento Street #500

San Francisco, CA 94118

Phone: 415-577-6660

Fax: 415-869-5380

E-mail: sljoseph.law@earthlink.net

From: "Milton Lai" <milton@nyc.rr.com>
Date: Thu, Sep 28, 2006 12:00 PM
Subject: Trans Fat Debate

I think the information on trans fat should be put out and the free market should decide. The NYC Board of Health made little to no effort to advertise the dangers of trans fats while their voluntary ban was in action. The public should be informed at allowed to decide for themselves. This proposed law sets a terrible precedent. The US Department of Health and Human Services says that "Scientific evidence shows that consumption of saturated fat, trans fat, and dietary cholesterol raises low-density lipoprotein (LDL), or "bad" cholesterol, levels, which increases the risk of coronary heart disease (CHD)."
http://www.fda.gov/fdac/features/2003/503_fats.html. Well then why not ban saturated fats too? Ban eggs, and steaks and café lattes.

Once the public is informed then they can choose what they want to eat or not. This is how the system works (or should work). An excellent example is when e.coli was recently found in bagged spinach. The FDA did an excellent job of informing the public of the dangers and the recall was entirely voluntary. Due to their efforts, the spread of the disease was minimized; and the best part, we had the freedom to decide for ourselves.

I understand the importance of protecting citizens from food dangers. The Board of Health should do their job and protect us from more insidious dangers like cholera, typhoid, e.coli, salmonella and other food borne illnesses. Trying to regulate our dietary habits is just going too far.

-Milton

PS: The glove law should also be eliminated. Looks good on paper but why not enforce THE BEST method of preventing food born illnesses; proper hand washing! From what I learned, as a foodie, culinary school student and a former cook is that gloves reduce the amount of times restaurant workers wash their hands. That along with the fact that gloves traps sweat (one of bacteria's favorite food) and are easily punctured during the work day makes this law not only useless but also self defeating.

CC: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>, <brianlehrershow@wnyc.org>

From: "Amy Forgacs" <amyforgacs@gmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 11:51 AM
Subject: Comments on §81.08

The City should be applauded in its effort to protect its citizens from the harmful effects of trans fats, such as coronary heart disease. It is a shame that the majority of New Yorkers do not value their health enough to watch what they eat. Nonetheless, I have to agree with opponents of the ban. While Americans may be eating themselves to death, we still do not have the right to legislate what they can and can't eat in New York City.

However, we *can *give restaurants an incentive to serve healthier food with less artificial trans fats. If the City could work out some kind of tax break for restaurants that agree to modify their recipes to include healthier ingredients, that might encourage more establishments to turn away from trans fats. Tax incentives have been applied to a broad spectrum of items; in recent years the incentive to purchase Hybrid vehicles made headlines. New York City has already established tax breaks to the entertainment industry, property owners, downtown business owners after 9/11, and non-local business owners that relocate to the City.

While these are examples of positive incentives, the cigarette tax is an excellent example of a negative incentive; as the cost of buying cigarettes increases, people are less willing to pay. As for restaurants, those who comply with the health regulations will receive the incentives. As the cost of business increases, the restaurants that do not receive the tax breaks will have to raise their prices, and just like post-tax hike cigarette sales, their business will decrease. Hopefully this will prompt them to adopt the healthier ingredients in order to get the incentive.

Heart disease is the leading killer of New Yorkers, and we need to do something about it. While restaurants like Sylvia's, Juniors and the Carnegie Deli have shown the switch from trans fats *can *be done, we must decide if it should be mandatory, and at this time, I believe the answer is no. This is not to say the issue should not be revisited down the road, as the City does have an ethical responsibility to its residents' health. But before a citywide ban is enacted, perhaps the benefits of a tax incentive program can be investigated first.

Thank you,

Amy Forgacs

From: "Sonia Andrews" <SAndrews@rockford.k12.mi.us>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 11:39 AM
Subject: from Michigan

So glad to hear that NYC is on the forefront on this important legislation. A standard needs to be set for other locales to follow.
Thank you!
Sonia Andrews
Rockford, Michigan

Sonia Andrews
Gifted & Talented Teacher Consultant
Rockford Public Schools
863-6361 x4237
www.rockfordschools.org/gifted

From: Melissa Dunn <mdunn@gc.cuny.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 11:15 AM
Subject: This is a great plan!

Dear Rena Bryant:

I support the NY City plan to partially support trans fats. This is a great plan. I am an avid label reader, but eating in restaurants is tough, especially regarding bread products and desert items (which I frequently deny myself if I suspect they might have trans fats). I lived in Europe for awhile, and they are 10 years ahead on eliminating trans fats and finding alternatives; I was shocked when I returned to the US and began reading the labels of some of the foods I was eating. I am happy to see NY City stepping up on this issue. When a big city with such a fantastic food culture takes a step like this, it is really going to put pressure on restaurants and nationwide suppliers to offer healthy alternatives for all Americans, not only New Yorkers. But healthier New Yorkers is a good place to start.

Best,

Melissa Dunn
608 Grand St.
Brooklyn, New York 11211

From: <tonydajer@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: Thu, Sep 28, 2006 11:15 AM
Subject: transfat ban

As an ED physician, and chief of the New York Downtown emergency department, I heartily commend the Dept. of Health for proposing a transfat ban in NYC. This will help reduce the still-unacceptable rate of heart disease in our community at virtually no cost or inconvenience. If implemented, it will prove as lifesaving as mandatory seta belts (once unthinkable!).

Sincerely,
Dr. Antonio J. Dajer
Interim chief, Emergency Dept.
NY Downtown Hospital
170 William St.
NY, NY 10038
212-312-5065

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From: "Daniel Daneshrad" <dd1031@nyu.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 11:04 AM
Subject: Trans-fat proposal

I am an adult, and as such believe I should be allowed to eat whatever I want. I try to avoid unhealthy foods, but still believe I should be allowed to make informed decisions for myself when necessary. As such, I'd have no problem with requiring restaurants to post about trans fats, but requiring them to get rid of it all together sounds too paternalistic. Restaurateurs are businessmen and added regulation will no doubt continue to make it harder for them to earn a healthy profit.

Daniel Daneshrad

NYU School of Law

J.D. Candidate

Class of 2009

From: "Gil Rosenberg" <gilrosenberg@rcn.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Thu, Sep 28, 2006 11:03 AM
Subject: Trans Fats

Please pass the trans fats ban in nyc.

Thank You

Gil Rosenberg

From: "Kent Moeggenborg" <kent@johnson-construction.com>
To: "RESOLUTIONCOMMENTS@HEALTH.NYC.GOV"
<RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 10:47 AM
Subject: Trans fats

Thank you very much for your efforts to remove trans fats from New York restaurants. I hope that you are successful and that the rest of the country follows suit.

Kent Moeggenborg
Michigan

From: "Kelly Moeggenborg" <kmoegg@chartermi.net>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Thu, Sep 28, 2006 10:35 AM
Subject: love it!

Dear Mrs. Bryant,
THANK YOU THANK YOU THANK YOU for this effort your department has made to eliminate trans-fats in NYC restaurants! You have no idea how far-reaching this initiative will go in improving the health for not just those who live in NYC, but around the country! Don't back down! Push this through with everything you've got!
Thanks again!
Kelly Moeggenborg
Rockford, Michigan

From: <chris11554@optonline.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>,
<RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 9:38 AM
Subject: Trans fats

I have read all the information posted and feel that when it comes to this issue you should NOT pass any new legislation. People are or rather should be able to make up thier own minds about what they eat. There are already far too many rules any regulations imposed by the NYC government as it stands today. Although you may feel that it is only one more, it is a slippery slope and when will it end? The answer is never. There will never be a time when people in authority believe they must act for the common good even if it is against the common opinion will stop.

I watched and laughed at a movie that took place in the future where alcohol, tobacco, swearing, salt, sugar, and uneducational toys were all banned by the government beacuse they were bad for you. Unfortunately every day I see us getting closer and closer to that nightmare.

Let the restaurants decide! Next you'll be banning rare hamburgers, sunnyside up eggs, and bacon. Let this madness end now. But I'm sure you'll pass it anyway no matter what the public wants, it's what you want.

Sincerely,
Chris Harnett

From: "Amie Hamlin" <amie@healthylunches.org>
To: <resolutioncomments@health.nyc.gov>
Date: Thu, Sep 28, 2006 1:00 AM
Subject: Resolution Comments

I believe it is the government's job to protect us from hazardous substances, and the unfortunate reality is that our capitalistic system (which is a good thing in general) sometimes means that corporations are going to do what they want all for profit, regardless of who or how many it hurts.

Comments on Transfats Resolution:

Transfats are a hazardous substance, worse even than saturated fats. We know it kills people. We know it disables people through heart attacks and strokes.

Why are corporations allowed to kill people and get away with it?

Individuals can't do that! Then these corporations are allowed to promote their dangerous products however they want. I think people want to trust the government to protect them. They think "I couldn't buy this if it was so dangerous" but that is a false assumption.

One of the main purposes of transfats is to create shelf stable products, so food can sit on a shelf for a long time without going "bad." The reality is we should all be eating fresh whole foods, and if we choose to eat other foods, it is our choice, but at least we should know the truth about them. When there are alternatives, with the only downside being that it might mean less profit, but better health for the people, then we should go with the alternatives.

When McDonald's says "McDonald's serves a range of high-quality foods that can fit into a balanced diet," and then does huge campaigns about "balance",

they are trying to take the focus off the bad foods by saying you have to exercise. Well it's true you have to exercise, but who is going to walk the 5 miles, just to walk off those French fries (do the math). You can exercise off the calories, but you can't exercise off the effects of a poor diet. We need healthy fuel going in.

Transfats deserve a warning label like cigarettes, if they are allowed.

Comments on Calorie Posting Resolution:

Calorie listings would be great. People can't make the right choices if they aren't informed. They still may make the wrong choices but at least they would then know what they are doing.

How many people are going to ask for the pamphlet at the fast food restaurant (which the workers often can't seem to locate) and then get out a magnifying glass to read the calories, transfats, etc on each item they are buying? It's too inconvenient. But if they could find out that a fancy drink from Starbucks has more calories and fat than a Big Mac, they'd probably be pretty surprised and possibly reconsider what they are consuming. If they found out the Big Mac has $\frac{1}{4}$ to $\frac{1}{2}$ of the calories they need for the day then they might reconsider. They might also reconsider the salads that have been promoted as healthy if they realized that the California Cobb Salad with Crispy Chicken with Cesezar dressing has 550 calories, more than a Premium Grilled Chicken Ranch BLT Sandwich (490). These are just examples and not specifically intended to pick on particular companies but to illustrate the point.

We can't make the best choices unless we are educated. We can't be educated if we depend on the goodwill of certain profit making entities. In fact, those corporations do everything in their power to not have to educate, while claiming they want to be part of the solution. Just watch and see what industry does to fight these resolutions.

Amie Hamlin

Executive Director

New York Coalition for Healthy School Lunches

Office: 607-272-1154

Cell phone: 631-525-3650

amie@healthylunches.org

www.healthylunches.org

From: "Snyder, Jesse L." <JSnyder@tpw.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 11:22 AM
Subject: TRANS FAT BAN

PLEASE BAN THE USE OF TRANS FATS IN RESTAURANTS.

Many New Yorkers, including the undersigned, rely heavily on restaurant prepared foods due to excessive work hours, small apartments, and lack of other social meeting places. It is utterly impossible to ascertain which NYC restaurants use trans fats, and if you ask wait staff, they typically have no idea as to whether trans fats are used in the foods they serve. As someone who has been educated about the well documented health risks of trans fats and who wishes to avoid them, and who believes it important that all New Yorkers be educated as to the necessity of avoiding trans fats and be given the opportunity to do so, I urge that the DOH ban the use of trans fats in restaurants, or at the very least require restaurants to post prominent signage alerting customers as to the use of trans fats in their foods. There is no justification for the use of deadly artificial partially hydrogenated oils when economically feasible alternatives (butter, lard) have existed for millennia.

Regards,

Jesse L. Snyder
74 East 7th Street
New York, NY 10003

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CC: "Maud Maron" <maudmaron@gmail.com>, "Van_Os, Kim" <kim_van_os@mcgraw-hill.com>, "Andrew Hollweck" <ahollweck@yahoo.com>, "Bomi Kim" <bkim@nycedc.com>

From: JN Lamb <ytm40@yahoo.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Sep 28, 2006 8:45 AM
Subject: Eliminating Trans Fats in Restaurants

I support the potential regulation to eliminate artificial trans fats in restaurant cooking. As someone who suffered from nutritional anemia for 7 years, I am well aware that, "You are what you eat"!

Thank you for helping protect my health.

Sincerely,

Judith-Noelle Lamb
21 S End AVE APT 522
New York, NY 10280

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From: "Douglas Meyer" <d_meyer@verizon.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 11:54 PM
Subject: calorie labeling

I support calorie labeling on restaurant and food service menus.

However, I am highly skeptical that the information will ever be very accurate.

After all, restaurants commonly alter recipes depending upon ingredient availability or cost. Individual cooks often experiment with recipes, or have different ways of preparing them. Portion sizes in many establishments are also not consistent. And the extravagant and unspoken use of butter by many restaurants is notorious.

Therefore, any calorie counts cited on menus will inevitably be misleading to countless customers.

The law should therefore include some teeth -- random testing of calorie counts, with fines increasing with the size of any error.

D. Meyer
New York, NY 10034

From: "Douglas Meyer" <d_meyer@verizon.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 11:29 PM
Subject: trans fats

I strongly support the proposed ban on restaurants using artificial trans fats.

D. Meyer
New York, NY 10034

From: Geri Kuykendall <geri@kuykendall.org>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 10:02 PM
Subject: Transfat ban, FINALLY!

I live in Los Angeles, CA and now wished I lived in New York! I think it is wonderful what you are doing for the health of your people.

I go to a lot of effort every week to shop for my family , and not buy products that contain transfats. Because of it I have to go to a special grocery store and pay double just to keep my family healthy. But when we go out and eat I have no control. Even if we try and be careful we still don't know for sure that were transfat free.

Again Kudos for this brave move. Once the switch is made no one will miss it. Food taste better when you know your not compromising your health!

I hope our city follows suit very soon.

Geri Kuykendall
Los Angeles, CA

From: <DiFab4@aol.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Wed, Sep 27, 2006 7:49 PM
Subject: DO IT!!

Sirs,

I heartily applaud your efforts in this area of eliminating trans fats. It is bold and forward thinking. Let them all scramble to do what is right and take this toxic ingredient out of restaurants in New York City.

Thank you
Nicholas DiFabbio
94 Kimberly Drive
Guilford, CT

From: "Gery Grove" <GGrove@saatchiny.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 4:51 PM
Subject: Trans Fats Proposal

Dear Ms. Bryant,

I am writing to voice my concerns regarding the proposed ban of trans fats in New York City restaurants. I am a professional healthcare marketer with a family history of coronary artery disease - suffice it to say, I am well aware of the dangers of trans fats from experience in both my personal and professional realms.

In my opinion, it is UTTERLY UNACCEPTABLE to ban the use of trans fats in restaurants. While I recognize the dangers of these compounds, it is completely absurd to take the freedom of choice away from New York City diners. Perhaps an education program is a more prudent investment that may lead to a better return in terms of decreased healthcare costs. Any sensible diner who is educated and aware of the dangers of these products recognizes that eating foods with trans fats should be done in moderation. It is well known within the culinary world that certain products and shortenings that contain trans fats simply taste better - and diners have a right to enjoy those foods at their discretion. Taking this right away from me as a New York City diner is in my mind no different than taking the joy of music and dancing away from people who live under a totalitarian dictatorship that restricts this form of joy in people's lives. People of this city value their restaurants and the enjoyment the experience brings to them - in moderation, ideally.

I strongly suggest that before you take away the basic right of New Yorkers to enjoy the food they like, you consider an education program that lets people know about the dangers of trans fats. Then let them decide on their own if they would like to eat donuts and french fries. But banning the consumption of trans fats is not an acceptable proposal and to me suggests a city government that is encroaching on my personal freedom.

Thank you very much.

Gery Grove
136 W. 75th St.
NY, NY 10023

Gery Grove
Professional Strategic Planning
Saatchi & Saatchi Healthcare
375 Hudson Street, 9th Floor
NYC NY 10014
212 463 2468 (voice)
917 981 9087 (cell)
212 463 4544 (fax)

CC: <MGrove@jeffnat.com>, <sally_blumenthal@nps.gov>

Resolution Comments - Not the Government's job

From: "Mark Bordenet" <mdbordenet@hotmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 9/27/2006 2:48 PM
Subject: Not the Government's job

Thanks but no thanks. This is not like smoking. We have the choice of which foods to consume. There are no second-hand trans fats floating around restruants. If smoking is still legal, albiet restricted, then trans fats cannot be banned outright from restarunts. Put more money into nutrition education. I am certainly no fan of trans fats and poor eating habits, but if you ban one harmful substance, you have to ban all harmful substances.

-Mark Bordenet

Brooklyn NY

From: "Ben Watkins" <bwatkins@barkframeworks.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 2:32 PM
Subject: Posting Calorie Information and Phasing Out Trans-fat

Dear Sir or Madam,
I'd like to say congratulations for these two initiatives, regarding the Posting of Calorie Information and the Phasing Out of Trans-fats in our city's restaurants.

They are fantastic additions, and I was immensely pleased to see them proposed, and I do hope they go through and become law.

many thanks,
Ben Watkins
Brooklyn, NY

From: "SEAN WAYLAND" <sean@seanwayland.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 12:12 PM

Dear Sir/Madam,
Please get rid of the trans fats in food. Also sensible would be to ban the sale of cars which could travel faster than 40 miles per hour. Then you would really make things safer .
Best regards
sean

<<http://www.seanwayland.com/>>
347 5231455 (cell)
571 6th ave #1 (cnr 16th st in park slope)
"R" train to prospect ave
<<http://www.seanwayland.com/>> www.seanwayland.com
www.myspace.com/seanwaylandmusic

From: "Van_Os, Kim" <kim_van_os@mcgraw-hill.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Wed, Sep 27, 2006 11:46 AM
Subject: Re: TRANS FAT BAN

I agree 100%.

Kim van Os
350 Lafayette Ave #3
Brooklyn, NY 11238

On 9/27/06 11:18 AM, "Snyder, Jesse L." <JSnyder@tpw.com> wrote:

> PLEASE BAN THE USE OF TRANS FATS IN RESTAURANTS.
>
> Many New Yorkers, including the undersigned, rely heavily on restaurant
> prepared foods due to excessive work hours, small apartments, and lack of
> other social meeting places. It is utterly impossible to ascertain which NYC
> restaurants use trans fats, and if you ask wait staff, they typically have no
> idea as to whether trans fats are used in the foods they serve. As someone who
> has been educated about the well documented health risks of trans fats and who
> wishes to avoid them, and who believes it important that all New Yorkers be
> educated as to the necessity of avoiding trans fats and be given the
> opportunity to do so, I urge that the DOH ban the use of trans fats in
> restaurants, or at the very least require restaurants to post prominent
> signage alerting customers as to the use of trans fats in their foods. There
> is no justification for the use of deadly artificial partially hydrogenated
> oils when economically feasible alternatives (butter, lard) have existed for
> millennia.
>
> Regards,
>
> Jesse L. Snyder
> 74 East 7th Street
> New York, NY 10003

From: Andrew Keister <ANDREW@KEISTER.COM>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 8:59 AM
Subject: RE: notice-intention-hc-art81-08

Commissioner Frieden,

In reference to the addition of Article 81.08 to Article 81 of the New York City Health Code I am writing to convey my strong support for such an amendment. Trans-fatty acids are known to be highly detrimental and while labeling efforts have allowed consumers to avoid consuming them at home, there is no mechanism to prevent their consumption in restaurants. Major countries, such as Denmark have enacted legislation such as this without causing harm to the hospitality industry. Most interestingly, McDonalds has adapted their menu in Denmark as a result of the legislation but has refused to bring similar changes to it's menu in the United States. When companies refuse to look out for the health of citizens the government is obliged to act.

My applause to you, Mayor Bloomberg and your staff for putting forth this proposed change. We should be so lucky to see this kind of leadership from all of public officials.

Sincerely,

Andrew S. Keister
100 West 89th Street
New York, NY 10024
(212) 873-4132

Resolution Comments

From: "Catherine Chauvot" <ktchauvot@hotmail.com>

To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>

Date: 9/27/2006 8:28 AM

I think this ban would be a huge step in the right direction, Thankyou!
-Catherine Chauvot

From: "Cory Linton" <cory.linton@schoolimprovement.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 8:09 AM
Subject: GOOD WORK ON TRANS FATS, KEEP IT UP!!!!

Thank you for banning trans fats-it is about time that someone take the bold step to remove this toxic substance. As a former New Yorker, I am proud to see the city leading the way for the rest of the country. Nice work!

Cory Linton

1846 Gray Fox Dr.

Draper, UT 84020

(801)661-0997

From: <OLSENRD@aol.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Wed, Sep 27, 2006 7:50 AM
Subject: addition of article 81.5 to NYC Health Code 81

Listing calories on menu items will only confuse the public more. Foods will be broken down to bad foods and good foods in the minds of the uneducated consumer. How will they know how many calories they should eat? Who are you targeting with this?

The public is confused enough about what is healthy to eat or not. Just putting the calorie content on menu items does not help stop the obesity epidemic. The mean calorie value on foods listed like donuts does not help for making a wiser choice. Maybe when trans fats are eliminated in restaurants and the foods are somewhat healthier like McDonalds in Denmark and sodium levels are lowered it will serve a purpose. We need to educate people on making healthier choices and not ram calorie content down our throats. Kids are confused as it is. What about diabetes and hypertension? Does this mean that we will eventually have menus list the breakdown of fat and sodium and why not carbohydrate breakdown to starches and sugars. A little knowledge can be a most confusing thing.

Respectfully submitted,
Laura Olsen, MS, CDN, RD
Director, Nutrition Wellness
2726 Gerritsen Avenue
Brooklyn, NY 11229
Phone 718-769-8820

CC: <OLSENRD@aol.com>

From: "jon wikan" <jonwikan@earthlink.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Sep 27, 2006 1:41 AM
Subject: Trans fats! Ban them!

I am so happy New York is trying to ban trans fats. Finally I can eat out!!! I am so disappointed this wasn't outlawed 5-10 years ago!!

Thank you!!!

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debra Oette <helios1018@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 7:41 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Debra Oette
Email helios1018@yahoo.com
Address 773 Pelham road
City : new rochelle
State : ny

From: "Ray L" <lifeiswisdom@hotmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Tue, Sep 26, 2006 11:13 PM
Subject: Trans fat

Good idea to get people healthier.
Ray L

Get today's hot entertainment gossip <http://movies.msn.com/movies/hotgossip>

From: "Daniel Keough" <dkeough@hotmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Sat, Sep 30, 2006 6:04 PM
Subject: No TransFat

The proposal to eliminate transfat from restaurant foods is absolutely fantastic! I am a Dietitian and find it a challenge even in the grocery stores to find foods that don't contain any trans-fat. How does someone eat healthy ordering in a restaurant if the don't have that ingredient list?

I believe trans-fat is a toxin and restaurant owners don't have the right to serve food to unsuspecting or uninformed customers with trans-fats hidden inside. The McDonald's in Denmark, as well as many NYC area restaurants, are reporting good results after they switched healthier food that tastes the same with about the same production cost.

What to do:

a) Ban all trans-fats in foods served in restaurants to <.5g/serving. The owners may be uncomfortable in the beginning 18 months, but will probably feel better about it after the change.

(Rating: *****)

b) Again make the switch voluntary, but if they choose to use trans-fat, make LABELING of the total grams of trans-fat per serving MANDATORY. Along with this a sign must be placed in the restaurant so the customer can view what trans-fat is and the consequences of eating it and/or have this warning included on all menus. Produce a link/website of the restaurants who comply so as to provide advertisement (financial reward) for restaurant owners to participate in making their foods healthier.

(Rating: ***)

Bless you for doing something to promote our health!!

Daniel Keough

You must be the change that you wish to see in the world.

~Mohandas Gandhi

From: E Line <e-line@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 16, 2006 4:01 PM
Subject: Comment: transfat ban

"And if we ban trans fats, we move one step closer to endorsing the principle that government should determine what we eat and how we should live - even when the data are skimpy and the expected benefits nonexistent."

--Dr. Elizabeth M. Whelan (president, American Council on Science & Health)

Gentlemen:

Your premises on both the role of Public Health and the extraordinary and singular "danger" of transfat are sorrily mistaken.

For openers, your job is not to make sure that our "dining" is "healthy." And, by the way, "healthy" according to whom?

Almost annually the government has seemed to change its mind about what's a "healthy diet" :

¶ Margarine, it once decreed, was a health food; carbohydrates were slimming; salt, of which a deficiency has apparently been related to chronic fatigue syndrome, was-- or is it still?-- the Very Devil Incarnate.

And, venturing further into Medical Expertise:

¶ Hormone replacement was pushed for 30 years as preventing, among other things, heart disease and stroke... until (oops) we were suddenly told that it triggers both. Vitamins have been touted for years as preventing cancer.. till a few years later when (oops) they cause it. High fiber prevented...oops, never mind.

Bad enough that the public has been led and misled with a shifting kaleidoscope of false Do's and Don'ts-- which at least we've been able to take with a grain of salt-- but now you apparently want to cram them down our throats.

Your second presumption is much more alarming.

You invent for Public Health a role and a power that it's never historically had (and never ought to have) and imperially inform us that you're "charged with... preventing chronic diseases through approaches that may address individual behavior..." No you're not! You just made that up. And we'll thank you to keep your paws off our "individual behavior" as well as what you call our "community environment." That's not Public Health. That's social engineering. Eliminating choice and coercing behavior is not The American Way; it's the Maoist Way.

As for transfats themselves, you overestimate their associative connection to disease, and similarly their percentage in the average diet.

¶ According to The National Academy of Sciences, the DHHS, the National Heart Lung & Blood Institute, and even the FDA, "transfats are on a par with saturated fats." No better, no worse. And, inconveniently, there's this:

¶ "Americans eat 4 times as much saturated fat as transfat." according to the NY Times, though the FDA itself says the ratio is far greater: 5 to 1.

Then too, the bulk of your exaggerated premise relies almost solely on epidemiology-- a crude tool at best for determining association (let alone causation) for diseases with a known multiplicity of causes. A problem that's made exponentially worse when the tweaked RRs are both statistically insignificant and weak --under 2 or 3-- to begin with. And, in fact, when the resultant risks are this small, confounding and bias are the likely explanations, and "bias" includes the researchers' bias -- a penchant to bolster the premise-of-the-week, and to bask in consensus. A consensus often reached by ignoring any research or studies to the contrary.

¶ The Scottish Heart Study (Bolten-Smith et al, 1997) concluded that "the results do not support a major effect of dietary transfatty acids..."

¶ The Framingham Heart Study (1948-1998) concluded that high cholesterol wasn't associated with increased heart disease after age 47-- after which age, "For each 1 mg/dl drop in cholesterol, there was an 11% increase in coronary and total mortality."

¶ A study conducted at Stanford University's School of Medicine (Jeppesen et al, 1997) reported in the American Journal of Clinical Nutrition that low fat diets were actually harmful to adult women-- raising triglycerides and lowering HDL.

¶ Clinical trials reported in the European Heart Journal (Corr et al, 1997) led to a conclusion that "Dietary advice to reduce saturated fat and cholesterol intake, even combined with intervention to reduce other risk factors, appears to be relatively ineffective for the primary prevention of CHD and has not been shown to reduce mortality."

¶ The head of the American Heart Assn Nutrition Committee, Dr. Ronald Krauss, admitted that based on the majority of studies "for two-thirds of consumers, low-fat diets increased the risk of heart disease or didn't help them."

¶ Chairman of Wayne State University's Nutrition Dept, Dr. David Klurfeld, wrote in 1999 that any association between transfats and heart disease was notably too weak for conclusions to be reached.

So where does that leave the "science"? An overload of trans or saturated fats may raise cholesterol in some people, which may-- or may not-- be one of the over 200 known or suspected contributors to heart disease. And yes, it's your job to tell that, fairly and

squarely, to the public. But, in any case, pretending that a plate of French fries is a bullet to the heart-- let alone "toxic" "poison" analogous to lead-- is just sheer hyperbole.

Finally, as you know, trans fats occur naturally in foods eaten much more frequently than fries, where they're also accompanied by saturated fats. And since your lust for engineering is apparently unrestrained, it's really a no-brainer that next you'll be attempting to banish Eggs Benedict and mandate --perhaps by cubic centimeters-- the portion-size of a steak. And in the course in improving "the food environment" (which has to include stores) what-- aside from the Commerce Clause, which is recently scorned anyway-- would stop you from controlling what we buy in the market? Any job worth doing is worth doing well.

And finally (really) the very language of this Law shows the bloodlessness and joylessness of the Health Department's sterile and medicinal view of life. Food isn't medicine. And yet, with a stroke of your bureaucratic pens, you manage to reduce the whole playground of eating (noshing! snacking! dining! feasting!) to the clinical concept of "food intake," and restaurants (delis! bistros! cafes!) to "the food environment." Bah! and faugh!

Your approach to Public Health shows contempt for the public, contempt for the marketplace, contempt for the principles of autonomy and choice. Our bodies aren't (yet) the property of the State-- nor (yet) of the city.

Linda Stewart
NY NY 10021

I have no connection with the restaurant industry, the food industry, or the transfat industry, but I did spend the night at a Holiday Inn.

Additional sources;

Gina Kolata, NY Times, 9/28/06; "The Skinny on Fat," Sandy Swarc, Tech Central Station, 7/16/03; "Low Fat Myth Busted," Steven Milloy (Cato) Fox News, 2/9/06 and "Kooky Cookie Lawsuit," Milloy, Ibid, 5/16/03; "Fear of Margarine," Milloy, junkscience.com, 11/99

RESOLUTIONCOMMENTS@HEALTH.NYC.GOV October 16, 2006

From: <LSemple@honorscollege.cuny.edu>
To: <voicers@nydailynews.com>, <letters@nypost.com>, <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 16, 2006 1:24 PM
Subject: Health Proposals

From: <afroz2k@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 16, 2006 12:18 AM
Subject: NYC Health Proposals- Afroz Hafeez- President of AMSA

Dear NYC Department of Health,

I am writing to you show the support of my American Medical Students Association (AMSA) chapter at CUNY Brooklyn College for the NYC Health Proposals. We believe limiting transfat in restaurants is an excellent idea to improve the health of all New Yorkers. Transfat is dangerous and consumption can lead to many health problems including clogging of the arteries. It is important for all restaurants to transition to healthier oils to limit transfat consumption. Also, the second proposal is putting calories on menus which is important to face the obesity problem in our country. Every person has the right to know what they are consuming and how much calories they are intaking. Starting in NYC, as a great role model for other cities, must support these two proposals for a healthier city. These health proposals will lead to a healthier NYC.

Sincerely,
Afroz Hafeez
President of AMSA (CUNY Brooklyn College)
Afroz2k@aol.com
(347) 601-9582

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Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Luis <kasdlj@asjdklasl.com>
To: <shelter_int@yahoo.com>, <resolutioncomments@health.nyc.gov>
Date: 10/15/2006 12:34 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

WWW.TRANSFATFREENYC.ORG

Name : Luis
Last name : Shestter
Email kasdlj@asjdklasl.com
Address kdaskldj
City : asdasd
State : asdsa
Zip : asd
Comment : Prueba form
Transfer my email? : Yes

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Franklin Maritnez <shelter_co@hotmail.com>
To: <shelter_int@yahoo.com>, <resolutioncomments@health.nyc.gov>
Date: 10/15/2006 12:32 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

WWW.TRANSFATFREENYC.ORG

Name : Franklin Maritnez
Last name : Martinez
Email shelter_co@hotmail.com
Address alksjdhf
City : sadfa
State : asdfga
Zip : sadfg
Comment : jhfmhgcm
Transfer my email? : Yes

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: ddfd <dfd@sd.com>
To: <john.carlos.cardenas@gmail.com>, <resolutioncomments@health.nyc.gov>
Date: 10/14/2006 11:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

WWW.TRANSFATFREENYC.ORG

Name : ddfd
Last name : ddfd
Email ddf@sd.com
Address df
City : dfd
State : fd
Zip : fdf
Comment : ddfdf
Transfer my email? : Yes

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: ddfd <dfd@sd.com>
To: <shelter_int@yahoo.com>, <resolutioncomments@health.nyc.gov>
Date: 10/15/2006 12:15 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

WWW.TRANSFATFREENYC.ORG

Name : ddfd
Last name : ddfd
Email ddf@sd.com
Address df
City : dfd
State : fd
Zip : fdf
Comment : ddfdf
Transfer my email? : Yes

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: ddfd <dfd@sd.com>
To: <john.carlos.cardenas@gmail.com>, <resolutioncomments@health.nyc.gov>
Date: 10/14/2006 11:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

WWW.TRANSFATFREENYC.ORG

Name : ddfd
Last name : ddfd
Email ddf@sd.com
Address df
City : dfd
State : fd
Zip : fdf
Comment : ddfdf
Transfer my email? : Yes

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: wewew <wewewe@wewe.com>
To: <john.carlos.cardenas@gmail.com>, <resolutioncomments@health.nyc.gov>
Date: 10/14/2006 11:05 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

WWW.TRANSFATFREENYC.ORG

Name : wewew
Last name :
Email wewewe@wewe.com
Address sdsdsd
City : sdsdsd
State : sdsdsd
Zip : sdsdsd
Comment : sdsdsdsd
Transfer my email? : Yes

From: Mohammad Javed <javed20011377@yahoo.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Sat, Oct 14, 2006 2:24 PM
Subject: Trans fat: why penalize restaurants?

Dear Sir/Madam:

As a restaurant operator, please allow me to attach herewith my comments for your consideration.

M. Javed

All-new Yahoo! Mail - Fire up a more powerful email and get things done faster.

Rena Bryant, Secretary to the Board of Health,
125 Worth Street CN-31, New York, NY, 10013
Department of Health & Mental Hygiene

October 14, 2006

Re: **Trans Fat: Why penalize restaurants?**

I appreciate the DOH for taking up the problem of trans fat for comments.

The problem of trans fat and the initiatives to curb it should not be confined to restaurants only. Trans-fat is used in almost every household in this country and not only by restaurants. It needs to be taken up at the national level. Some low income families may not afford to eat out but may be using trans-fat in their kitchens. Every household needs to be informed of it.

Let's take trans fat as a nationwide menace for health. We need to go to the bottom of the problem. Restaurants are not the **MANUFACTURERS** of trans fat. Wouldn't it be simple and logical to ask the manufacturers to produce trans fat-free oil only like corn and canola?

M. JAVED
FAST FOOD INC.

From: "Ronda Kotelchuck" <rkotelchuck@pcdcny.org>
To: <resolutioncomments@health.nyc.gov>
Date: Sat, Oct 14, 2006 5:33 PM
Subject: RE: PCDC Endorsement: Trans Fat and Calorie labelling

At its October 5, 2006 Board meeting, the Board of Directors of PCDC passed the following resolution supporting the NYC DOHMH initiative on regulation of trans fats:

"PCDC's Board expresses its support for the TakeCareNY initiative and views the Transfat policy as a positive step toward achieving the public health objectives encompassed by TakeCareNY."

Ronda Kotelchuck
Executive Director
Primary Care Development Corporation
22 Cortlandt Street, 12th Fl.
New York, NY 10007

CC: "Lynn Silver" <lsilver@health.nyc.gov>

From: "Ellen August" <EAugust@GoetzFitz.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Fri, Oct 13, 2006 7:29 PM
Subject: Proposal on trans fats

In my opinion, limiting trans fats is a great idea that will benefit the entire City. We all pay the price in numerous ways because of the diseases and other problems that afflict people with poor diets. This is a "no-brainer", as the food will supposedly not taste any different and the health of thousands of New Yorkers will likely improve.

Ellen August
Goetz Fitzpatrick LLP
One Penn Plaza, Suite 4401
New York, NY 10119
(212) 695-8100 Fax (646) 253-2406

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From: "Elisa Garcia" <Elisa.Garcia@dominos.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Oct 12, 2006 6:15 PM
Subject: Comments on proposal to require menu labeling and transfat ban

See attached

CC: <berman@bermanco.com>



Elisa D. Garcia C.
Executive Vice President
General Counsel

October 11, 2006

Ms. Rena Bryant
Secretary, NYC Department of Health and Mental Hygiene
125 Worth Street CN-31
New York, New York 10013

Re: Proposals to Require Menu Board Labeling and to Phase Out Trans-Fats

Dear Ms. Bryant;

Domino's Pizza is responding to the Health Department's request for comments on the Department's proposals to require Menu and Menu Board Labeling and to Phase-out Trans-Fats.

Menu Labeling Proposal

Domino's Pizza provides nutritional information to consumers via its website and through nutritional brochures. We struggle with the difficulty of preparing this information as pizza is a very customized product. Every order begins with a choice of crust type, the customer also chooses the size of the pizza and a selection of toppings. The possibilities are endless. In addition, the pizza maker, while trained to make a product to certain specifications, is not a machine and will therefore make every pizza a little different.

Our printed materials make it clear that the nutritional information may vary depending upon the customization of the product. However, if we are required to post calorie counts and other nutritional information on a menu board, without the warnings about variability, etc., we fear that any discrepancies will encourage trial lawyers to make a business of suing Domino's and its franchisees for mislabeling, misrepresentation and who knows what else.

Another concern we have relates to how all of this new information will fit on a menu board without confusing or overwhelming the consumer. Our menu boards are small (38 1/2" tall by 25 5/8" wide) because our store fronts are quite small, given the delivery/carryout nature of our business. I attach a photo so that you can visualize the problem. Another concern is the cost to the small business owner. Have you done an analysis of the cost of compliance by a small business owner? Our New York City franchises own between 1-4 units. The cost of a new menu board is \$559.95. Assuming we could design a comparable menu board that complies, our New York City corporate and franchise stores would have to spend approximately \$40,000.00 to comply.

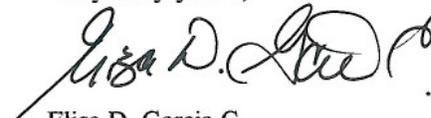
Domino's respectfully requests that you withdraw the menu labeling proposal.

Trans-fat ban

While Domino's is virtually "trans-fat free" because we have been able to migrate to trans-fat free oils, we do not believe the Health Department should be using the form of a ban to eliminate a product that is not toxic from restaurants. Trans-fats cause the LDL "bad" cholesterol in blood to increase, similarly to saturated fat. Are you next going to require that all visible fat be removed from a steak before serving it in a restaurant? Restaurants will respond to consumer demand and tastes.

We request that the Health Department abandon the trans-fat ban and find other ways of educating the consumer about health choices.

Very truly yours,



Elisa D. Garcia C.

(This is not a strip)

CHOOSE FROM ANY THREE DELICIOUS CRUSTS

OR CLASSIC HAND TOSSED, ULTIMATE DEEP DISH, CRUNCHY THIN CRUST

	Small	Medium	Large
Cheese Pizza	9.99	12.99	15.99
Additional Toppings	0.99	0.99	0.99

FEAST PIZZAS

MeatZZa Feast™ Pepperoni, Ham, Italian Sausage, Beef, Extra Cheese	9.99	12.99	15.99
Veggi Feast™ Green Peppers, Onions, Fresh Mushrooms, Black Olives, Extra Cheese	9.99	12.99	15.99
Hawaiian Feast™ Ham, Pineapple, Extra Cheese	9.99	12.99	15.99
Deluxe Feast™ Pepperoni, Green Peppers, Onions, Fresh Mushrooms, Italian Sausage	9.99	12.99	15.99
Pepperoni Feast™ Green Peppers, Extra Cheese	9.99	12.99	15.99
ExtravaganZZa Feast™ Specialty Toppings with 1 of our Toppings	9.99	12.99	15.99
America's Favorite Feast™ Pepperoni, Fresh Mushrooms, Italian Sausage	9.99	12.99	15.99
Barne Cheeseburger Feast™ Beef, Ham, Cheese	9.99	12.99	15.99
Barbeque Feast™ Barbeque Sauce, Green Peppers, Onions, Ham, Cheese	9.99	12.99	15.99

(This is not a strip)

(This is not a strip)

TOPPINGS

Pepperoni	Ham	Onions	Green Peppers	Beef
Fresh Mushrooms	Black Olives	Italian Sausage	Bacon	Jalapenos
	Pineapple	Extra Cheese	Green Chile Peppers	Tomatoes

SIDE ITEMS

Breadsticks with Marinara Sauce	9.99	Cherry Bread with Marinara Sauce	9.99				
Chips Nite™ with Salsa King	9.99	Dominion's™ Dots™	9.99				
Dominion's™ Dipping Sauces	Butter	Garlic	Beer King	Assorted Pastas	Hot Cheese	Hot	9.99
		10 Pz.	20 Pz.	30 Pz.			
Dominion's Pizza Buffalo Chicken Kickers™	9.99	9.99	9.99				
Buffalo Wings (1/2 dozen)	10	15	20	9.99	9.99	9.99	
Served with dipping sauce!	Hot Cheese	Hot	Hot Dipping Sauce				
Amarillo™ Greens Salad with Fresh Lettuce and Vegetables with Ranch Dressing and 1/2 Chicken				9.99			

DRENKS

	11 oz.	12 oz. cold	20 oz.
			
			
	.75	.85	1.25

(This is not a strip)

From: "Phil B" <mainframeanalyst@hotmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Oct 12, 2006 12:39 PM
Subject: Article 81.08 - Ban High Temp Cooking in Canola Oil

Dear Board of Health,

In the materials surrounding the proposed amendment of Article 81 of the New York City Health Code (the "Health Code"), to add §81.08, canola oil should NOT be listed as an "Acceptable healthier alternative to PHVOs."

With the new change oils campaign, I think it should be clarified to the restaurants that high temperature cooking in canola oil appears to be dangerous.

I found this information in just a short time:

"Oils high in omega 3 are not capable of taking high temperatures. Heating Canola distorts the fatty acid turning it into an unnatural form of trans fatty acid that has been shown to be harmful to health. "

"Avoid using Canola as a cooking oil ..."
http://www.aspartame.ca/page_oho3.htm

"Recent epidemiological studies of high lung cancer rates in Chinese women suggest that wok cooking with rapeseed oil is responsible, ..." "Chinese rapeseed oil tended to produce the highest emissions of the potentially carcinogenic or mutagenic compounds 1,3-butadiene, benzene, acrolein, and formaldehyde, ..."
<http://breathing.com/articles/canola-oil.htm>

It has a high sulphur content and goes rancid easily. Baked goods made with canola oil develop mold very quickly. During the deodorizing process, the omega-3 fatty acids of processed canola oil are transformed into trans fatty acids, similar to those in margarine and possibly more dangerous. A recent study indicates that "heart healthy" canola oil actually creates a deficiency of vitamin E, a vitamin required for a healthy cardiovascular system. Other studies indicate that even low-erucic-acid canola oil causes heart lesions, particularly when the diet is low in saturated fat.
<http://www.macrobiotics.co.uk/cornoil.htm>

From Facts about Fats — The Skinny on Fats
by Mary Enig, PhD, and Sally Fallon

".. diseases involving the nervous system may be caused by Canola oil which dissolves the myelin sheath off of the nerves throughout the body." "All these symptoms were linked to loss of myelin sheath. Most of these people knew they had used Canola oil over the years."

"Canola oil contains erucic acid in the oil and glucosinolates in the meal, both toxic to humans and animals."

"Do not use Canola Oil. Read labels. If you eat out often, choose restaurants that don't use Canola (ask!)."
http://www.aspartame.ca/page_oho3.htm

Other articles

<http://www.shirleys-wellness-cafe.com/canola.htm>

Canola oil should NOT be listed as an acceptable healthier alternative to PHVOs for high temperature cooking.

Phil Braun, BSCS, MBA,
10936 W. Bumblebee Dr.
Boise, ID 83713-1110

Get today's hot entertainment gossip <http://movies.msn.com/movies/hotgossip>

From: <rflorencemrice@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: Tue, Oct 10, 2006 5:49 PM
Subject: Submitting Letter

The attached document is a submitting letter of support for NYC Department of Health recommendations regarding trans fat and menu labeling.

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Harlem Consumer Education Council, Inc.

P.O. Box 1165 Triboro Station, New York, NY 10032 • (212) 795-0234

FLORENCE M. RICE
PRESIDENT

October 10, 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street, CN-31
New York, New York 10013

Dear Members of the New York City Board of Health:

As the President of the Harlem Consumer Education Council and a resident of New York City, I urge you to support the Department of Health and Mental Hygiene's recommendation to limit the amount of trans fat in restaurant food and to require certain restaurants to list calories on menus.

Trans fat promotes heart disease, killing roughly 50,000 Americans each year. Many restaurant foods contain far too much Trans fat. A three-piece extra crispy combo meal (with a drumstick, two thighs, potato wedges, and a biscuit) at KFC contains a staggering 15 grams of trans fat. The American Heart Association recommends that people eat no more than 2 grams of trans fat per day.

People have gotten used to having nutrition information on packaged foods in grocery stores and have a right to know what is in their food in restaurants. Otherwise how can you know that a tuna fish sandwich has 50% more calories than a roast beef sandwich? Or that a small chocolate milkshake at McDonald's has more calories than a Big Mac?

The Department of Health's recommendation to both limit trans fat in restaurant foods and to require calorie disclosure on menus in certain restaurants are excellent steps toward helping New Yorkers watch their weight and reduce their chances of getting heart disease. Please support these important health measures.

Sincerely,

Florence M. Rice
President
Harlem Consumer Education Council

From: Karishma Chawla <burrrip320@yahoo.com>
To: <voicers@nydailynews.com>, <letters@nypost.com>, <resolutioncomments@health.nyc.gov>
Date: Sat, Oct 7, 2006 1:06 PM
Subject: Phase out Trans Fats, Require Calorie Labeling

To Whom it May Concern,

I am writing this email in support of phasing out the use of artificial trans fat in all restaurants and requiring calorie labeling in some restaurants. Today's fast paced lifestyles do not allow everyone to enjoy the healthiness of home cooked meals, and it is important to ensure that those who are forced (or chose) to eat out can do so without serious medical consequences. As guided by the American Heart Association, the recommended daily intake of Trans fat is 2g, and is certainly doesn't help that McDonald's fries alone contain 4 days worth of intake! The healthier practices advocated by this proposal will make eating out a healthier and more pleasurable experience for all consumers, who will be able to savor delicious foods without the cost of their health.

-K. Chawla
AMSA Member (BC)

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From: MAH MAH <alcom@sbcglobal.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Thu, Oct 5, 2006 1:31 PM
Subject: Trans fats

While your proposal to ban trans fats in restaurants is admirable it invites an even worse alternative. Many restaurants now use CANOLA OIL which also masquerades as VEGETABLE OIL and is sometimes mixed with OLIVE OIL.. Canola oil is poison. It has been blamed for mad cow disease, is an industrial lubricant and is an FDA approved pesticide. It is derived from rapeseed which is also the source of mustard gas which was used by Saddam Hussein against the Kurds. In my view it is the root cause of the Canadian health care system being in crisis. Canola Oil is widely used in Canada and is a major export. They don't want to admit that it is making their people sick. They also turn a blind eye to the persistant new cases of mad cow disease that keep occuring in Canada because Canola Oil is added to the cattle feed.You should take steps to assure that your restaurants do not start using Canola Oil instead of their present trans fat oil. Otherwise your "cure" will be worse than the disease. Al Hoffman

From: "Elvira Rella" <Elvira.Rella@urbanhealthplan.org>
To: <resolutioncomments@health.nyc.gov>
Date: Thu, Oct 5, 2006 10:16 AM
Subject: FW: NYC Initiative - Trans fats

From: Elvira Rella
Sent: Thursday, October 05, 2006 9:50 AM
To: 'resolutioncommentsd@health.nyc.gov'
Subject: NYC Initiative - Trans fats

NYC Dept of Health

We are writing to you as concerned Health and Nutrition professionals working in the South Bronx in support of the NYC DOHMH's ban of artificial trans fats in all foodservice establishments throughout NYC.

Trans fat is less healthy than lard. Not only does it raise LDL, the "bad" cholesterol, it lowers HDL, the good cholesterol. Consumption of trans fat increases the risk of heart disease, the # 1 killer of New Yorkers.

There is significant evidence that heart disease begins at childhood and moves on towards adulthood and the contributing factor is cholesterol. Our children are consuming products loaded with trans fat. Not long ago in the Daily News we read about a 9 year old who suffered a heart attack. It's time to give our children a better start in life.

Trans fat is invisible, and it will not be missed when it is gone. 50% of restaurants surveyed by the NYC DOHMH do not use it at all. Eliminating it will not affect the flavor of foods, should not raise the cost of foods and will not limit consumer's choices. Restaurants have access to equally-priced alternatives.

If a food additive were found to be carcinogenic, consumers and food service establishments alike would not hesitate to demand it be eliminated from their food. Trans fat has been linked to diseases and death, and we should all support its elimination from our foods. We praise Mayor Bloomberg and Health Commissioner Frieden for supporting

this effort to help New Yorkers live longer, healthier lives.

Sincerely,

Health & Nutrition Staff

Urban Health Plan, Inc

1065 Southern Blvd

Bronx, New York 10459

www.urbanhealthplan.org

****DISCLAIMER****

PRIVILEGED AND CONFIDENTIAL INFORMATION:

The information contained in this electronic transmission, and any documents attached hereto, may contain information that is legally privileged and confidential. The information is intended only for the use of the recipient(s) named above. If you have received this electronic message in error, please notify the sender and delete the message. Any disclosure, copying, distribution, or the taking of any action in reference to the contents of the information contained within this message is strictly prohibited.

From: "Mike Roberts" <TheMikeRoberts@gmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Tue, Oct 3, 2006 11:04 PM
Subject: Ban on trans fat

* New York City * *Department Of Health **And*
*Mental Hygiene *

* *

NY City Health department is proposing a ban on trans fat . Dr. Walter Willett, chairman of the Department of Nutrition at the Harvard University School of Public Health said the ban could save lives "Artificial trans fats are very toxic, and they almost surely causes tens of thousands of premature deaths each year," he said. "The federal government should have done this long ago." I live in Utah but i still strongly support this ban and urge the board of health to approve the proposal

* *

* Mike Roberts*

* 2210 N Fairfield *

* Layton,Utah,84041*

From: amanda.barnes@gmail.com
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Tue, Oct 3, 2006 10:09 PM
Subject: 81.08

I believe that a move by NYC to phase out trans fats would set an extraordinary example for the rest of the country, and would give authority and publicity to the dangers of trans fats in foods. NYC should be at the forefront of national movements, and the obesity and heart health epidemics in this country certainly require such a movement. I wholeheartedly support the interdiction of trans fats in NYC.

Respectfully,

Amanda Barnes

From: <andrea.mcchristian@yale.edu>
To: <ResolutionComments@Health.NYC.gov>
Date: Tue, Oct 3, 2006 7:35 PM
Subject: NY health department initiative editorial

I am a Yale Student taking the Course "Psychology, Biology, and Politics of Food" and wanted to submit this for the public record. This is a copy of one of my opinion sheets for the class

New York Health Initiative: Yay or Nay?

This week I was deeply engrossed in the discussion regarding the new resolve for New York restaurants to voluntarily remove artificial trans fats from their products, and provide caloric content of items on the menu. I agree wholeheartedly with the New York health departments initiative on this issue, and hope that it will move on to become a national proposal. Obviously the fact that there are no projected benefits of artificial trans fat, and a plethora of detrimental effects of its consumption, illustrates the seriousness of its nature. It is apparent that the American people have nothing to gain by a product that increases LDL levels, decreases HDL levels, and is adding to the already high prevalence of non-communicable diseases in the population. Trans fats are one of the main reasons that America is one of the most overweight nations in the world, and by eradicating its usage from New York restaurants, a small step can be made towards a healthier nation.

Relating this issue to the reading, James Tillotson poses the question in his article "America's Obesity" of whether the responsibility of public health falls on the suppliers to supply a more nutritional and overall beneficial product, or lies with the consumers in taking responsibility for what they consume. I think that while it is important that people accept a level of personal responsibility in their eating habits, it is also important to recognize that people must be well informed about what they are consuming to make knowledgeable decisions. In this case, the burden of proof lies on the suppliers to not only produce a product for the consumer, but also to provide said consumer with the nutritional information necessary to make a guided decision about whether or not they wish to consume that product. For many, ignorance can be claimed as a major indicator for food choices, as evinced by the study, mentioned in lecture, where the majority of people falsely believed that a pint of cottage cheese had less calories/fat than a spoonful of ice cream. Without any information to base choices on, consumers who are attempting to be health conscious can only hope that what they decide on has nutritional benefits. By listing the caloric value of their products on the menu, New York restaurants would be able to erase this cloud of insecurity, and provide health conscious customers with the information they need to choose a low calorie product if they so wish. Additionally, as espoused by a student in lecture, it would be beneficial if two separate menus were created for customers. For example, a customer who was trying to watch what they were eating would be able to select the menu listing the caloric values, and a customer simply interested in the pleasure of eating would be able to select a normal menu if they so preferred. This way, a person who was very health conscious would be provided with the information they need, and a person who is not would be able to lay in the ignorant bliss that comes with the enjoyment of a decadent meal.

While there is likely to be much criticism from restaurants to this New York health department objective, ranging from loss of revenue to

limited freedom of choice, I feel that the benefits to society outweigh the costs. Additionally, trans fats are easily replaceable with other more beneficial cooking oils, and variety and taste are not lost in the process. In a country where it appears that the interests of big business are more important than the national interest of a healthy populace, a great injustice has occurred. I think that the NY health department initiative is mighty, but is doable if restaurants come together and realize that they can only gain by not only promising a delicious meal, but also one that is healthier and accountable to customer oversight.

From: Laurie Ongley <laurie.ongley@yale.edu>
To: <resolutioncomments@health.nyc.gov>
Date: Tue, Oct 3, 2006 10:46 AM
Subject: Trans fats and calorie labeling

Congratulations! I heartily applaud your efforts to ban trans fats from New York restaurants and to require disclosure of calorie content. I hope you will remain courageous in the face of inevitable pressure from the food industry.

I also hope that neighboring communities and states will follow your example.

Sincerely,

--

Laurie H. Ongley
Managing Editor
Yale College Publications
(203) 436-8046
laurie.ongley@yale.edu

From: "Mann, Lorna" <Lorna.Mann@prudentialelliman.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Tue, Oct 3, 2006 10:43 AM
Subject: Transfat

I support the resolution to ban trans fats from NYC restaurants. My concern is that some restaurants may switch to peanut oil which could be lethal to people like my daughter who are fatally allergic to peanuts. I believe it is imperative that we don't get rid of one threat by introducing another.

Yours truly,
Lorna Mann
Lorna.Mann@prudentialelliman.com

From: "jcshe@juno.com" <jcshe@juno.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Tue, Oct 3, 2006 7:59 AM

Dear Mrs. Bryant, THANK YOU THANK YOU THANK YOU for this effort your department has made to eliminate trans-fats in NYC restaurants! You have no idea how far-reaching this initiative will go in improving the health for not just those who live in NYC, but around the country! Don't back down! Push this through with everything you've got! Thanks again! Cindy SheedyDeWitt, Michigan

From: "Chris Walker" <chriswwalker@hotmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 2, 2006 5:22 PM
Subject: Proposers of Trans-Fat Ban Should resign immediately

Dear Ms. Bryant:

It is necessary to brief and to the point on this issue of banning foods prepared in food service establishments using artificial trans fats from New York City resaurants.

Proposal: In response to the proposed bank, I propose that the individuals on the health board for NYC responsible for proposing the ban on preparation and serving of foods that contain "artificial" trans fat should resign immediately.

Here are the reasons:

-It is the right of New Yorkers, Businessmen and Tourists to take the actions of their choice that do not then cause them immediate harm to themselves or others. That includes consuming the food of their choice, even if it might kill them many years from now. This is called Liberty. Once artificial Trans Fat has been proven to be the equivalent of consuming mercury or lead, or of cooking food in rancid poison ivy oil, then it becomes a safety issue. This is not.

-This act is an unreasonable burden on restaurant owners in the changing of recipes, disclosure of contents of food, etc., and will have unintended effects that were not considered, however true the facts behind the ban. At the very minimum, prices will have to be increased, marginal restaurants will be forced out of business, with only chain restaurants, not representing the character of New York, being able to survive, should they choose to remain in New York at all. It will actually have the opposite effect intended with regard to banning junk food; rather, it will put pre-packaged, high chloolesterol products onto the menu. (Pass the chips please). With regard to those marginal restaurants and food establishments being put out of business by this law, this proposed rule is cynical and mean.

In Summary: This proposed law is a blatant, in-your-face act of government oppression. This oversteps the bounds of government and its role in protecting human life, human choice, which once was called Liberty, and human property.

Alternative Proposal: Strike this item from the agenda immediately and table it.

Chris Walker
Austin, Texas

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Betsy Babu <desiq178@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/20/2006 12:21 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This should have been done a long time ago .

Sincerely,

Name : Betsy Babu
Email desiq178@aol.com
Address 5834 214th st
City : Bayside
State : NY

From: "Brooke A. Fischer" <baf2108@columbia.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 2, 2006 4:20 PM
Subject: in support of ban on trans fat

As a New Yorker, I would like to add my comment - that I am in full support of the phasing out of trans fats from New York restaurants. This is a necessary action to protect the health of our city.

Brooke Fischer

Resolution Comments - transfat ban and menu calorie contents

From: "Mary Jo Messito" <messim@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/2/2006 1:11 PM
Subject: transfat ban and menu calorie contents
CC: <ahfl@nyu.edu>, <messim@hotmail.com>, <messim01@endeavor.med.nyu.edu>

I am writing in support of the city health department's proposals to ban the use of transfats and post the calorie content of foods on menus. As a general pediatrician at Bellevue Hospital Center for 16 years I have observed the obesity epidemic in my patients: nearly 40% of the children in our clinic are overweight or obese. As the director of our pediatric weight management program I have seen obesity associated diseases, such as type 2 diabetes and hypertension, in children as young as 10.

Parents need information to provide healthy nutrition for their children. Transfats are not a substance easily identified in foods without labelling. Now food packages are labeled with transfat contents. With this ban in place parents will know they can avoid transfats in restaurant food as well.

I am constantly urging parents to consider the calorie content of foods they feed their children. Posting calorie counts on restaurant menus, where they can be seen before ordering, is another tool parents can use to make healthier choices for themselves and their families.

The next step would be getting calorie content labelling on menus in more restaurants. This would be harder for restaurants with out standardized menus, but perhaps some approximate calorie counts for common items in different categories of restaurants could be a way to start. Posting average calorie counts for: french fries versus greek salad at diners, plain versus Sicilian or sausage slices at pizzerias and fried vs steamed rice or vegetables at Chinese restaurants would be some examples. I appreciate the difficulty involved, and again applaud the health departments efforts so far.

Sincerely,

Mary Jo Messito, M.D.
Assistant Professor of Clinical Pediatrics
New York University School of Medicine

From: pketherton@gmail.com
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Sun, Oct 1, 2006 5:22 PM
Subject: Comments on partial phase-out of artificial trans fat

The purpose of my email is to offer my support of the partial phase-out of artificial trans fat in New York City restaurants, which is intended to reduce the use of fats high in trans fatty acids by restaurants in New York City. I am a cardiovascular nutritionist and have spent my career conducting research and engaging in professional activities that serve to decrease the risk of cardiovascular disease (CVD) for the population-at-large. I have been very active in the American Heart Association, and have served on committees nationally that have made dietary recommendations for Americans (i.e., with the National Academies, Health and Human Services/USDA, as well as AHA). Moreover, currently, I am on the American Heart Association Trans Fat Initiative Committee, which is a new initiative designed to explore strategies for reducing trans fat in the U.S. food supply.

Cardiovascular disease is a leading cause of death and disability in the United States. There is much research showing that trans fatty acids increase risk of CVD and other chronic diseases, as well. Decreasing trans fat can significantly decrease CVD risk. Because of this, the Food and Drug Administration that now requires mandatory trans fatty acid labeling on the Nutrition Facts Panel to help consumer make informed purchase decisions, and also to encourage the food industry to decrease trans fat in their products. Since many Americans eat out a lot and restaurants do not have nutrition labeling, it would be appropriate to support trans fat legislation in New York City to help consumers decrease their consumption of trans fat even more.

Thank you for taking into account the health of Americans and residents of, and visitors to New York City. Your support for trans fat legislation for restaurants in New York City has the potential to significantly decrease chronic disease risk of people who eat at restaurants in your wonderful city!

Sincerely,

Penny

--

Penny M. Kris-Etherton, Ph.D., R.D.
Distinguished Professor of Nutrition
Department of Nutritional Sciences
S-126 Henderson Building
Penn State University
University Park, PA 16802 USA

phone: 814.863.2923
fax: 814.863.6103
Julie Arnold (Assistant): 814.863.8305
pmk3@psu.edu

CC: "Christine Johnson" <cjohnso8@health.nyc.gov>

From: "Alan Abrams" <agourmay@nyc.rr.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Sun, Oct 1, 2006 10:51 AM
Subject: Proposed trans fat ban

Sirs:

Stop trying to pass laws telling us what we can and can't eat – we don't need or want government-mandated diets.

Alan V. Abrams, M.D.

300 E. 77th Street

NY 10021

(212) 988-2205

--

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Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jeremy Campbell <jeremyguycampbell@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

trans fats = bad

Sincerely,

Name : Jeremy Campbell
Email jeremyguycampbell@gmail.com
Address 466 Bergen St #3
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sarah <s_grevel@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:45 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If NYC starts - it will be the beginning for other locations. Please stop the transfats!

Sincerely,

Name : Sarah
Email s_grevel@yahoo.com
Address 10713 Gabrielle Lane
City : Orland Park
State : IL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joan Agundez <agundez2u@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please be the first and lead the nation to healthier, more responsible future in eating!

Sincerely,

Name : Joan Agundez
Email agundez2u@yahoo.com
Address 570 Ami Lane
City : Clarkdale
State : AZ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cherie Nath <cherienath@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's smarten up, shall we?

Sincerely,

Name : Cherie Nath
Email cherienath@gmail.com
Address 5243 goodman lane
City : overland park
State : KS

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Andrea Schull <AndreaSchull59@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am so thankful that something is finally being done about the unhealthy foods that are pumped into this nation.

Sincerely,

Name : Andrea Schull
Email AndreaSchull59@aol.com
Address 259 Route 81
City : Killingworth
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dennis Massingill <ddmassingill@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Next Aspartame another deadly poison. Then ban table salt only sea salt allowed. Now can you be too healthy?

Sincerely,

Name : Dennis Massingill
Email ddmassingill@yahoo.com
Address 2Davis Dr. Ste4
City : Morrilton
State : AR

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Julie Cohen <julie68@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I would like nutritional information to be made available from restaurants.

Sincerely,

Name : Julie Cohen
Email julie68@optonline.net
Address 442 Kinsley Court
City : Oceanside
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Zakkary Zoah <zaxacts@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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I support 81.50 and hope New York will start a national movement to get rid of trans-fat poison.

Sincerely,

Name : Zakkary Zoah
Email zaxacts@comcast.net
Address 646 Corbett Ave #204
City : San Francisco
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Rosenblum <jenholistic@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Jennifer Rosenblum
Email jenholistic@yahoo.com
Address 245 Larch Avenue
City : Bogota
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Daniel VanZee <icemanssh@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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f

Sincerely,

Name : Daniel VanZee
Email icemanssh@hotmail.com
Address 10957 York St
City : Northglenn
State : Colorado

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donna Yee <rela2ive@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Donna Yee
Email rela2ive@hotmail.com
Address 20 Confucius Plaza #24M
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Fran Nachtigall <equusnight@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The evidence supports that trans fats are a danger to our health. Let's move to at minimum give people the choice.

Sincerely,

Name : Fran Nachtigall
Email equusnight@aol.com
Address 11 East webster st
City : merrick
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Christopher Choate <chris_s_choate@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am a frequent visitor to NYC and am really hoping the New York starts the ball rolling of food reforms that are already prevalent in some European countries. It is time to start taking responsibility for the sorry state of the food and industry (and the FDA) in this country.

Sincerely,

Name : Christopher Choate
Email chris_s_choate@yahoo.com
Address 5313 Archstone Dr. #103
City : Tampa
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan Markowitz <sfmarkowitz@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Yes, A trans-fat free world!

Sincerely,

Name : Susan Markowitz
Email sfmarkowitz@earthlink.net
Address 484 West 43rd Street 15-M
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Yevgeniya Novgorodskaya <joaninha@unm.edy>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If the American legislators really care about reversing the obesity epidemic, they will sign this Bill.

Sincerely,

Name : Yevgeniya Novgorodskaya
Email joaninha@unm.edy
Address 611 Banner Ave. #2C
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kristie Snell <kristiesnell@houston.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kristie Snell
Email kristiesnell@houston.rr.com
Address 5835 Culross Close
City : Humble
State : TX

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Catharina Lavers <catharina.lavers@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

None

Sincerely,

Name : Catharina Lavers
Email catharina.lavers@gmail.com
Address 247 Centre St
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Yolanda Febles <yfebles@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please ban hydrogenated oil use in any foods.

Sincerely,

Name : Yolanda Febles
Email yfebles@gmail.com
Address 25 Carhart Ave Apt 2S
City : johnson city
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mary Lou Minard <marylouminard@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:30 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I want to eat healthy when I am in NYC and I want all of NYC to get healthier.

Sincerely,

Name : Mary Lou Minard
Email marylouminard@aol.com
Address 1 Terrace Circle
City : Great Neck
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michael Heinz <mike@ravebyte.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support this bill

Sincerely,

Name : Michael Heinz
Email mike@ravebyte.com
Address 599 17th street
City : brooklyn
State : New york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donna Heinz <dheinz@elemental-health.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support this bill

Sincerely,

Name : Donna Heinz
Email dheinz@elemental-health.com
Address 599 17th Street ground floor
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cheryl Berkowitz <cheryl77@peoplepc.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's become common knowledge that trans fats are directly linked to a host of illnesses that plague Americans. I would like to see NYC lead the way in reversing the trans fats trend and commit to quality in this domain as NYC stands for in so many areas. No more trans fats anywhere!

Sincerely,

Name : Cheryl Berkowitz
Email cheryl77@peoplepc.com
Address 540 W. Sedgwick Street
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carolyn Sheeran <carrie@brendon.montessori.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I feel that these proposals are the first step in addressing the health issues faced by all americans.

Sincerely,

Name : Carolyn Sheeran
Email carrie@brendon montessori.org
Address 77 Fallkill Road
City : Hyde Park
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tiffany Romeo <tiffanyjromeo@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:20 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Tiffany Romeo
Email tiffanyjromeo@yahoo.com
Address 115 Willow Ave #3-R
City : Hoboken
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Willaim Balderson <bbalders@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Great Idea Hope it comes to Florida

Sincerely,

Name : Willaim Balderson
Email bbalders@yahoo.com
Address 14041 Candia Street
City : Spring Hill
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Amy B Coughlin <abec35@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:17 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am support of this law being passed in NYC!!!

Sincerely,

Name : Amy B Coughlin
Email abec35@yahoo.com
Address 56 Monument Avenue #4
City : Charlestown
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Le Luu <lenluu@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

NO MORE BAD FAT

Sincerely,

Name : Le Luu
Email lenluu@hotmail.com
Address 170 Duane Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jackie Gietzen <mail4jsg@bellsouth.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Finally, a step in the right direction...Please ban all trans fats, we are a very sick nation that needs to get healthy. The problem is that most people don't even realize what this "junk" is doing to their bodies and I applaud the people that proposed this ban!!! Support proposal 81.08 and 81.50. Thank you!

Sincerely,

Name : Jackie Gietzen
Email mail4jsg@bellsouth.net
Address 2231 Vintage Oaks Drive
City : Loganville
State : GA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nora Braverman <nvbraverman@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats contribute to poor health. Eliminating them in restaurants will greatly decrease heart disease. Please help our children to remain as healthy as possible by eliminating trans fats from fast foods.

Sincerely,

Name : Nora Braverman
Email nvbraverman@yahoo.com
Address 320 West 83rd Street
City : NYC
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Keith Lawwill <keithlawwill@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:12 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is about time with the trans fats shown to be the major part of this countries runaway epidemic of type two diabetes.

Sincerely,

Name : Keith Lawwill
Email keithlawwill@gmail.com
Address 1847 South Hudson Ave
City : Tulsa
State : OK

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan Green <susangreen@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I love NY

Sincerely,

Name : Susan Green
Email susangreen@verizon.net
Address Woods End Road
City : Brookside
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jaime Jackson <jjackson@llgm.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is incomprehensible to me that restaurants are allowed to use trans fat that have been scientifically proven to adversely affect the health of consumers, when such trans fat is unnecessary. It is even more egregious that restaurants are not required to provide consumers with sufficient information to make informed choices concerning their nutrition and health. Such behavior is unacceptable and should be illegal.

Sincerely,

Name : Jaime Jackson
Email jjackson@llgm.com
Address 125 West 55th Street, 20th Floor
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Julia Kalish <juliakalish@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

none!

Sincerely,

Name : Julia Kalish
Email juliakalish@yahoo.com
Address 21772 Leatherleaf Circle
City : Sterling
State : VA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Frank Danay <danayf@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a native New Yorker & a frequent visitor, I feel that this Proposal would be a bold step in the right direction.

Sincerely,

Name : Frank Danay
Email danayf@aol.com
Address 419 E. High Street
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Alexandra Jamieson <alex_jamieson@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a health care professional, I urge you to take swift action.

Sincerely,

Name : Alexandra Jamieson
Email alex_jamieson@yahoo.com
Address 479 9th st. #1
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Brian Thornton <bowssen@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thank you for your attention to this important health issue.

Sincerely,

Name : Brian Thornton
Email bowssen@yahoo.com
Address 54 Cranford Terrace
City : Cranford
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Andrew Jones <ajventure04@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Great opportunity for NYC to take a leadership position on this important global health issue.

Sincerely,

Name : Andrew Jones
Email ajventure04@earthlink.net
Address 420 8th St, Apt 2R
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Seraphina Atemasov <sera@phina.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Restricting trans fats in restaurants would be a huge step towards ensuring the future health of Americans. Although the first, I hope that NYC will not be the last to pass such legislation. Our entire country needs it. Thank you.

Sincerely,

Name : Seraphina Atemasov
Email sera@phina.com
Address 1950 Gough St. #204
City : San Francisco
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Beverly Weil <radiantwellbeing@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Children especially are unsuspecting, innocent victims of the ignorance that has been allowing trans fats to be a part of their staple diet for far too long..PLEASE DO SOMETHING NOW!!!

Sincerely,

Name : Beverly Weil
Email radiantwellbeing@yahoo.com
Address 29 Lakeside Rd
City : Brewster,
State : N.Y.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: K Kirk <kt_ktk@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : K Kirk
Email kt_ktk@yahoo.com
Address 450 clinton ave b1
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marilena Minucci <marilena@daybydaywellness.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a native new yorker and now a frequent visitor, I look to NYC to lead the way in this critical movement. We can set the pace to literally change our country's future. This is a simple step that will save lives and demonstrate that substandard ingredients in our food should not be tolerated for the sake of extending its shelf-life. Thanks!

Sincerely,

Name : Marilena Minucci
Email marilena@daybydaywellness.com
Address 7628 Villa Maria Drive
City : Syracuse
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Del Henderson <Dellboogie@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please strictly limit the use of artificial trans fats in New York City restaurants as u have already made it mandatory for it to be put in labels. We should be informed as to what is going into our bodies & have a choice about it.

Sincerely,

Name : Del Henderson
Email Dellboogie@hotmail.com
Address 50 Vandalia Avenue
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cindy Fischthal <rock.on.c@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Cindy Fischthal
Email rock.on.c@gmail.com
Address 184-08 tudor rd
City : jamaica
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michael Brown <Turnleaf2@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Ban those Trans fats -- do the right thing for all our sakes! Michael Brown

Sincerely,

Name : Michael Brown
Email Turnleaf2@aol.com
Address 5 Granville St.
City : Boston
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: rose payne <rcpayne@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

the improved health of all americans depends on this

Sincerely,

Name : rose payne
Email rcpayne@earthlink.net
Address 2003 ravens row
City : marlton
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marcela Vasquez <marcela_coimbra@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's all be TRANSFATFREE!!!!

Sincerely,

Name : Marcela Vasquez
Email marcela_coimbra@hotmail.com
Address 160 Dewey St
City : Garfield
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melissa Rivera <mriviera@theoriginalway.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

No comment

Sincerely,

Name : Melissa Rivera
Email mriviera@theoriginalway.com
Address 9 West 57th street
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Annie Wong <anniewong@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Banning trans fats in New York City would set a huge precedent for cities across the country, and help improve many people's lives. Please support this movement. Thank you.

Sincerely,

Name : Annie Wong
Email anniewong@gmail.com
Address 150 Prospect Park West #1D
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dawn Smith <dvsmith@carilion.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please help make the United States a healthier place to live.

Sincerely,

Name : Dawn Smith
Email dvsmith@carilion.com
Address 4710 Lake Front Drive
City : Salem
State : Virginia

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Landon Johnson <johnson_landon@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Be transfatfree!

Sincerely,

Name : Landon Johnson
Email johnson_landon@hotmail.com
Address 8807 Lowell Place
City : Bethesda
State : MD

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Karl Benefield <karl629@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I dine out with my fiance at least 4 times a week in NYC-Manhattan. Transfat is a killer, and we want it gone....

Sincerely,

Name : Karl Benefield
Email karl629@gmail.com
Address 25 Taylor Street
City : Newark
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Margaret Harris <harrismargaretm@uams.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am originally a NY native. But that doesn't even matter....speaking as a health professional, if trans fats are banned in NY, then this will pave the way for the rest of the country.

Sincerely,

Name : Margaret Harris
Email harrismargaretm@uams.edu
Address 10 Perdido Circle
City : Little Rock
State : AR

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Christine Whitmire <christine.whitmire@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

thank you

Sincerely,

Name : Christine Whitmire
Email christine.whitmire@gmail.com
Address 61 Engert Ave. Apt. 1
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kelly Bollman <bollman5@charter.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I feel this is an important decision for the health of mankind.

Sincerely,

Name : Kelly Bollman
Email bollman5@charter.net
Address 9 Westcott Road
City : Harvard
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kathy miller <kmiller@socal.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

s

Sincerely,

Name : kathy miller
Email kmiller@socal.rr.com
Address 21500 Lassen st. # 158
City : Chatsworth
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Trish Balbert <trishbalbert@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Ban Trans Fats!

Sincerely,

Name : Trish Balbert
Email trishbalbert@gmail.com
Address 123 East 37th St.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Diana Ponce <DPonce67@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I think this is a great idea!

Sincerely,

Name : Diana Ponce
Email DPonce67@aol.com
Address 6211 Broadway Suite 3E
City : Bronx
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: carin <carin@reflectionsofwellness.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:49 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please allow for consumers to make this amazing shift toward health, wellness, longevity and a life free of dis-ease!

Sincerely,

Name : carin
Email carin@reflectionsofwellness.com
Address 2662 clydesdale court
City : oceanside
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Craig Harshaw <cpharshaw@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans Fat should be illegal everywhere. It has been proven to not only raise bad cholesterol but also lower good cholesterol. It would be immoral to keep it in the food supply in New York and everywhere else in the country because the general public is completely unaware that transfat is in almost everything. Most people just associate the McDonald's food chain and the Oreo cookie with transfat when in fact, transfat can make an appearance in their morning granola bars, Wheat Thins, peanut butter, candy, and other "diet" food products. How does the chairman of the FDA still have a job?

Sincerely,

Name : Craig Harshaw
Email cpharshaw@yahoo.com
Address 1073 North Benson Road
City : Fairfield
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Andrea Beck <acb123071@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Using trans fats is not a restaurant's "right." This is a matter of public health. Even the World Health Organization recently recommended that every nation in the world phase out trans fats. Let's make New York a worldwide leader!

Sincerely,

Name : Andrea Beck
Email acb123071@hotmail.com
Address 7618 69th Place Unit 1J
City : Glendale
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: john franco <uriam8@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

do it now -or die

Sincerely,

Name : john franco
Email uriam8@yahoo.com
Address 1027 micawber dr
City : williamstown
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Jessica Melnik-Gauvreau " <jessicamelnik@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Ban trans fats in the U.S.!

Sincerely,

Name : Jessica Melnik-Gauvreau
Email jessicamelnik@hotmail.com
Address 2058 N Campbell Ave Apt 2R
City : Chicago
State : IL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Vivian Scott <dvivianscott@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If this can be done in New York, it should be. Eating healthy is a conscious choice that I think most NY'rs prefer.

Sincerely,

Name : Vivian Scott
Email dvivianscott@verizon.net
Address 4850 37th St.
City : Long Island City
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michael Gast <gast_mike@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Michael Gast
Email gast_mike@yahoo.com
Address 6837 Yellowstone Blvd #C20
City : Forest Hills
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa Owens <fromlisa2you@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

-

Sincerely,

Name : Lisa Owens
Email fromlisa2you@yahoo.com
Address 130 Lenox Avenue
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kathy Perrine <kathyperrine@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This should be country-wide. Let's be a good example.

Sincerely,

Name : Kathy Perrine
Email kathyperrine@yahoo.com
Address 5 Helena Drive
City : Bedford
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eleanor Scully <mood4food@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thank you for contributing to a more conscious world. This is really important.

Sincerely,

Name : Eleanor Scully
Email mood4food@hotmail.com
Address po box 1330
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Christopher Milone <cmilone@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Thank You

Sincerely,

Name : Christopher Milone
Email cmilone@yahoo.com
Address 194 Cedar Ave
City : Rockville Centre
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Katherine Wells <katherine.wells@wmg.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:25 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As someone who suffers from an incurable, chronic intestinal illness, I welcome a ban on trans fats in NYC restaurants, and a requirement to post nutritional information. This would enable me to eat out with more confidence and frequency!

Sincerely,

Name : Katherine Wells
Email katherine.wells@wmg.com
Address 428 1/2 Clinton St
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Pat Modest <patwally7@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support transfat free petition.

Sincerely,

Name : Pat Modest
Email patwally7@msn.com
Address 131-62 221st Street
City : Laurelton
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Judith Brinn <jdlossantos@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We have to start to make the public more conscience on what is really in their everyday diet. This is one way we can start.

Sincerely,

Name : Judith Brinn
Email jdlossantos@hotmail.com
Address 294 S. Washington Ave. Apt 106
City : Bergenfield
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: meaghan jarensky <meaghan1031@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please give us the opportunity to decide for ourselves what we choose to put into our bodies.

Sincerely,

Name : meaghan jarensky
Email meaghan1031@yahoo.com
Address 25 columbus circle
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Regina E. Williams " <anandasai@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

None.

Sincerely,

Name : Regina E. Williams
Email anandasai@earthlink.net
Address 132-11 Foch Boulevard
City : So. Ozone Park
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tim Pridham <Tmpridham@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I agree that TRANS FATS are a serious health concern that are threatening and would like them to be banned from use in in NYC restaurants.

Sincerely,

Name : Tim Pridham
Email Tmpridham@yahoo.com
Address 1040 Hartford Tpke
City : North Haven
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joy Hartwell <joyhartwell@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Eliminating trans fats from our restaurants is a great step towards improving our health. Thank you!

Sincerely,

Name : Joy Hartwell
Email joyhartwell@comcast.net
Address 137 Chestnut Street
City : N. Reading
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Angela Durso <dursoanj@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Do it in NYC so we can have a transfat free DC, too!

Sincerely,

Name : Angela Durso
Email dursoanj@hotmail.com
Address 5565 Columbia Pike #815
City : Arlington
State : VA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nicole Moore <nsteinberg@gmx.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:20 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

we know that transfat is killing people and costing the health care system money, so instead of budget cuts let's get lower the cost at the root by not consuming trans fats, and hence forcing food manufacturers to use ingredients that do not cause external costs for our community to bear in order to fill their coffers.

Sincerely,

Name : Nicole Moore
Email nsteinberg@gmx.net
Address 547 Hancock St, #2R
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: carol jean ristaino <unmei2i@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

America needs to see that NYC is leading the way with literally life-changing new policies such as this one. I strongly support it!

Sincerely,

Name : carol jean ristaino
Email unmei2i@comcast.net
Address 9206 eagle view dr
City : lafayette hill
State : pa

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rebecca Holt <becky10@ix.netcom.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This proposal will affect the health of not only New Yorkers but the millions of visitors that come to NYC. May other cities and states take note and follow suit as well.

Sincerely,

Name : Rebecca Holt
Email becky10@ix.netcom.com
Address 9 Remsen St. #2
City : Nyack
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kelly McCausland <kellymccausland@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Make NYC trans fat free; Make USA trans fat free!

Sincerely,

Name : Kelly McCausland
Email kellymccausland@comcast.net
Address 136 Barton Road
City : Stow
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Angelle Batten <nourishyourself@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I travel to NYC frequently, and I would very much appreciate the banning of trans fats from restaurants. NYC standing up in this situation will send an important message about what we value in this country, and hopefully it is our health, especially of our children, more than profit. Thank you for your consideration.

Sincerely,

Name : Angelle Batten
Email nourishyourself@comcast.net
Address 1226 Hunter
City : Brighton
State : MI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: lisa bonelli <lbonelli@cbsiservices.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support both of these bills.

Sincerely,

Name : lisa bonelli
Email lbonelli@cbsiservices.com
Address 113 woodcrest avenue
City : white plains
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jill Tanis <jmtanis@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's work together to make this nation a healthier place!

Sincerely,

Name : Jill Tanis
Email jmtanis@yahoo.com
Address 48 East 14th Street
City : Holland
State : MI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Wencke Muhlenberg <vincahealth@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans Fats have been taken off the shelf for years in Europe. We can do it too! This is America - a great country that needs to protect its people from any harm.

Sincerely,

Name : Wencke Muhlenberg
Email vincahealth@aol.com
Address 13951 Moorpark Street #310
City : Sherman Oaks
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gail Cerick <gcerick@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Good Luck

Sincerely,

Name : Gail Cerick
Email gcerick@optonline.net
Address 772 Ponus Ridge
City : New Canaan
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: sigi weiss <sigula18@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fat is causing major health problems for Americans, young and old. Restricting the use of trans fats in an influential metropolitan as NYC will greatly impact and make a huge difference in the health, wellbeing and future, not only of New Yorkers, but of the American people! It is time to help New York get healthy and become a Trans-Fat Free, greatest city in the world!

Sincerely,

Name : sigi weiss
Email sigula18@yahoo.com
Address 38-44 ackerman drive
City : fair lawn
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Diane April <happyfeetforever@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Eating in restaurants has become a scary proposition. We need to know what they are putting in our food!!

Sincerely,

Name : Diane April
Email happyfeetforever@yahoo.com
Address 37 Hamilton Place
City : Tarrytown
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kendra Coppey <kendra@barefoottiger.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Dear Ms. Bryant, The health crisis we currently find our country in makes it glaringly clear that we must make our food healthier! And given that a majority of New Yorkers eat out MANY times a week just makes this proposal even more important to our city. Yes, prices may go up on food, but not as much as healthcare costs if we don't do something about the artery-clogging fats in our food supply. Please take the health of all New Yorkers for generations to come into consideration when making your decisions. Thank you.

Sincerely,

Name : Kendra Coppey
Email kendra@barefoottiger.com
Address 1436 Lexington Ave
City : Apt 1D
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erica V Anderson <evanders82@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As you know this is an extremely important issue. I, along with many other concerned new yorkers and americans, have a right to know what is in our food. I would like to feel confident in my choices when it comes to my food and its content. Please take this matter very seriously, it is a matter of life and death for many americans. There are too many health issues tied to poor diet and low nutritional content of the food in the average american diet. Please take a stand and vote for the health of fellow new yorkers, so that we can all have the option of making more informed decisions about what we are putting into our bodies. Thank you.

Sincerely,

Name : Erica V Anderson
Email evanders82@yahoo.com
Address 59 Dartmouth Street
City : Rockville Centre
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Amy Newman <amynewman@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

trans fats are dangerous and should not be part of our food consume. Please cast my vote to remove them from our food supply. Thank you

Sincerely,

Name : Amy Newman
Email amynewman@optonline.net
Address 11 CAMPUS PLACE #1D
City : Scarsdale
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rochelle Blank <naturalchoicehhc@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:05 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

this bill to restrict the use of transfat in foods at restaurants is paramount. it can set a precedent for more health issues and safety measures for the good of people. It is time to think about people and not the bottom lines on the corporations that aren't concerned with people's health. Vote anti transfat use in restaurants and you are voting for LIFE, your life, the life of your loved ones and for all of your neighbors. Vote against or ignore and you are part of the value system that thinks of money and convenience are the almighty.

Sincerely,

Name : Rochelle Blank
Email naturalchoicehhc@aol.com
Address 3-15 Kenneth ave
City : Fair Lawn
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kate Fritz <katefirtz@nycap.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans Fats in our foods is un-necessary and not needed. Please get rid of it. Sincerely, Kate Fritz

Sincerely,

Name : kate Fritz
Email katefirtz@nycap.rr.com
Address 606 Connor Court
City : Niskayuna
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Anne Trauben <anne@wholehealth.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

xxxxx

Sincerely,

Name : Anne Trauben
Email anne@wholehealth.net
Address 187 Wayne St. #411C
City : Jersey City
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: JANICE PARKER <EMPOWEREDTOSUCCEED@YAHOO.COM>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

TRANS-FATS KILL VIA HEART DISEASE, STROKES, DIABETES, OBESITY ETC.

Sincerely,

Name : JANICE PARKER
Email EMPOWEREDTOSUCCEED@YAHOO.COM
Address 1310 PENNSYLVANIA AVENUE#15G
City : BROOKLYN
State : NEW YORK

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Heather Timmerman <htimmer5@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am in complete support of this legislation and hope by showing my support for this to pass in New York City, it will become common place across America, and in the city of Chicago where I live.

Sincerely,

Name : Heather Timmerman
Email htimmer5@hotmail.com
Address 2032 W. Division St. Apt 301S
City : Chicago
State : IL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kesha mckenzie <ahsek75@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I agree with the proposal articles 81.08 and 81.50.

Sincerely,

Name : kesha mckenzie
Email ahsek75@yahoo.com
Address 1088 E 73rd street
City : Brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: JANICE PARKER <EMPOWEREDTOSUCCEED@YAHOO.COM>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

THANK YOU

Sincerely,

Name : JANICE PARKER
Email EMPOWEREDTOSUCCEED@YAHOO.COM
Address 1310 PENNSYLVANIA AVENUE#15G
City : BROOKLYN
State : NEW YORK

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: tricia Napor <tricia@integrativenutrition.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

0

Sincerely,

Name : tricia Napor
Email tricia@integrativenutrition.com
Address 14 butler place #86
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: shelley Jansen <lutchko@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's time for personal responsibility

Sincerely,

Name : shelley Jansen
Email lutchko@hotmail.com
Address 67 E. 11th st
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sara McMonigle <saramcmonigle@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

People should know what is going into their bodies when they order food from a restaurant!!

Sincerely,

Name : Sara McMonigle
Email saramcmonigle@gmail.com
Address 53 West 16th Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Takeyah A. Young " <takeyah@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Stop the madness!

Sincerely,

Name : Takeyah A. Young
Email takeyah@gmail.com
Address P.O. Box 206
City : Mount Rainier
State : MD

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susie Teal <susie.teal@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

-

Sincerely,

Name : Susie Teal
Email susie.teal@gmail.com
Address 551 Henry St 31
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Pamela Russell <pamlarussell@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Way to go, Joshua!

Sincerely,

Name : Pamela Russell
Email pamlarussell@comcast.net
Address 57 Sisson Road
City : Harwich Port
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: johnna delutro <trippi66@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please think about what this is doing to people, including yourself.

Sincerely,

Name : johnna delutro
Email trippi66@aol.com
Address 8 rutgers street
City : closter
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nicole Vigue <nvigue@jhancock.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I strongly oppose the use of trans fats in restaurants that contribute to so many deaths each year.

Sincerely,

Name : Nicole Vigue
Email nvigue@jhancock.com
Address 60 East Central St
City : Franklin
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Nancy L. Weiss MD " <nancylynnmd@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a physician who sees the end result a harmful diet on so many people, I fully support the limitation of the use of trans fats which are known to be harmful. People have the right to know what goes into the food they eat and we are all entitled to eat a healthy diet.

Sincerely,

Name : Nancy L. Weiss MD
Email nancylynnmd@yahoo.com
Address 135 east 37th st
City : new york
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rochelle Sasserath <rochseedman@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:53 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I think this is a terrific thing.

Sincerely,

Name : Rochelle Sasserath
Email rochseedman@aol.com
Address 11 Edgar Ct
City : Huntington
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: zemach wilson <alokholistichealth-guard2@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

a

Sincerely,

Name : zemach wilson
Email alokholistichealth-guard2@yahoo.com
Address 426 2nd st
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: monique dekleermaeker <mdk@stny.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

keep ny trans-fat free!!!

Sincerely,

Name : monique dekleermaeker
Email mdk@stny.rr.com
Address 98 west end ave
City : binghamton
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: melissa cunningham <missyj.c@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:51 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

please take these steps as an example of care for the well-being of the citizens of our country

Sincerely,

Name : melissa cunningham
Email missyj.c@hotmail.com
Address 57 birch ave.
City : princeton
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Katie Kirk <katiek@integrativenutrition.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

-

Sincerely,

Name : Katie Kirk
Email katiek@integrativenutrition.com
Address 3 East 28th Street. Suite 12
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erin Carden <erin@us.ibm.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:49 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I travel often to NYC for business, and support this proposal fully.

Sincerely,

Name : Erin Carden
Email erin@us.ibm.com
Address 203 Spring St
City : Moosic
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Doris Wilson <dawilson516@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please save lives by banning the use of trans fats in restaurants and requiring that restaurants make nutritional information public. Begin the process so that other states will follow and America truly will be a place where we can all live healthy lives.

Sincerely,

Name : Doris Wilson
Email dawilson516@aol.com
Address 1054 Wagner Avenue
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Christina May <xtinamay@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Help make America more happy and healthy!

Sincerely,

Name : Christina May
Email xtinamay@aol.com
Address 4255 Camellia Cir East
City : Jacksonville
State : Florida

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan Muro <smuro254@charter.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

comment

Sincerely,

Name : Susan Muro
Email smuro254@charter.net
Address 141 osborn lane
City : monroe
State : ct

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nadira Ramtahal <nad930@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:45 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Health is a major issue in North America and it is directly related to food consumption. Let's ban Trans Fats in NYC restaurants and all restaurants!!!

Sincerely,

Name : Nadira Ramtahal
Email nad930@yahoo.com
Address 590 3rd Ave. #4C
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan Kimball <skkimball@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This needs to happen in New York so it can spread to other parts of the U.S. like Colorado!

Sincerely,

Name : Susan Kimball
Email skkimball@gmail.com
Address 9182 E Missouri Ave
City : Denver
State : CO

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Adrienne Piras <adriennepiras@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am in support of a trans-fat free New York City and the entire world for that matter.

Sincerely,

Name : Adrienne Piras
Email adriennepiras@gmail.com
Address 551 Henry St. Apt. 1
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Linda Lea Wells <linda_lea@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We, as consumers, deserve to know what's in the food we are eating.

Sincerely,

Name : Linda Lea Wells
Email linda_lea@hotmail.com
Address 2 Goldsmith Place, Apt #2
City : Jamaica Plain
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jessica Santucci <grayluv@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

we have the power to make this change and we have a social responsibility to do what is right

Sincerely,

Name : Jessica Santucci
Email grayluv@hotmail.com
Address 417 E. 9th St. 8th Floor
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melaina Marion <melainamarion@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Help us help you!

Sincerely,

Name : Melaina Marion
Email melainamarion@gmail.com
Address 219 E. 66th Street, #3A
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Jacquelin A. Guerrieri " <JACQUIECCI@YAHOO.COM>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am completely in support of this legislation and hope by showing my support for this to pass in New York City, it will become common place across American, but at least in Chicago where I live! New York is so very proactive & a leader, as with the non-smoking law in all public places, which Chicago has now passed! Sincerely, Jacquelin A. Guerrieri

Sincerely,

Name : Jacquelin A. Guerrieri
Email JACQUIECCI@YAHOO.COM
Address 800 Prairie Ridge Drive
City : Woodstock
State : IL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jane Wilson <geniawnyc@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Banishing trans fats from all NYC restaurant will make a huge amount of people healthier!

Sincerely,

Name : Jane Wilson
Email geniawnyc@gmail.com
Address 3202 Nostrand Ave
City : Brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Trish Vance <tvanceyoga@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thanks for your work!

Sincerely,

Name : Trish Vance
Email tvanceyoga@gmail.com
Address 4314 Via Marina ; Apt B
City : Marina Del Rey
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Toni Kurasch <tek24@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Education is our most powerful ally.

Sincerely,

Name : Toni Kurasch
Email tek24@earthlink.net
Address 400 Central Park West
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jenny Klintberg Murphy <jenny.murphy@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

this is of such great importance as we work towards improving the health of all new yorkers!!

Sincerely,

Name : Jenny Klintberg Murphy
Email jenny.murphy@gmail.com
Address 2 Horatio Street, 14E
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eve Garadis <egaradis@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

TRANSFAT FREE IN NYC!!!

Sincerely,

Name : Eve Garadis
Email egaradis@yahoo.com
Address 254 Henry street
City : Brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Naoko Ikeda <naochan79@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Banning transfat will be a big step toward a healthier New York and reducing health care costs.

Sincerely,

Name : Naoko Ikeda
Email naochan79@hotmail.com
Address 112 Park Ave
City : Harrison
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lynn Piccolo <lpic39@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We need to start making changes now.

Sincerely,

Name : Lynn Piccolo
Email lpic39@aol.com
Address 1362 78th Street
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Karyn Bennitt <kebennitt@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats are causing dis-ease in thousands of people. Let's make the greatest city in the world the healthiest!!

Sincerely,

Name : Karyn Bennitt
Email kebennitt@yahoo.com
Address 24 Hinckley Ave #3
City : Stamford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: constance kao <conniekaohealth@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

-

Sincerely,

Name : constance kao
Email conniekaohealth@yahoo.com
Address 80 winthrop st apt #r2
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: lauren adelman <laurenadelman@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Lets make this the best city we can!

Sincerely,

Name : lauren adelman
Email laurenadelman@gmail.com
Address 242 east 71st street
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa Fletcher <lfsafeguard-registration@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

consumers deserve full disclosure when making any purchase, including our food choices. trans fat has been proven to be unhealthy. why fight to keep it in food??

Sincerely,

Name : Lisa Fletcher
Email lfsafeguard-registration@yahoo.com
Address 1018 East 103rd Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: charles faris <chasbaudelaire@mac.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

i support 81.08, and 81.50. knowledge is power. all power to the people. peace.

Sincerely,

Name : charles faris
Email chasbaudelaire@mac.com
Address 21 averton street
City : roslindale
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Frederick Miles <fnm@rontiernet.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

elimination of trans fat from our foods is strongly supported

Sincerely,

Name : Frederick Miles
Email fnm@rontiernet.net
Address 77 Kings Rd
City : Rock Tavern
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Wendy S Johnson <pixietrip@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is important to put things in place to help those less educated about the harmful effects of certain foods make informed, conscious, healthy food choices.

Sincerely,

Name : Wendy S Johnson
Email pixietrip@hotmail.com
Address 181 trowbridge rd
City : Coventry
State : Connecticut

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Wisneski <jenniferwisneski@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Our New York community is one that is growing more aware of how we're treating ourselves and caring for our health. Please help support this movement by allowing full disclosure as to the foods we're eating!

Sincerely,

Name : Jennifer Wisneski
Email jenniferwisneski@gmail.com
Address 235 W. 56th Street Apt. 15K
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: birgitta lauren <birgitta@expectingfitness.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

as a prenatal fitness specialist/ author and speaker and prenatal vitamin company owner, i urge everyone to go transfat free, but especially for pregnant women and children. the detrimental effects on babies being born with heart disease and other diseases caused by these horrendously dangerous fats, and the childhood obesity epidemic, we as adults have to take responsibility for the health of future generations by a healthier lifestyle.

Sincerely,

Name : birgitta lauren
Email birgitta@expectingfitness.com
Address 9663 santa monica blvd 588
City : beverly hills
State : ca

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Kathy O'Brien " <katobrien@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:05 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is one important first step towards making our nation a healthier one and to stop the obesity epidemic.

Sincerely,

Name : Kathy O'Brien
Email katobrien@optonline.net
Address 12 Prospect St. Apt. 2
City : Morristown
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Leanne Silvia <leanne.silvia@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This will be a huge step. Great thanks to all involved.

Sincerely,

Name : Leanne Silvia
Email leanne.silvia@gmail.com
Address 244 Valley St.
City : Providence
State : RI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Al Cridge <alcridge@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Get this garbage OUT of our food. It is like pumping Elmers Glue into your veins. The human body was never designed to handle this crap.

Sincerely,

Name : Al Cridge
Email alcridge@comcast.net
Address Middle Road
City : Gibsonia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Laurie Roberts <peacetoanimals@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Laurie Roberts
Email peacetoanimals@aol.com
Address 84 church street
City : ramsey
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "D.Sark. " <cardioloft@on.aibn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I'am very concerned.

Sincerely,

Name : D.Sark.
Email cardioloft@on.aibn.com
Address 1122 Dundas st. east
City : Toronto
State : Ontario

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Judie Rokofsky, RN LCSW " <knaidle@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a holistic nurse and therapist I support this law restrictin the use of trans fats. I wish this would be effective in all of New York State

Sincerely,

Name : Judie Rokofsky, RN LCSW
Email knaidle@aol.com
Address 11 abbey lane
City : Plainview
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: dre dretzin <dredretzin@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The World Health Organization urged member nations to ban hydrogenated oils more than three decades ago. The food industry, with utter disregard for human health and safety, continues to use political influence to keep hydrogenated oils in the food supply, regardless of the considerable science showing how harmful they are to the health of consumers. This is a chance for New York City to lead the way in putting the health of its citizens ahead of corporate profit. Go NY!

Sincerely,

Name : dre dretzin
Email dredretzin@comcast.net
Address 21 Cornell Rd
City : danbury
State : ct

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mir Domurath <mir0731@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's about time. I can only hope the ban will spread like wild fire across the country.

Sincerely,

Name : Mir Domurath
Email mir0731@yahoo.com
Address 16512 W. Horseshoe Trail
City : Linden
State : Mi

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dean Woods <dean.woods@sympatico.ca>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Get this crap out of our food supply.

Sincerely,

Name : Dean Woods
Email dean.woods@sympatico.ca
Address 109 Essex Point Drive
City : Cambridge
State : Ontario

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Christine W. Cheng " <christine_cheng@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

A ban on trans-fats would widen my choices of restaurants that I would feel comfortable eating.

Sincerely,

Name : Christine W. Cheng
Email christine_cheng@hotmail.com
Address 860 Grand Concourse, Apt. 2B
City : Bronx
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: dave merino <submerino@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

i am all for the ban of trans fats for me and my family thank you david merino

Sincerely,

Name : dave merino
Email submerino@gmail.com
Address 68 farrell ct
City : staten island
State : new you

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tammy Gettings <mo3boys@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thank you so much for your time and attention to this matter.

Sincerely,

Name : Tammy Gettings
Email mo3boys@optonline.net
Address 208 Bixley Heath
City : Lynbrook
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: peter bopp <petemaur65@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

end the use of trans fat in nyc restaurants

Sincerely,

Name : peter bopp
Email petemaur65@verizon.net
Address 2951 court street
City : oceanside
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: VIVIAN KILGORE <donkilgore@roadrunner.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The quality of food should be a given in this country. Since it is not, I applaud NYC for the attempts to make information available to people who eat. If this becomes law, I will put NYC on the top of my list of cities to visit with confidence that I won't be poisoned. Some local restaurants do list information in detail about their menu and they are the only ones that I visit.

Sincerely,

Name : VIVIAN KILGORE
Email donkilgore@roadrunner.com
Address 3443 DON ALBERTO DR
City : CARLSBAD
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Frances Gloor <elliottsgirl68@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:31 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is preposterous that ANYONE would say that this is going to ruin the food industry!!! For years there have been healthy replacements for transfat oils etc. There is no reason to NOT change to them!!!

Sincerely,

Name : Frances Gloor
Email elliottsgirl68@comcast.net
Address 410 Grand Fir Dr.
City : Enumclaw
State : WA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jane Brandley <sterlingappraisal@ameritech.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

While I don't live in NY, I applaud the effort to protect the health of your citizenry. The rest of the world is watching and hoping for your success. When 1 city stands up for the health of its' people more are sure to follow. Thank you.

Sincerely,

Name : Jane Brandley
Email sterlingappraisal@ameritech.net
Address 731 Milwaukee St
City : Lake Geneva
State : WI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cindy Colbert <cindycolbert@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:20 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is only right.

Sincerely,

Name : Cindy Colbert
Email cindycolbert@gmail.com
Address 3294 Tess Ave
City : West Valley City
State : UT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Sue H. Mustalish " <mustalish@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is a critical measure in stemming the tide of cardiovascular disease in this country.

Sincerely,

Name : Sue H. Mustalish
Email mustalish@comcast.net
Address 255 Fairview Rd
City : E Fallowfield
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Laila Hardy <laila_hardy@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:17 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is something that we can definitely live without and live a lot healthier!

Sincerely,

Name : Laila Hardy
Email laila_hardy@yahoo.com
Address 1359 Winterview Rd
City : Wall
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Che Freeman - Holistic Nutrition " <che@nourishmybody.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a recent graduate of the Institute for Integrative Nutrition I feel it is important for New York to send a healthy message to the world. Thank you for taking the lead on this issue.

Sincerely,

Name : Che Freeman - Holistic Nutrition
Email che@nourishmybody.com
Address 2924 W Kiowa St.
City : Colorado Springs
State : CO

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Heather McQuesten <heather.mcquesten@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is crucial for our health and well being.

Sincerely,

Name : Heather McQuesten
Email heather.mcquesten@gmail.com
Address 103 Main Street, apt 412
City : North Adams
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kelley Dobbins <KELSICE@AOL.COM>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:12 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am a cardiac nurse and Holistic Health Counselor I am all for eliminating trans fats in restaurants so cardiac patient and patients with high cholesterol and inflammatory conditions can enjoy going out to eat. Please make this happen

Sincerely,

Name : Kelley Dobbins
Email KELSICE@AOL.COM
Address 47 Linkfield Road
City : Watertown
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Robert Andersen <catdcal@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's about time the health of citizens comes before profits.

Sincerely,

Name : Robert Andersen
Email catdcal@yahoo.com
Address 1360 Rose Bouquet Dr.
City : Lincoln
State : Calif.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jessica cary <jreneac@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

j

Sincerely,

Name : Jessica cary
Email jreneac@yahoo.com
Address 31 sterling place #3
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: John Wallis <jfw31@wcc.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We need to get away from these fats that endanger our health. Back to real foods.

Sincerely,

Name : John Wallis
Email jfw31@wcc.net
Address 309 W 17th St.
City : Robert Lee
State : TX

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marcie Goldman <marciegold@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is a no brainer...let's make it happen already! I'm tired of having to special order food or avoid restaurants all together.

Sincerely,

Name : Marcie Goldman
Email marciegold@yahoo.com
Address 65 S. 34th St.
City : Boulder
State : CO

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Maya Bhagat <wellBeingPrana@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's move towards a healthier city!

Sincerely,

Name : Maya Bhagat
Email wellBeingPrana@aol.com
Address 165 N. 16th Street
City : Bloomfield
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Shannon McCarthy <shannonmccarthyhealth@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 6:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

thank you

Sincerely,

Name : Shannon McCarthy
Email shannonmccarthyhealth@gmail.com
Address 259 East Street
City : Stafford
State : Connecticut

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elizabeth Aguilera <the_aguilleras@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 6:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans Fat Free NYC!

Sincerely,

Name : Elizabeth Aguilera
Email the_aguilleras@earthlink.net
Address 40 Arlington Avenue
City : Staten Island
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: cindy wu <cinzia@nyc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 6:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Get the trans fats out of NYC restaurants.

Sincerely,

Name : cindy wu
Email cinzia@nyc.rr.com
Address 57 Prince Street, #5
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cecily Denny <cecily_straub@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 6:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thank You for considering this action be taken.

Sincerely,

Name : Cecily Denny
Email cecily_straub@yahoo.com
Address 121 Reade St
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Charles Morris, ND " <morrishuck@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 6:51 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

For years, the government and doctors have been telling people that trans-fats such as margarine are better for you than grass-fed, organic butter, which is totally wrong. Our next step should be educating consumers that not all saturated fats raise LDL cholesterol (coconut oil does not, and is actually good for you -- in moderation), and that over 40% of the population is harmed by low-fat diets. Eating some healthy fats is better for people than white starches and sugars, so this whole low-fat, low-cholesterol movement (but in high white starch and sugar) has it backwards for many people. 60% of people having heart attacks have normal lipid profiles, so what people are being told about cholesterol is not the main reason for heart attacks (homocysteine and inflammation are more important) -- but each step in the right direction helps us all towards better health, and this trans-fat disclosure is sorely needed. Thank you for your time.

Sincerely,

Name : Charles Morris, ND
Email morrishuck@earthlink.net
Address 305 Hasher Ln
City : Louisa
State : VA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michele Bastian <michele@bastonia.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 6:49 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Eliminating trans fats in our food is essential to our health . And educating about Trans fat is a key to a healthy - dis-ease free future.

Sincerely,

Name : Michele Bastian
Email michele@bastonia.com
Address 200 S. Bellevue Ave.
City : Langhorne
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joanne DiMauro <joannedimauro@rcn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 6:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's make the heart of NY a healthy one and lead the way for the nation!

Sincerely,

Name : Joanne DiMauro
Email joannedimauro@rcn.com
Address 484 W 43rd St. 10L
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Karen Sportini <tsportini@snet.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 6:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

PLEASE HELP!!

Sincerely,

Name : Karen Sportini
Email tsportini@snet.net
Address 936 Wilcoxson Avenue
City : Stratford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Charles Au <chazzerau@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I hope this law passes. Thank you for your work in this important matter.

Sincerely,

Name : Charles Au
Email chazzerau@gmail.com
Address 315 West 33rd St.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Paula Moerland <paula@massage-energetics.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:53 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Anything we can do to begin the removal of trans fats from the American...and World...diet, should be done.

Sincerely,

Name : Paula Moerland
Email paula@massage-energetics.com
Address 203 W 108th Street, Apt 1
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Kulaga <steph@kulaga.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I hate going out to eat and not being able to know what I'm putting into my body. People have a right to know whether or not they are eating healthy foods.

Sincerely,

Name : Stephanie Kulaga
Email steph@kulaga.com
Address 383 Milton Tpke
City : Milton
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Robert Medeksza <medeksza@zabaware.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:51 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am from Pennsylvania, but wish to extend my support in banning trans fat in New York. If New York can accomplish this I believe this can cause a chain reaction that will help protect the health of all 300 million Americans.

Sincerely,

Name : Robert Medeksza
Email medeksza@zabaware.com
Address 3175 West 42nd St
City : Erie
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Friedin <jfriedin@charter.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The elimination of trans fat from food sold to the public in NYC is a long time coming. Hurray to those who are behind this effort.

Sincerely,

Name : Jennifer Friedin
Email jfriedin@charter.net
Address 2 Iron Works Lane
City : Hollis
State : New Hampshire

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: dean mauro <dndmauro@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

please ban all trans fat

Sincerely,

Name : dean mauro
Email dndmauro@optonline.net
Address 45 rochester ave
City : long beach
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debra Duby <debra@soulsaladltd.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thank you!

Sincerely,

Name : Debra Duby
Email debra@soulsaladltd.com
Address 1450 Washington Blvd #S - 610
City : Stamford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Darrell Briscoe <dkbriscoe@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Hydrogenated oils should be banned from all foods period! Limiting trans fats to less than 0.5 grams per serving is not enough.

Sincerely,

Name : Darrell Briscoe
Email dkbriscoe@comcast.net
Address 310 Elderberry Trail
City : Fayetteville
State : GA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: ben <freedom888@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Don't just get rid of transfat. Also stop the High Fructose sugar, fake sugar, MSG, Hormones in meat, and high sodium usage.

Sincerely,

Name : ben
Email freedom888@gmail.com
Address crescent st
City : Astoria
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Snyder <poissonnoivy@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

None

Sincerely,

Name : Jennifer Snyder
Email poissonnoivy@comcast.net
Address 3258 Falcon St
City : Pomona
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Robert C King <rckinge9@cableone.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Please do it in NYC. It may help get it for the rest of us

Sincerely,

Name : Robert C King
Email rckinge9@cableone.net
Address 415 W 9th street
City : Oxford
State : AL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Darcy Adams <darcywurgler@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This decision will make a huge impact on the health of the entire nation. Be a great example and hopefully Chicago soon will follow.

Sincerely,

Name : Darcy Adams
Email darcywurgler@yahoo.com
Address 1100 N Chicago Ave
City : chicago
State : il

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kristen Ullrich <kullrich@forrester.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I travel to NY often for work and dine out quite a bit. Knowing that restaurants are required to not use trans-fats would be a great perk and would really allow NYC to stand out as a leader in the fight against obesity.

Sincerely,

Name : Kristen Ullrich
Email kullrich@forrester.com
Address 32 Reedsdale Road
City : Milton
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gina Elia <holistic_health4u@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The time for this is now! Let's make the 21st century healthier for all Americans!

Sincerely,

Name : Gina Elia
Email holistic_health4u@yahoo.com
Address 25 Grand Haven Drive
City : Commack
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erin Owen <erin@healthcatalystonline.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:30 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If NYC leads, Philly will follow!

Sincerely,

Name : Erin Owen
Email erin@healthcatalystonline.com
Address 1126 N. 4th Street
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: heather Butler <hbutler6@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Transfats need to be eliminated as soon as possible if we are ever to become a healthy nation. Trans fats are keeping people ill without most people even realizing. It is an unfair fate of the people and these fats need to be eliminated!!

Sincerely,

Name : heather Butler
Email hbutler6@hotmail.com
Address 2014 NW Glisan #311
City : portland
State : oregon

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ilana Seidel <ilanaseidel@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:25 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

STOP THE TRANS FATS!

Sincerely,

Name : Ilana Seidel
Email ilanaseidel@gmail.com
Address 430 east 20th street 1b
City : new york city
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mirto Capeder <mirtocapeder@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Food additives such as trans fats caused me great health hardships. I was not aware at that time as to the extent of the dangers of these items. Since then, over 3 years ago, I have completely cut these dangerous additives out of my diet. The improvement of my health since then has been huge. My vital health indicators have substantially improved and I no longer get sick nor have to go to the doctor. Please help improve the health of this nation. Over the last 3 years I have come to realize that the Food Industry is \"greedy\" period and care only about the money and put pressure and lie and cover-up just how dangerous these additives are. Don't believe their lies, it's all about \"The Love of Money\". Here is just one of many scientific dangers that I have discovered on trans fats. \"The problem with trans fatty acids is that your body doesn't know what to do with them,\" said Brian Olshansky, M.D., University of Iowa Health Care professor of internal medicine who treats patients with heart conditions. \"Trans fatty acids may help preserve food so that it tastes good, but your body can't break them down and use them correctly,\" Olshansky said. The areas affected include the lining of your blood vessels and brain surfaces, where the build-up can cause dysfunction. Trans Fatty acids are linked to obesity, heart disease, diabetes, high cholesterol and even sudden cardiac death. If that's not enough to give you pause next time you double your order of fries or take a bite of artificial cheese pizza, consider that the chemical recipe for a trans fatty acid involves putting hydrogen atoms (thus that \"hydrogenated\" term you see) in the wrong place, Olshansky said. \"It's making a plastic.\" And who would want to eat plastic?

Sincerely,

Name : Mirto Capeder
Email mirtocapeder@hotmail.com
Address 10801 320th Ave.
City : Carnation
State : WA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carrie Hudson <carriestrimel@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support this proposal 100 percent.

Sincerely,

Name : Carrie Hudson
Email carriestrimel@sbcglobal.net
Address 745 Meadow Lake Dr
City : Lakewood Village
State : Texas

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Patrizia Faggi <ompatri69@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Choose Health.....choose trans fat free foods!!

Sincerely,

Name : Patrizia Faggi
Email ompatri69@yahoo.com
Address 250 east 73rd st. #PH-A
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Natalie Orieson <natalieo8@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The amount of known toxins allowed in American food products is not only neglecting and supporting the major American health crisis, but is outright criminal. It is the right and responsibility of the FDA, American government, and American people to create standards that will support our health. The 81.08 and 81.5 proposals are just the beginning of major steps that need to be taken to prevent millions of Americans from continuing to needlessly suffer.

Sincerely,

Name : Natalie Orieson
Email natalieo8@yahoo.com
Address 646A S. Egremont Rd.
City : Great Barrington
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: edward mcglinn <edmon18@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:20 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

eliminate trans fats!

Sincerely,

Name : edward mcglinn
Email edmon18@verizon.net
Address 154 indiana ave
City : blackwood
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: nicole lilley <nicolilley@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:20 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

although i do not live in nyc, i visit often and would love to have a healthier option for eating out. we need to take the health of our country seriously and if ny can pass this, every city in the country will soon follow.

Sincerely,

Name : nicole lilley
Email nicolilley@gmail.com
Address 265 Blue Swamp Rd
City : Litchfield
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rich <Richsifu@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I STRONGLY urge this ban on trans fats!!! As someone who has been studying Chinese medicine, Martial arts, health and nutrition for over twenty-two years, I know WELL how bad trans fats truly are, DESPITE what the food companies say and try to lie about it and say otherwise!!.

Sincerely,

Name : Rich
Email Richsifu@gmail.com
Address 74 Jerusalem Ave
City : Massapequa
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: celia landegger <celia073@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

please help the city eat better.

Sincerely,

Name : celia landegger
Email celia073@yahoo.com
Address 260 Columbia St #3
City : brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Pamela Warren <psychlike@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The public deserves the right to know what they are eating and to be protected by our regulatory agencies. We pay plenty to eat in restaurants and should be served better quality, healthy foods.

Sincerely,

Name : Pamela Warren
Email psychlike@aol.com
Address 105 Butler St.
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melissa Diane Smith <info@melissadianesmith.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a nutritionist and coauthor of a national bestselling, consumer-oriented nutrition book, I highly support and recommend these proposals to the NYC Health Code to improve the health of millions of Americans.

Sincerely,

Name : Melissa Diane Smith
Email info@melissadianesmith.com
Address 5575 E. River Road, #121-133
City : Tucson
State : AZ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Katherine Constable <klvconstable@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:17 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

no trans fats!

Sincerely,

Name : Katherine Constable
Email klvconstable@yahoo.com
Address 131 W. 85th St., 6F
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nicole Buckey <yogachic70@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:17 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I do not have New York residency but I visit there several times a year.

Sincerely,

Name : Nicole Buckey
Email yogachic70@yahoo.com
Address 203 Depot Street
City : Flushing
State : Ohio

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debby P Smetzer <dsmetzer@swbell.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please help to make Americans healthier!

Sincerely,

Name : Debby P Smetzer
Email dsmetzer@swbell.net
Address 1801 Lavaca St., Ste 109
City : Austin
State : Texas

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Reiley <jrreiley@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support the proposal to strictly limit the use of artificial trans fats in New York City restaurants!

Sincerely,

Name : Jennifer Reiley
Email jrreiley@yahoo.com
Address 8-26 Wilde Avenue
City : Drexel Hill
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Terry Young <terryy@gci.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I hope this eventually happens everywhere, as trans fats are poisons that should not be allowed in our nations already severely poisoned food supply. Thank you. Sincerely, Terry.

Sincerely,

Name : Terry Young
Email terryy@gci.net
Address 6262 Fairweather Dr.
City : Anchorage
State : Alaska

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marcy Rosenthal <marcy@marcyrosenthal.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thank you

Sincerely,

Name : Marcy Rosenthal
Email marcy@marcyrosenthal.com
Address 2460 W Ray Road Suite 1
City : Chandler
State : AZ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Betsy Milligan <chichib@mac.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Come on New York, lead the nation on this important cause!

Sincerely,

Name : Betsy Milligan
Email chichib@mac.com
Address 935 Camino Colibri
City : Calabasas
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Evan Novack <Housabout@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:12 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

For all of our good please help us to become a healthier city and society! A million Thanks you\!

Sincerely,

Name : Evan Novack
Email Housabout@aol.com
Address 320 E. 54 St. Apt 7F
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: justine monahan <jayesnd@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please ban trans fats! They are killing people that don't need to die!!!

Sincerely,

Name : justine monahan
Email jayesnd@yahoo.com
Address 957 route 33 #105
City : hamilton
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Angus Wong <angus_junk@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's say goodbye to trans fats!

Sincerely,

Name : Angus Wong
Email angus_junk@hotmail.com
Address 622 Broadway
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: scott stuart <scott@28thday.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support the restriction of trans fats in NYC!

Sincerely,

Name : scott stuart
Email scott@28thday.com
Address 33 Whitehall St, 24th Floor
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Suz Stapler <scupe1@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

New York City is a great place to start this initiative. I hope it goes country-wide and then world-wide.

Sincerely,

Name : Suz Stapler
Email scupe1@earthlink.net
Address 128 Woodside Avenue
City : Ridgewood
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Harry Lewis <hrlusa@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I stongly support the no-transfat movement in NYC in hopes that this will sweep the nation. There is no excuse for including harmful trans fats in our diet other than the low cost of these inferior oils. Transfats has been a failed experiment for over 80 years since the oil industry first determined they could convert useless agricultural waste (oil) into \"edible\" product. We were dupped by \"margerine\" which has been the cause of MUCH heart disease. I am a non-smoker who actually feels government has gone way overboard on smoking bans. I HATE smoke and I still feel there has been an over reaction. But I feel transfats has caused MORE DAMAGE than cigaretts if truth be told (smokers arteries would have been less prone to damage had it not been for the transfats also in their diets). TRANSFATS are a MAJOR health culprit and need to be ELIMINATED!! The good news is this can be done readily by subst! ituting good fats like those from nuts and olives and no one has to suffer any withdraw or change of lifestyle or food choices!

Sincerely,

Name : Harry Lewis
Email hrlusa@comcast.net
Address 302 Belview Court
City : Longmont
State : CO

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Martina Sanchez <martina.iamthatiam@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Better health is better health!

Sincerely,

Name : Martina Sanchez
Email martina.iamthatiam@gmail.com
Address 387 Eastern Parkway Apt.# 24
City : brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: susan lewis <susan@360nutrition.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Z

Sincerely,

Name : susan lewis
Email susan@360nutrition.com
Address 175 e 74
City : nyc
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: gbnriel michael <gmforhealth@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 5:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is not only a good idea, it is necessary!! The health of Americans is at stake!!

Sincerely,

Name : gbnriel michael
Email gmforhealth@aol.com
Address 208 selby ranch rd apt 6
City : sacramento
State : ca

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elizabeth Kochor <ekochor@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is what we as human beings precisely need -- accurate and honest nutritional information to take control of our health and dietary needs. Bravo Mayor Bloomberg and NYC for taking a bold and beautiful stand for raising awareness and quality of life for all!

Sincerely,

Name : Elizabeth Kochor
Email ekochor@aol.com
Address 656 Fairfield Beach Rd.
City : Fairfield
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: abby Block <abby@integrativenutrition.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

please accept this as my support for the article.

Sincerely,

Name : abby Block
Email abby@integrativenutrition.com
Address 699 classon ave #509
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Paulette Orlando <Stonerorlando@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please do the right thing by adding § 81.08 and §81.50 to Article 81 of the NYC Health Code. Help us to save lives.

Sincerely,

Name : Paulette Orlando
Email Stonerorlando@yahoo.com
Address 18 Autumn Dr.
City : Mt. Sinai
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kathleen Koceja <holistickat@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a holistic health counselor, I think this is a great first step to educate the public about the dangers of trans fats & to improve the health of NYC and the US as well.

Sincerely,

Name : Kathleen Koceja
Email holistickat@yahoo.com
Address 522 78th Street
City : North Bergen
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Yolanda Badillo <ybadillo@att.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please take time to consider this request it is for all our health and our future generations. thank Yolanda Badillo

Sincerely,

Name : Yolanda Badillo
Email ybadillo@att.net
Address 80 north moore st.
City : new york
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michele Frey <mmfrey@rcn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Although I do not live in NYC, I support this proposal in hopes that if it passes in the nation's largest city it will only be a matter of time until health codes such as this reach areas like Boston and other cities across the country.

Sincerely,

Name : Michele Frey
Email mmfrey@rcn.com
Address 20 Wyman Street
City : Burlington
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jo Ann Isgro <jisgro212@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

*

Sincerely,

Name : Jo Ann Isgro
Email jisgro212@yahoo.com
Address 220 O'Gorman Avenue #2
City : Staten Island
State : New York

From: <lg2379@columbia.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Wed, Oct 18, 2006 1:42 PM
Subject: Support Letter

Attached please find a support letter.

CC: <tfrieden@HEALTH.NYC.GOV>



COLUMBIA UNIVERSITY
MEDICAL CENTER

Office of the Executive Vice
President for Health and
Biomedical Sciences and the
Dean of the Faculty of Medicine

October 18, 2006

630 West 168th Street, Rm. 2-401
New York, NY 10032
212.305.3592 Tel
212.305.3545 Fax

To: RESOLUTIONCOMMENTS@HEALTH.NYC.GOV
Cc: tfrieden@health.nyc.gov

www.cumc.columbia.edu

Dear Sir or Madam:

I write to offer my strong support for the two new Health Code initiatives that the New York City Department of Health and Mental Hygiene has recently proposed. The first would phase out artificial trans fat in all New York City food service establishments and the second would make calorie content available on menus and menu boards in some restaurants. These two initiatives will make significant changes in the New York City food environment and will help reduce the risk of heart disease, obesity, diabetes and other chronic diseases. One hundred and forty thousand New Yorkers were hospitalized for cardiovascular diseases in 2004 at a cost of over \$5 million. Reducing these numbers and those for other related chronic diseases should be a top priority for this City and these prevention measures are an important step in that direction.

I believe virtually all would agree that the scientific evidence indicates that trans fat in food raises LDL cholesterol and lowers HDL cholesterol, increasing the risk of heart disease – the number one cause of death in the city. Removing this harmful substance from the foods we eat out will help prevent the development of heart disease in the city. Making calorie information available on menus will address the growing epidemic of obesity and its related outcomes including heart disease, diabetes and some cancers. Informed consumers will be able to make better decisions when eating out also helping to prevent a variety of diseases.

Columbia University Medical Center is at the forefront of biomedical research, education, and patient care. This includes advocating for policies that will improve public health. It is with this in mind that I applaud these important initiatives that will prevent disease and improve the health environment in New York City. These measures will help all New Yorkers avoid preventable illness such as heart attacks and diabetes and will make it easier for those already ill to better manage their conditions.

Sincerely,

Lee Goldman, M.D.

Executive Vice President for Health and Biomedical Sciences
and Dean of the Faculties of Health Sciences and Medicine

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Alexandra Jamieson <alex_jamieson@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a health care professional, I urge you to take swift action.

Sincerely,

Name : Alexandra Jamieson
Email alex_jamieson@yahoo.com
Address 479 9th st. #1
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kate barron <kbbarron@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

,

Sincerely,

Name : kate barron
Email kbbarron@yahoo.com
Address 8 s. portland ave #4
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eve Garadis <egaradis@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

TRANSFAT FREE IN NYC!!!

Sincerely,

Name : Eve Garadis
Email egaradis@yahoo.com
Address 254 Henry street
City : Brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: stacy plaske <splaske@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I do hope you realize how much this will help the lives of the American public!! Thank you for your help.

Sincerely,

Name : stacy plaske
Email splaske@verizon.net
Address 11 cottage ct
City : huntington station
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Naoko Ikeda <naochan79@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Banning transfat will be a big step toward a healthier New York and reducing health care costs.

Sincerely,

Name : Naoko Ikeda
Email naochan79@hotmail.com
Address 112 Park Ave
City : Harrison
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Karyn Bennett <kebennitt@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats are causing dis-ease in thousands of people. Let's make the greatest city in the world the healthiest!!

Sincerely,

Name : Karyn Bennett
Email kebennitt@yahoo.com
Address 24 Hinckley Ave #3
City : Stamford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lynn Piccolo <lapic39@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We need to start making changes now.

Sincerely,

Name : Lynn Piccolo
Email lapic39@aol.com
Address 1362 78th Street
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: constance kao <conniekaohealth@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

-

Sincerely,

Name : constance kao
Email conniekaohealth@yahoo.com
Address 80 winthrop st apt #r2
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jane Brandley <sterlingappraisal@ameritech.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

While I don't live in NY, I applaud the effort to protect the health of your citizenry. The rest of the world is watching and hoping for your success. When 1 city stands up for the health of its' people more are sure to follow. Thank you.

Sincerely,

Name : Jane Brandley
Email sterlingappraisal@ameritech.net
Address 731 Milwaukee St
City : Lake Geneva
State : WI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Annamarie Wagner <wagner4life@juno.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Restrict trans fat. Be the leader in the country to healthier eating habits for Americans!

Sincerely,

Name : Annamarie Wagner
Email wagner4life@juno.com
Address 6332 Tanera More Ct.
City : Dublin
State : OH

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Angela Niven <angela_niven@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I hope NYC can set an example for the rest of the world!

Sincerely,

Name : Angela Niven
Email angela_niven@yahoo.com
Address RR2 Box 36 A
City : Wellsburg
State : WV

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Steph Slawek <steph_slawek@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I'd like to be able to go out to eat and still stay healthy. Please help to make restaurants serve food that will actually nourish us.

Sincerely,

Name : Steph Slawek
Email steph_slawek@yahoo.com
Address 360 Mamaroneck Rd.
City : Scarsdale
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eileen Webster <eileen@yourhealthinbalance.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 4:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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I grew up in NY and am there frequently. This is most important for all the people who are not even aware of this health treat in their diet! Thank you

Sincerely,

Name : Eileen Webster
Email eileen@yourhealthinbalance.com
Address 29 Hovey's Pond Dr
City : Boxford
State : ma

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erin Mahoney <lakedoll@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

-

Sincerely,

Name : Erin Mahoney
Email lakedoll@hotmail.com
Address 1308 Edge Hill Rd
City : Abington
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kari Tweiten Macdonald <ktweiten@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 3:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is very important. Thanks for your action on this matter.

Sincerely,

Name : Kari Tweiten Macdonald
Email ktweiten@aol.com
Address 216 Otis Ave. #6
City : St. Paul
State : MN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Steph Slawek <steph_slawek@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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I'd like to be able to go out to eat and still stay healthy. Please help to make restaurants serve food that will actually nourish us.

Sincerely,

Name : Steph Slawek
Email steph_slawek@yahoo.com
Address 360 Mamaroneck Rd.
City : Scarsdale
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kimberly Riggins <kimberly@anjalibodyandsoul.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support this cause 100%.

Sincerely,

Name : Kimberly Riggins
Email kimberly@anjalibodyandsoul.com
Address 625 Penn Street
City : Pennsburg
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cristina Kowarick <c_kowarick@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 2:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

There is no need for trans fats in our diets and am look forward to a trans fat free New York.

Sincerely,

Name : Cristina Kowarick
Email c_kowarick@hotmail.com
Address 421 Degraw #5H
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Liz Ingrassia <eingrass@stern.nyu.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

thank you

Sincerely,

Name : Liz Ingrassia
Email eingrass@stern.nyu.edu
Address 44 west 4th street
City : ny
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lucy Paccione <lucyp47@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

All Americans deserve to eat healthy and New York City should lead the way in attaining that goal. I'm proud to stand with all those who care about our well being. This is one of the first positive steps in making this world a better place. Thank you for proposing this restriction for the future of our children's health.

Sincerely,

Name : Lucy Paccione
Email lucyp47@optonline.net
Address 61 Yorkshire Road
City : New Hyde Park
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Leesaw Andaloro <leesaw@arboretumnyc.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If it comes down to money...killing people slowly cost a lot more of our tax dollar than keeping them healthy. Please help our next generation be free of trans fats in their foods.

Sincerely,

Name : Leesaw Andaloro
Email leesaw@arboretumnyc.com
Address 634 Manhattan ave. #2
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mariana <maridolphin@juno.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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I know from informed, professionals that trans fats alter the cells' membranes in our bodies in such a way that ingested nutrients bypass and do not penetrate the cells that need them. I would like to see that the public gets more information about the damage the trans fats do to our bodies.

Sincerely,

Name : Mariana
Email maridolphin@juno.com
Address 681 E. Lake Str.
City : Wayzata
State : Mn

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Brent Bialke <bialke24@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support the ban of trans fats in New York City.

Sincerely,

Name : Brent Bialke
Email bialke24@hotmail.com
Address 7412 S. Mobile St
City : Aurora
State : CO

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Kimberly A. Lawrence " <kimlawrence55@netzero.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

For our country and the future of our people please stop feeding us lethal foods. If you care at all, this should not be a difficult decision.

Sincerely,

Name : Kimberly A. Lawrence
Email kimlawrence55@netzero.net
Address 295 Redstone Hill Road #20
City : Bristol
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Scanlon <jsscanlon@juno.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:31 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

No additional comments.

Sincerely,

Name : Jennifer Scanlon
Email jsscanlon@juno.com
Address 51 Hopmeadow Street Apt 2B4
City : Weatogue
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: David Shoemaker <dshoe@webtv.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As an American that has visited NYC and eaten in restaurants when there, I strongly support these proposals. I hope they are the start of a national movement. It is the right thing!!! Do it!!!

Sincerely,

Name : David Shoemaker
Email dshoe@webtv.net
Address 410 8th Ave NE
City : Minneapolis
State : MN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elizabeth Troy <elizabethtroy11@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Transfats kill.... they need to be taken out of American diets.

Sincerely,

Name : Elizabeth Troy
Email elizabethtroy11@hotmail.com
Address 43 Hoose Blvd
City : Fishkill
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Catherine Scibelli <Tislecat2@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

n

Sincerely,

Name : Catherine Scibelli
Email Tislecat2@yahoo.com
Address 134 Evan Road
City : Warwick
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carolyn Maulding <macmaulding@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Even though I am not a resident of NYC, I support 81.08 and hope it goes national.

Sincerely,

Name : Carolyn Maulding
Email macmaulding@hotmail.com
Address 10501 Hwy 422
City : Norwood
State : Louisiana

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Hannah Berliner Fischthal, PhD " <HannahBF@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We're fed up with trans fat.

Sincerely,

Name : Hannah Berliner Fischthal, PhD
Email HannahBF@aol.com
Address 184-08 Tudor Road
City : Jamaica
State : NY

From: <lmaty@rcn.com>
To: <resolutioncomments@health.nyc.gov>
Date: Wed, Oct 18, 2006 11:14 PM
Subject: New York

Ms. Rena Bryant
125 Worth Street CN-31
New York, NY 10013

Dear Ms. Bryant,

As a resident of New York City, I urge you to support the Department of Health and Mental Hygiene's recommendation to limit the amount of trans fat in restaurant food and to require certain restaurants to list calories on menus.

Trans fats from partially hydrogenated oils increase "bad" cholesterol and decrease "good" cholesterol in blood, increasing the risk of heart disease. Heart disease is the number-one cause of death for women and men in New York City and the nation. Nationally, trans fats cause approximately 50,000 premature deaths each year and about 1,500 in New York City . The National Academies' Institute of Medicine (IOM) concluded that: "Because they are not essential and provide no known health benefit, there is no safe level of trans fatty acids and people should eat as little of them as possible while consuming a nutritionally adequate diet."

Since January 2006, almost all packaged foods are required to list trans fat on their Nutrition Facts labels. However, restaurants are exempt from such disclosure. Yet, New Yorkers are getting about one-third of their calories from restaurants and other food service establishments, and many restaurant foods contain high levels of trans fat. For example, the chicken pot pie at KFC has 14 grams of trans fat. That is as much as the American Heart Association recommends consuming for a whole week. A large order of McDonald's French fries contains 8 grams of trans fat.

Although Americans get about a third of their calories from restaurants and other food service establishments, few restaurants provide nutrition information at the point of decision-making. It's nice that information may sometimes be found on the Internet or brochures, but that's not very helpful when you're weighing your choices at a restaurant. As a result, people often consume more calories than they realize. For example, a large chocolate shake at McDonald's has more calories than a meal of a hamburger, small fries, and a Coke and an order of chicken tenders has more calories than the baby back ribs at a typical dinner house restaurant.

People have become accustomed to having nutrition information on packaged foods in grocery stores and want it at restaurants. Rather than hiding nutrition information on websites,

restaurants should provide it to their customers where they need it and can use it.

The Department of Health's recommendation to both limit trans fat in restaurant foods and to require calorie disclosure on menus in certain restaurants are excellent steps toward helping New Yorkers watch their weight and reduce their chances of getting heart disease. Please support these important health measures.

Sincerely,

LINDA Matychak
245 West 75th Street
apt. 5F
New York, New York 10023

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Victoria Rose Iovine <xoVictoriaRosexo@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

People are literally dying for this information. It MUST be provided.

Sincerely,

Name : Victoria Rose Iovine
Email xoVictoriaRosexo@aol.com
Address 322 94 street
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Bhaswati Bhattacharya <bhaswati8@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:05 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please help us turn the SAD american diet around!

Sincerely,

Name : Bhaswati Bhattacharya
Email bhaswati8@gmail.com
Address 172 Fifth Avenue Suite 38
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erin Kunkel <eek2114@columbia.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 11:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

These articles are two of many crucial steps we must take towards restoring the American consumer's autonomy with regards to their health and wellbeing.

Sincerely,

Name : Erin Kunkel
Email eek2114@columbia.edu
Address 242 E. 26th St. #3
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melissa Mary McAllister <mmmcallister@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Melissa Mary McAllister
Email mmmcallister@gmail.com
Address 176 borinquen pl
City : brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michael Cheffo <Mcheffo1@nyc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:51 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please pass this proposal as an example to other cities, for the health of our people.

Sincerely,

Name : Michael Cheffo
Email Mcheffo1@nyc.rr.com
Address 134 W. 93rd St. Apt. 4C
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: James Nelson <jimmyhaysnelson@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

*

Sincerely,

Name : James Nelson
Email jimmyhaysnelson@yahoo.com
Address 1573 Carroll Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Anthony Kimbrough <gkpet@bellsouth.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please consider doing this milestone and maybe we here in Tennessee will conform as well. Someone has to be brave. One only has to look at the stats to see we are all suffering.

Sincerely,

Name : Anthony Kimbrough
Email gkpet@bellsouth.net
Address 1061 Leadmine Road
City : White Pine
State : TN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gary Hughes <reggae@peoplescom.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:45 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Not only NYC but the entire USA trans fat free. Let the revolution begin! It all starts with one BOLD city. Who better than NYC. Good luck! I pray for your success and the health of America. - Gary

Sincerely,

Name : Gary Hughes
Email reggae@peoplescom.net
Address 1085 CR 1960
City : Yantis
State : Tx.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kelly Nelson <kellysongynelson@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:45 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

*

Sincerely,

Name : Kelly Nelson
Email kellysongynelson@yahoo.com
Address 1573 Carroll Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Helene Haber <TopCatHelene@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

none

Sincerely,

Name : Helene Haber
Email TopCatHelene@aol.com
Address 31 Woodland Drive
City : Rye Brook
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Maceiras <smaceiras@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support the two proposals mentioned being added to article 81 of the nyc health code.

Sincerely,

Name : Stephanie Maceiras
Email smaceiras@gmail.com
Address 320 East 53rd street Apt 7C#2
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kathy lynch <kathylynch@wellskills.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats are hurting so many people. Now it's time to eliminate them.

Sincerely,

Name : kathy lynch
Email kathylynch@wellskills.com
Address 2 Peach Ave
City : billerica
State : ma

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Ruth S. Sheets " <mrce-sheets@att.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I eat in NYC restaurants when I visit friends and family in the city, and when I attend class at the Institute for Integrative Nutrition. I would like to be able to choose my food and know that I am not getting any trans fat. The best way to assure this is to require restaurants to serve food without any trans fat.

Sincerely,

Name : Ruth S. Sheets
Email mrce-sheets@att.net
Address 17 Stonehedge Drive
City : Poughkeepsie
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rena Daure <renad23@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We are counting on your help in eliminating this dangerous substance.

Sincerely,

Name : Rena Daure
Email renad23@aol.com
Address 44 Edgewood Rd
City : Scarsdale
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jeff Murdock <jcmdam@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's about time a State in the US took a stand against chemicals in our foods!

Sincerely,

Name : Jeff Murdock
Email jcmdam@comcast.net
Address 84 Stonehedge Drive
City : Glenmoore
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debbie Murdock <jcmdam@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Yeah. I hope PA soon follows!

Sincerely,

Name : Debbie Murdock
Email jcmdam@comcast.net
Address 84 Stonehedge Drive
City : Glenmoore
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Helene McPherson <hmcphers7@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Prohibiting restaurants from serving foods with trans fat is vitally crucial to maintaining good health. I would be willing to help pass this law in any possible way.

Sincerely,

Name : Helene McPherson
Email hmcphers7@aol.com
Address 63 Tiffany Place, #405
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Megan LaFollette <happybunny32@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am firmly resolved that trans fat should be eliminated from the food supply and that restaurants should be required to calorie information on fast food menu boards.

Sincerely,

Name : Megan LaFollette
Email happybunny32@sbcglobal.net
Address 11572 Linfred Drive
City : Saint Louis
State : MO

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jose Moreno <joelakness@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Lets win the war against trans fats.

Sincerely,

Name : Jose Moreno
Email joelakness@aol.com
Address 3065 Sedgwick ave. 4L
City : Bronx
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Laura J. Scata " <imassage@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am in support of this petition 100% to enable me to make a good decision for my health and the health of my family.

Sincerely,

Name : Laura J. Scata
Email imassage@sbcglobal.net
Address 29 Mulberry Lane
City : Middletown
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: yasmeen hooseanly <yasgorl@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

do the right thing! no more trans fat.

Sincerely,

Name : yasmeen hooseanly
Email yasgorl@earthlink.net
Address 25 ann street, apt 2
City : new york
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Catherine Scheer <harmonycs@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I care about my health and I do not want to consume transfats when there are healthier alternatives. I care about the health of New Yorker's and all people in this country and would like to see healthier food choices available to everyone.

Sincerely,

Name : Catherine Scheer
Email harmonycs@hotmail.com
Address 36 Sabre Drive
City : Selden
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Margaret Hinchcliffe <ralston2001@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:12 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

BAN TRANS FATS FROM ALL RESTAURANTS!

Sincerely,

Name : Margaret Hinchcliffe
Email ralston2001@aol.com
Address 62 Flint Avenue
City : Larchmont
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: danielle tarantola <danitara@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:12 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

setting a precedent like this can save the lives of many who don't even have a clue that their delicious food is harming them.

Sincerely,

Name : danielle tarantola
Email danitara@hotmail.com
Address 3 Ernest Court
City : kings Park
State : nY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Samantha Witman <hayzelmoon@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:12 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I don't live in New York, but I would support this proposal ANYWHERE. Thanks.

Sincerely,

Name : Samantha Witman
Email hayzelmoon@yahoo.com
Address 35 School Street
City : Somerville
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan <suerella@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a prediabetic, this issue is especially important to me.

Sincerely,

Name : Susan
Email suerella@gmail.com
Address 253 E. 77th St.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: sonia baram <sbaram@mac.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We deserve to eat healthy. It's our right. Enough of pollution in our body.

Sincerely,

Name : sonia baram
Email sbaram@mac.com
Address 120west 58st #1c
City : new york
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Randy Baker <randyb@parakron.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am hoping this will start in NYC and spread to the rest of the country.

Sincerely,

Name : Randy Baker
Email randyb@parakron.com
Address 840 Hidden Valley Lane
City : Richmond
State : IN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: alison gardiner <a.gardiner@mindspring.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This will save the city millions in health and education costs ultimately. It will also make New York a pioneering city that will set an example for the rest of the country.

Sincerely,

Name : alison gardiner
Email a.gardiner@mindspring.com
Address 539 West 112th St. 3C
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Fabiola S <fabidave2002@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 10:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

There is absolutely nothing healthy about transfat. The food industry is the most interested party on it, exclusively because of profits. Food Corporation who use transfat do NOT care about the health of citizens, but the Board of Health should care, that is the reason such an Institution exists, right? To defend people's interest? Or could it be industry's profit? I trust people's health interest will be heard with banning transfat from restaurants and hopefully later from schools, hospitals, prisons...

Sincerely,

Name : Fabiola S
Email fabidave2002@yahoo.com
Address 49 PPSW
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Patricia Tessler <pktessler@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I often visit NYC restaurants, and would love to have this reassurance for my health and that of my family.

Sincerely,

Name : Patricia Tessler
Email pktessler@verizon.net
Address 131 Mountain Creek Road
City : Poughquag
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: christine tran <disnyc43@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

no trans fat!

Sincerely,

Name : christine tran
Email disnyc43@yahoo.com
Address po box 2577
City : ny
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Deborah Quire <quire1@juno.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats should be outlawed in the entire US!

Sincerely,

Name : Deborah Quire
Email quire1@juno.com
Address 14627 Elrond Dr.
City : Sterling Heights
State : MI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mika de Man <mika@demanstyle.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

no more transfat

Sincerely,

Name : Mika de Man
Email mika@demanstyle.com
Address 220 E52nd Street, Apt. 1D
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Dr. Cristina Esposito " <cesposito@healthsolutions.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Transfats are killing Americans everyday! Childhood Obesity and Type II Diabetes have become an epidemic in our country and it is a direct result of transfats.

Sincerely,

Name : Dr. Cristina Esposito
Email cesposito@healthsolutions.net
Address 13 North Peach Hill Ct
City : Ramsey
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Natalie Nicodema R.N. " <natalienicodema@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

No to Franken-Fats!

Sincerely,

Name : Natalie Nicodema R.N.
Email natalienicodema@hotmail.com
Address 1 Briarwood Lane
City : Orangeburg
State : N.Y.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ralf Haug <RalfHaug@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please help improve the health of our citizens. This bill would be very beneficial.

Sincerely,

Name : Ralf Haug
Email RalfHaug@hotmail.com
Address 340 Cleveland Ave
City : Largo
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Heather Winia <fit4life_colors@charter.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This proposal will greatly enhance the health of New Yorkers as well as set a trend that hopefully the rest of America will follow. The current state of nutrition in the US is killing us quicker everyday.

Sincerely,

Name : Heather Winia
Email fit4life_colors@charter.net
Address 16 East Central Ave
City : Zeeland
State : MI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Veronica Wunsch <vdoubleu@usa.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

When people know what is causing health issues and that they have an option when choosing where to eat, they will always make the healthy choice.

Sincerely,

Name : Veronica Wunsch
Email vdoubleu@usa.net
Address 446 Central Park West
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "marika@yahoo.com " <marika@delicious-nutrition.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Transfats have the chemistry of plastic. They have no business in the human body.

Sincerely,

Name : marika@yahoo.com
Email marika@delicious-nutrition.com
Address 36 Lincoln Ave
City : Beacon
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Robert Berkman <przejah@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I agree with this proposal... Please pass this law!

Sincerely,

Name : Robert Berkman
Email przejah@aol.com
Address 8428 E. Patrick St.
City : Frederick
State : MD

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sandy Gage <hittinwaves@peoplepc.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Hydrogenated oils, which contain trans fatty acids; is a form of poison in our food.

Sincerely,

Name : Sandy Gage
Email hittinwaves@peoplepc.com
Address 287 Elochoman Valley Rd
City : Cathlamet
State : Wa.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Maureen Speakman <mojospeakeasy@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's time people started eating healthy food again.

Sincerely,

Name : Maureen Speakman
Email mojospeakeasy@yahoo.com
Address 1232 agnew drive
City : drexel hill
State : Pa.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: maria dicicco <mad42@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's time that the U.S. puts people before profits!

Sincerely,

Name : maria dicicco
Email mad42@comcast.net
Address 4416 howell
City : phila
State : pa

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "David T. Park " <swimmer_dtp@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats are a major health concern for everyone, especially for the children of this world. They are a major cause of heart disease and should be banded permanently.

Sincerely,

Name : David T. Park
Email swimmer_dtp@yahoo.com
Address 6 Countryside Drive
City : North Providence
State : RI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Linda and George Krebs <healthfulabundance@adelphia.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This should be a nationwide law.

Sincerely,

Name : Linda and George Krebs
Email healthfulabundance@adelphia.net
Address 13263 Avila Beach Cove
City : Delray Beach
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Diana Patton <diana@equilibriabydiana.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:20 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am APPAULED that Trans Fat is even allowed to be called an ingredient in food. Please STOP killing our children, MY CHILDREN who might mistakenly eat something when I am not around. It's all in the public schools and these kids have no fighting chance. Except for ME, I stand to FIGHT for what is right and I will not sit idle to the deep pockets of some of these food manufactures. I am SICKENED to think that even the American Heart Association promotes eating Margerine ... when is AMERICA going to wake-up that we have got to stop this MADNESS!!! I FULLY support the removal of this deadly poison in ALL food. Thank you for listening!

Sincerely,

Name : Diana Patton
Email diana@equilibriabydiana.com
Address 4427 Talmadge Bldg S Ste 217
City : Toledo
State : OH

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: wendy maher <maherw@frontiernet.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:20 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

no comment

Sincerely,

Name : wendy maher
Email maherw@frontiernet.net
Address 111 Schoolhouse Lane
City : hopewell junction
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: beth travers <bethtravers@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

pls do this

Sincerely,

Name : beth travers
Email bethtravers@yahoo.com
Address 74 haines path
City : bridgehampton
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mariezz Eysmand <marioe@hushmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

no

Sincerely,

Name : Mariezz Eysmand
Email marioe@hushmail.com
Address 79 Thorman ave
City : Hicksville
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: David Nico <kingdomofgod7@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please ban trans fats across the country!

Sincerely,

Name : David Nico
Email kingdomofgod7@gmail.com
Address P.O. Box 999
City : Cheriton
State : VA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: jacquelyn kington <naturalhealth4u@hotsprgs.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

trans fats are not healthy and should be banned nation wide.

Sincerely,

Name : jacquelyn kington
Email naturalhealth4u@hotsprgs.net
Address 607 central ave
City : hot springs
State : mt

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Luisa Esposito <lespo222@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 9:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please protect those of us who eat out in NYC. Waitstaff usually have no idea if there are trans fats in the foods they serve.

Sincerely,

Name : Luisa Esposito
Email lespo222@yahoo.com
Address 154 8th St.
City : Hoboken
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melissa King <wellnessandenergy@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

New York inevitably leads the country by a few years. If we do this, we have an opportunity to benefit those people whose health suffers as a result of lack of knowledge or even self-control. We are bombarded by awful stories about the state of health in America and obesity is on the rise. My clients have been able to help bring their cholesterol to normal levels by eliminating hydrogenated oils. Thank you! Melissa King Certified Holistic Health Counselor.

Sincerely,

Name : Melissa King
Email wellnessandenergy@hotmail.com
Address 202 W. 81st St.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tonia Kavanaugh <toniakav@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fat free!

Sincerely,

Name : Tonia Kavanaugh
Email toniakav@hotmail.com
Address 741 springs fireplace rd
City : east hampton
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Thelma Johnson <thelflow@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is time that we, the consumers take stock of the foods that we ingest seriously as too many people are ailing as a result of poor additives to our foods. Lets all say no to Trans fat which is far too dangerous for human consumption.

Sincerely,

Name : Thelma Johnson
Email thelflow@aol.com
Address 98-15 Horace Harding Exp # 10D
City : Corona
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cathy <cinsley@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Although I live in Colorado, I support this legislation and hope to see it also enacted in my own state.

Sincerely,

Name : Cathy
Email cinsley@msn.com
Address 1425 Glenmere Blvd
City : Greeley
State : CO

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Paula Thomas <pmsoftpt@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I want restaurants (in NYC and throughout USA) to show me nutritional information so I can make an informed decision. I don't want my family eating trans-fats.

Sincerely,

Name : Paula Thomas
Email pmsoftpt@yahoo.com
Address 3508 Neiman Rd
City : Plano
State : TX

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: David McFate <dcmcfate@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:49 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Be the change you wish to see in the world.

Sincerely,

Name : David McFate
Email dcmcfate@yahoo.com
Address 298 Ashmont St. Apt. D
City : Dorchester
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Catrina McFate <catrinamcfate@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Help to heal the world starting with a influential city.

Sincerely,

Name : Catrina McFate
Email catrinamcfate@yahoo.com
Address 298 Ashmont St. Apt. D
City : Dorchester
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Alicia M. Grimaldi " <affirmhealth@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please remove trans fats from food. The general public has no idea what it is doing to them. NYC will be recognized as the first state in the US to make this happen. Go NY we're with you 100%! Thank you!

Sincerely,

Name : Alicia M. Grimaldi
Email affirmhealth@yahoo.com
Address 7001 Sanborn Rd
City : Loudon
State : NH

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: joan Tedeschi <jtedesc14@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is so important to the health of everyone in the city and all those who visit us. We can be a wonderful example for other cities around the world.

Sincerely,

Name : joan Tedeschi
Email jtedesc14@yahoo.com
Address 2109 Broadway
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cathy Fogelman <c111@mac.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:42 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I fully support legislation that will not allow restaurants to poison america!

Sincerely,

Name : Cathy Fogelman
Email c111@mac.com
Address 201 east 66th street
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: jason kessler <jason@infinitespring.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

1

Sincerely,

Name : jason kessler
Email jason@infinitespring.com
Address 101 west end avenue, #29b
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elenor Lindsay <elinzee@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is especially imperative for those individuals at risk for heart disease and stroke.

Sincerely,

Name : Elenor Lindsay
Email elinzee@hotmail.com
Address 151 E. Post Road
City : White Plains
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jo Ann Isgro <jisgro212@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

*

Sincerely,

Name : Jo Ann Isgro
Email jisgro212@yahoo.com
Address 220 O'Gorman Avenue #2
City : Staten Island
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Carol Adams-Ramos " <siouxshe3@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Though I am not from your state I totally agree with banning trans fats in our foods. We must educate ourselves and others on this health issue. Thanks for being pro-active. I'd like to have this in CA! Be the first to stand up for health!

Sincerely,

Name : Carol Adams-Ramos
Email siouxshe3@gmail.com
Address PO box 2356
City : Chula Vista
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Jane Trinidad-Hennes " <jane@betterlivingwithjane.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Would really love to help as many people as I can.

Sincerely,

Name : Jane Trinidad-Hennes
Email jane@betterlivingwithjane.com
Address 32 St Agnes Lane
City : Loudonville
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: don stavitzke <tphat80@myway.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We need 81.08 in the whole USA

Sincerely,

Name : don stavitzke
Email tphat80@myway .com
Address 13674 s 450w
City : hanna
State : Ind

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kristie Lyle <newyorkchick219@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats should have never been legal to begin with! Protect New Yorkers by supporting a trans fat ban.

Sincerely,

Name : Kristie Lyle
Email newyorkchick219@yahoo.com
Address 416 East 65th Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sean <L8O1S5T@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 8:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support TransFatFreeNYC.org

Sincerely,

Name : Sean
Email L8O1S5T@comcast.net
Address 84 Hill Street
City : West Springfield
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Allison Carriere <allicarriere@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I fully support this cause...

Sincerely,

Name : Allison Carriere
Email allicarriere@optonline.net
Address 97 Richards Ave, Unit G7
City : Norwalk
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Kristin L. Hatfield " <lunabella22201@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thank you for taking this step that will benefit many people.

Sincerely,

Name : Kristin L. Hatfield
Email lunabella22201@yahoo.com
Address 12 Linden Drive
City : Newburgh
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kurt Moeller <msojkurt@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Like the smoking ban, I hope this get's passed to set the trend for the rest of the country to follow, including Florida where I live.

Sincerely,

Name : Kurt Moeller
Email msojkurt@comcast.net
Address 6559 Silver Glen Drive
City : Jacksonville
State : Florida

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Karen Young <kjhslp@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/18/2006 7:25 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is necessary. We want health costs to go down, but without serving healthier food in restaurants, people will not have access to their basic rights, thus sustaining, if not increasing, hospitalizations, high blood pressure, and diabetes. Thank you.

Sincerely,

Name : Karen Young
Email kjhslp@hotmail.com
Address 424 Cumberland
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Susan Gordon-Clark " <sgordonclark@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:30 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Susan Gordon-Clark
Email sgordonclark@earthlink.net
Address 481 Ft. Washington Ave.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: rory freedman <roryfreedman@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 11:51 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : rory freedman
Email roryfreedman@yahoo.com
Address 1640 N. Formosa Ave
City : Los Angeles
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Renee Pirie <reneepirie@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 11:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Renee Pirie
Email reneepirie@earthlink.net
Address 500 W. 172 St. 12B
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kory clarke <koryandlisa@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : kory clarke
Email koryandlisa@earthlink.net
Address 221 dekalb ave
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elizabeth Romero <liz_romero2@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Elizabeth Romero
Email liz_romero2@yahoo.com
Address 17301 91 Avenue
City : Jamaica
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: lisa mcwhorter <lisafsnyder@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 3:44 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : lisa mcwhorter
Email lisafsnyder@yahoo.com
Address 1380 w 5th ave
City : eugene
State : or

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: tom basile <bodhisattfus@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : tom basile
Email bodhisattfus@aol.com
Address 802 martin ave
City : bryn mawr
State : pa

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: paige Hinton <paigehinton@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:53 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : paige Hinton
Email paigehinton@hotmail.com
Address 406 cpw #3,
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ramona Bergstrom <rbergstrom@frontiernet.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ramona Bergstrom
Email rbergstrom@frontiernet.net
Address 1165 Co. Rd. 83
City : Maple Plain
State : MN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lucia Voorhies <LLVoorhies@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is extremely disturbing that the FDA actually wants people to get sick, stay sick and get worse by consuming byproducts of hydrogenation. By keeping hydrogenated/trans fats out of the ingredient list, then there must be a good reason to hide it. As the FDA should already know; trans fats are linked to increase cancer risk, premature skin aging and lowered immune response from impaired prostaglandin and cell functions. Most significant, they interfere with the metabolism of natural fats and with our body's ability to use critical essential fatty acids. The American Journal of Public Health says that trans fats may be responsible for up to 30,000 heart disease deaths each year in the US! PLEASE STOP HURTING AMERICANS and START HEALING US with HEALTHY OILS and ALTERNATIVES! Be part of the Solution Not the Problem!! Please Don't Kill Me Too I am truly just trying to help save us. "Let Food Be Your Medicine and Medicine Be Your Food" Hippocrates Thank You So Much for you time! I Greatly Appreciate it! .

Sincerely,

Name : Lucia Voorhies
Email LLVoorhies@msn.com
Address 70 Longmeadow Village Rd. Apt2
City : Colchester
State : Vermont

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eleanor Schaefer <lrschae@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Eleanor Schaefer
Email lrschae@comcast.net
Address 414 Calverton Court
City : Harleysville
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marcella Jackson <mdockeryjackson@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Marcella Jackson
Email mdockeryjackson@yahoo.com
Address 1915 Asbury Ave. #1
City : Evanston
State : Il

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melissa MacDonald <Hemp789@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:05 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is an important step in the health of humanity. The cliché could not be more true..."we are what we eat". More than 50% of Americans are overweight or obese. We need in-your-face information letting people know what literal garbage is in the food they are being served. It's disgusting, debilitating and addicting; consumers have the right to know the truth. .

Sincerely,

Name : Melissa MacDonald
Email Hemp789@comcast.net
Address 108 Aida Way
City : Brick
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donna Rockelmann <dmarsh337@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

In this fast paced world in which we live, I believe people don't have the time to read food labels. We know trans fat is a health problem. If we omit them from foods by law, we are making great strides in the health and well being of future generations in this country. Preventive health care is key to controlling medical costs and the health of our nation. We frequent fast-food chains out of necessity at times, and if they are made to adjust their menus to a healthier version of current standards, we all benefit in the long-run. .

Sincerely,

Name : Donna Rockelmann
Email dmarsh337@verizon.net
Address 550 Central Ave, L-6
City : Linwood
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: jaclyn miller <jaclynapple@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:45 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : jaclyn miller
Email jaclynapple@gmail.com
Address 1018 lexington avenue #4b
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sara Lydia Doldan <sdoldan@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:25 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Health is the key to life in NYC, NO TRANS FAT!

Sincerely,

Name : Sara Lydia Doldan
Email sdoldan@gmail.com
Address 320 E. 46th Street, 28C
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: an jeanett lendsey <siamonee4love@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:42 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

.at last someone cares!

Sincerely,

Name : an jeanett lendsey
Email siamonee4love@yahoo.com
Address 840 s serrano ave suite 406
City : los angeles
State : ca

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie McWilliams <stephanie@evolvingarts.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Stephanie McWilliams
Email stephanie@evolvingarts.com
Address 704 8th Ave. #1C
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: chris lonergan <chrisredbull@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : chris lonergan
Email chrisredbull@hotmail.com
Address 377 north braodway
City : yonkers
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eve Hyman <evenycity@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Health benefits clearly outweigh any inconvenience or cost on the part of the food service industry. In a city where most meals are eaten outside of the home by a majority of residents, eliminating trans fats will help to combat the health risks associated with them including obesity, high blood pressure, and diabetes. .

Sincerely,

Name : Eve Hyman
Email evenycity@gmail.com
Address 518 E. 6th St.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melissa Emberson <melissa.middleton.emberson@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 7:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats, especially the high concentrations found in partially hydrogenated oils, are highly damaging to the body at the cellular level. Food companies have known this for many years. Even palm and coconut oils are significantly healthier options where high heat cooking is used, contrary to popular belief. (The short chain saturated fats they contain are not the same as the long-chain saturated fats found in lard. In any case, the body knows how to recognize and process all natural fats, but the mutated trans fats are a real danger in the human body.) It is criminal for the industry to continue to sell products that are known or highly suspected to be hazardous to the public. There is no sane justification for this. Please help stop this madness! .

Sincerely,

Name : Melissa Emberson
Email melissa.middleton.emberson@earthlink.net
Address 395 Georgetown Rd
City : Weston
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: josephine ehrenkranz <jmoanz@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 7:25 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : josephine ehrenkranz
Email jmoanz@aol.com
Address 140 pecan lane
City : freehold
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susi Schropp <online@divadesign.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 7:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Step by step we need make our living environments healthier. The restrictions in regards to trans fats is a great big step in that direction. I am strongly support the proposed bills.

Sincerely,

Name : Susi Schropp
Email online@divadesign.com
Address 8 Saint Marks Place, #12
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Wilson Kratz <buddy741@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 6:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Wilson Kratz
Email buddy741@comcast.net
Address 717 Morwood Road
City : Telford
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stacey Antoine <staceyantoine@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 6:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Stacey Antoine
Email staceyantoine@gmail.com
Address 773 Howard Avenue
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Pattie Rose <reveprose@juno.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 6:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Pattie Rose
Email reveprose@juno.com
Address 3372 Hickory Run
City : Nashville
State : TN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rich Scaglione <scaglior@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 5:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Rich Scaglione
Email scaglior@optonline.net
Address 225 Osceola Ave
City : Deer Park
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: JEAN WEISS <jeanboat@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:36 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is our right, as a human being; as a Holistic Health Counselor, it is our duty! \"When love and skill work together, expect a MASTERPIECE.\"-John Ruskin I encourage and implore your governing body to be enlightened, proactive and empowering so we can achieve attainable goals surrounding everyday health and happiness. sincerely, Jean Weiss, HHC .

Sincerely,

Name : JEAN WEISS
Email jeanboat@aol.com
Address 5 Ale Court
City : Centerport
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Doreen DiGiacomo <digicomod@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 5:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Although I live in NJ I spend a lot of time in NY especially the restaurants. My husband and other family members work in NY and eat there more than I do. For their health and countless others, restrict trans fats from NYC restaurants. You can make NYC a leader in the field of HEALTH! .

Sincerely,

Name : Doreen DiGiacomo
Email digicomod@aol.com
Address 585 Highland Ave
City : Westfield
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marguerite Van Cook <Clarity32@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 5:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

One of the smartest ideas to come along, in a long time. It gets my vote as well as the politicians who have the courage and foresight to implement such impressive planning. .

Sincerely,

Name : Marguerite Van Cook
Email Clarity32@aol.com
Address 234 east 4th street apt 7
City : New york
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephane Barbier <stephane.barbier@mediadash.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 4:51 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Stephane Barbier
Email stephane.barbier@mediadash.com
Address 50 Lexington Ave.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sara Willett <wyzewoman@bellsouth.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 4:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I hope this initiative will spread to Tennessee.

Sincerely,

Name : Sara Willett
Email wyzewoman@bellsouth.net
Address 627 Nocatula Place
City : Athens
State : TN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kim Berlin <berlin.kim@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 4:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kim Berlin
Email berlin.kim@gmail.com
Address 350 5th ave
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Shoshana Landow <shoshana613@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 3:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Shoshana Landow
Email shoshana613@hotmail.com
Address Greenwich Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: J Tang <compufont@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 3:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support a complete ban of using Trans Fat in processing any food. There should be a zero tolerance for trans fat in any food items. Please also do away with any color additives in food. Thank you for helping New Yorker to live a healthier life.

Sincerely,

Name : J Tang
Email compufont@yahoo.com
Address 50-60 56 Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gloria Truppi <freakhouse149@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:42 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Gloria Truppi
Email freakhouse149@hotmail.com
Address 149 Huntington Street
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Chrissie Vazquez <loveorperish@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As someone who makes careful and well thought out plans as to how to keep myself and my family healthy, I think it is absolutely logical and necessary to ban the use of trans fats. NYC is the most influential metropolis in the country and there is no reason for us not to set a wonderfully progressive healthy standard for the rest of the US. No trans fats in NYC! .

Sincerely,

Name : Chrissie Vazquez
Email loveorperish@gmail.com
Address 256 Seaman Ave #4C
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Colleen Fahy <xxcolxx1017@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Colleen Fahy
Email xxcolxx1017@aol.com
Address 13 Knight ct.
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Wendy Tayer <wgtayer@roadrunner.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:24 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Wendy Tayer
Email wgtayer@roadrunner.com
Address 4661 North Lane
City : Del Mar
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: DeEtta Rea <reahouse@cox.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : DeEtta Rea
Email reahouse@cox.net
Address 5800 Balzar Ave
City : Las Vegas
State : nv

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "j. downs " <japalicious@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : j. downs
Email japalicious@hotmail.com
Address 542 west james
City : lancaster
State : pa

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Janessa Hernandez <AfterEveryParty@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I strongly believe that it is especially important to ban trans fat with the soaring obesity rates. Not everyone is aware of trans fat, unfortunately, and I strongly believe a ban on trans fat will lead to less obesity related health issues and even deaths. Thank you for your consideration! .

Sincerely,

Name : Janessa Hernandez
Email AfterEveryParty@gmail.com
Address 60 W.190th St. #1H
City : Bronx
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: adele suarez <adele171@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : adele suarez
Email adele171@msn.com
Address 9935 59ave
City : corona
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Raymond Keller M.D. " <RKellerMD@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Vending machines at the worksite should offer healthier choices for snacks instead of high calorie low nutrition only options .

Sincerely,

Name : Raymond Keller M.D.
Email RKellerMD@aol.com
Address 55 East 34th St
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marilyn <mbgatlin@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 1:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Born in NYC but not living there. Want to lend my support for this initiative and hope the rest of the country joins in! .

Sincerely,

Name : Marilyn
Email mbgatlin@yahoo.com
Address 26 William Warren Dr.
City : Asheville
State : NC

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Perla Erickson <perdon77@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 1:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Though I do not live in New York City, I live in Chicago, I believe that we are affected by the well being of others. "As surely as a fish must live in water, eople must live in society, with others. And just as a fish will suffer in a poisoned pond, our (health and) spirit will die in a society that is (sickly) brutish and cruel." Numerous research shows that trans fat is bad for our health and as we are already the sickliest people on earth lets stop the "cruelty" of some sector of the food industry and some organization whose main concern is the bottom line. .

Sincerely,

Name : Perla Erickson
Email perdon77@comcast.net
Address 8037 S. Sawyer Ave.
City : Chicago
State : Illinois

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Barbara Murphy <babmurph@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 1:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please pass and set a good example. .

Sincerely,

Name : Barbara Murphy
Email babmurph@msn.com
Address 66 Frothingham St.
City : pittston
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: GAbriella LArses <larses@adelphia.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 1:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : GAbriella LArses
Email larses@adelphia.net
Address 2942 Sombrosa Street
City : CARlsbad
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joan Taylor <gms@mtnhome.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 2:11 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If they can ban trans-fats from McDonald's in Denmark, they can ban them in New York. .

Sincerely,

Name : Joan Taylor
Email gms@mtnhome.com
Address 1586 Dwelle Rd
City : Old Joe
State : AR

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Charlene R. DeStouet " <charlenedestouet@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 1:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

There is a history of high-blood pressure in my family. My family and I are very careful with how much sodium we consume on a day-to-day basis. .

Sincerely,

Name : Charlene R. DeStouet
Email charlenedestouet@yahoo.com
Address 1120 Fox Hill Drive., Apt. 214
City : Monroeville
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nathan Smith <SmittyMC12@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Nathan Smith
Email SmittyMC12@aol.com
Address 4708 N. Weir Dr.
City : Muncie
State : Indiana

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: christa burton <christa@christaburton.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

trans fats are completely unnecessary and should be banned from being used in any foods, anywhere! .

Sincerely,

Name : christa burton
Email christa@christaburton.com
Address 747 ralph mcgill blv. #234
City : atlanta
State : ga.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dana Bleckinger <dbleckinger@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Dana Bleckinger
Email dbleckinger@yahoo.com
Address 3153 sw dolph ct # 13
City : Portland
State : OR

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: linda dempsey <ldnyc2002@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : linda dempsey
Email ldnyc2002@yahoo.com
Address 256 E 10th
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Helga E. Perez " <legacy1898@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Helga E. Perez
Email legacy1898@yahoo.com
Address 112 Prospect Place Apt. 1-R
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lesley Conrad <lesley_paige@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lesley Conrad
Email lesley_paige@hotmail.com
Address 58 W 84th St. Apt GF
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Aaron Sosnick <aaronsosnick@alum.mit.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Aaron Sosnick
Email aaronsosnick@alum.mit.edu
Address 143 Avenue B PHA
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ryan Todd <rc.todd@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ryan Todd
Email rc.todd@yahoo.com
Address 1212 Rhodes Ln
City : Naperville
State : IL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nancy Koester <njkoester@adelphia.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 12:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Nancy Koester
Email njkoester@adelphia.net
Address *
City : *
State : VT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: A Kaplan <kaplan.amelia@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 1:40 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Help keep Americans healthy! It saves money in the long run. .

Sincerely,

Name : A Kaplan
Email kaplan.amelia@gmail.com
Address Broadway
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erin Byrne <elbyrne04@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 11:40 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fat is just an additional negative to so many disease states in the nation, especially NYC. Obesity is on the rise and is a major cause for Diabetes. As a Diabetes Care Specialist, I urge you to move to take the right step in helping out community eat more healthy and put a stop to factors that increase disease and epidemics! .

Sincerely,

Name : Erin Byrne
Email elbyrne04@yahoo.com
Address 901 Madison St., 2B
City : Hoboken
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ariane Benefit <abam2001@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 11:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ariane Benefit
Email abam2001@comcast.net
Address 376 Essex Ave
City : Bloomfield, NJ
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jessica Bailey <jleabailey@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:56 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

America is killing themselves with food. .

Sincerely,

Name : Jessica Bailey
Email jleabailey@yahoo.com
Address 300 Manhattan Ave. Apt. 3A
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jane Frattini <jfrattini@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:47 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Removing trans fats from our diet will be one step to a healthier life and greatly affect reducing health care costs. .

Sincerely,

Name : Jane Frattini
Email jfrattini@optonline.net
Address 31 High Street
City : West Harrison
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Laura <lbrose@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:28 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Laura
Email lbrose@hotmail.com
Address 14 Taylor Court
City : Staten Island, NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: david <d.lob@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:21 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I'm all for this and hope trans fat free becomes the norm nationwide.

Sincerely,

Name : david
Email d.lob@sbcglobal.net
Address 1191 westside rd
City : Hollister
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: jeffrey galusha <xgalusha@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:13 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : jeffrey galusha
Email xgalusha@gmail.com
Address 247 broome st 1f
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mugeere <bogsmushrooms@yahoo.ca>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:02 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am Mugeere B David, a Director of a company called; NUTRI...FOODS. I strongly support your move to TransFat free. Organic Natural food is in abundance from my restaurant. Please if you happen to host such an event in the future, invite me in time. .

Sincerely,

Name : Mugeere
Email bogsmushrooms@yahoo.ca
Address SB Plaza, Burton Street
City : Kampala
State : East Africa

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Jean-Paul LaRosee " <coregalvanizer@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 10:00 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I strongly support this initiative to ban trans fats from our restaurants. I feel it would be a great step forward toward our health and well being. .

Sincerely,

Name : Jean-Paul LaRosee
Email coregalvanizer@yahoo.com
Address 151 Kent Ave. #108
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "eugene n. fedorko " <efedorko@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:58 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

i am glad we are finally focusing on a harmful substance that is as noxious and toxic as cgt. smoking!! let's make nyc trans-fat free and be one of the first in the nation to set an example for this. savings in medical problems alone and lives saved are impossible to estimate they would be so high!! .

Sincerely,

Name : eugene n. fedorko
Email efedorko@aol.com
Address 11 west 17th st.
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Constance Belcher <nadiloc@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 1:19 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Constance Belcher
Email nadiloc@sbcglobal.net
Address 6215 green valley Cir
City : Culver City
State : Ca

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: patti collinge <red5530506@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:42 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I would like to know how much trans fat in my food I buy due to health reason. .

Sincerely,

Name : patti collinge
Email red5530506@yahoo.com
Address 4276 autry spur
City : gainesville
State : ga

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marlene Johnson <MarleneRJ@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:38 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Provide the information necessary for consumers to make informed choices. Prevention is the best medicine! .

Sincerely,

Name : Marlene Johnson
Email MarleneRJ@aol.com
Address 4255 Tidewater Drive
City : Orlando
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Abigail Todras <frenelev@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:27 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Abigail Todras
Email frenelev@yahoo.com
Address 100 Freeman St. F106
City : Bklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lourdes Pinto <lrs_pinto@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 9:17 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lourdes Pinto
Email lrs_pinto@yahoo.com
Address 142 Essex Street, F107
City : South Hamilton
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Olia Toporovsky <olia@oliadesigns.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:57 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Olia Toporovsky
Email olia@oliadesigns.com
Address 256 Grand st. 2nd floor
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Liza Pitsirilos <nycpuertogreekan@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:53 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Liza Pitsirilos
Email nycpuertogreekan@gmail.com
Address 50 West 97th Street Apt #9T
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Athena reich <info@athenareich.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:50 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Athena reich
Email info@athenareich.com
Address 310 Beverley Rd. #1L
City : Brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: rhonda miller <runtnikqueen@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:41 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : rhonda miller
Email runtnikqueen@yahoo.com
Address grove ave
City : auburn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: virginia underwood <ginnyunderwood@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:38 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : virginia underwood
Email ginnyunderwood@hotmail.com
Address 8 Oak ridge Court
City : West Harrison
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dana Cook <danadcook@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:24 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I whole-heartedly support the ban of trans fats in restaurants, and I am thrilled that New York City will be a model in this regard. It is easy to eliminate trans fats, and doing so sends a message to consumers that they too can eliminate them from their diets pretty easily. Thanks so much! Dana Cook .

Sincerely,

Name : Dana Cook
Email danadcook@yahoo.com
Address 2118 Military Road
City : Arlington
State : VA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sarah <maloveys@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 1:13 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

.to healthy living!

Sincerely,

Name : Sarah
Email maloveys@hotmail.com
Address 90 Woodmont Dr
City : Randolph
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carolyn Frey <cbrf81@cs.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 8:09 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Carolyn Frey
Email cbrf81@cs.com
Address 260 mine rd..
City : FLEETWOOD
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marianne Baldino <freebirdsjoy@juno.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 7:59 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Happy to know that New York is striving to be a healthier city and state, a good example for our children and future generations. .

Sincerely,

Name : Marianne Baldino
Email freebirdsjoy@juno.com
Address 14 s cherry valley avenuest west hempstead
City : ny
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kathleen Kelly <kk51862002@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 7:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kathleen Kelly
Email kk51862002@yahoo.com
Address 40
City : Buffalo
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: mario estaldini <ratrod58@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 7:27 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

educate the public more and phase these poisons out over time, too fast a change will hurt many honest people thanx .

Sincerely,

Name : mario estaldini
Email ratrod58@yahoo.com
Address 1008 150 street
City : whitestone
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Silvia Fishbaum <Tiva54@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 7:16 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Silvia Fishbaum
Email Tiva54@aol.com
Address 170 Girard street
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Wendy Fast <wrfast@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 6:59 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Wendy Fast
Email wrfast@yahoo.com
Address 781 Van Buren Avenue
City : East Meadow
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lenore Suttle <seapeasant@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 6:10 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I'm a frequent visitor to NYC for business, and eat all my meals in restaurants when I'm there, so I would be thrilled if they outlawed trans fats! .

Sincerely,

Name : Lenore Suttle
Email seapeasant@yahoo.com
Address 1677 Brookhouse Circle
City : Sarasota
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Loren Davidson <blumonky24@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 6:03 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Loren Davidson
Email blumonky24@hotmail.com
Address 104 President St. Apt.4L
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Quanette LeFLore <qlafleur@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 4:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Quanette LeFLore
Email qlafleur@gmail.com
Address 4811 Eldon Green Ct
City : halethorpe
State : md

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Chloè Jo Berman <chloe@chloejo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/21/2006 4:16 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Chloè Jo Berman
Email chloe@chloejo.com
Address 304 East 65th St #22B
City : New York
State : NYC

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Angela Raczka <orangella22@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/22/2006 1:18 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

By allowing trans fats in so many packaged foods, I feel like the food companies are lying to us about the health of our foods. And for being such a powerful nation you think the government would want to watch out for the health of the individuals. Please pass this bill. It's not fair to our health as a nation to allow this to go on.

Sincerely,

Name : Angela Raczka
Email orangella22@aol.com
Address 10 MacVittie Circle
City : Geneseo
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Diane Silberstein <dsilberstein1185@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:20 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Diane Silberstein
Email dsilberstein1185@yahoo.com
Address 1185 Park Ave. Apt. 10E
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Denise Demaras <ddemaras@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Denise Demaras
Email ddemaras@msn.com
Address 51 Wells Road
City : West Hartford,
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Arlene Nelson <agnelson@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Arlene Nelson
Email agnelson@optonline.net
Address 24 Vail Place
City : Mahwah
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Brian Marshall <healthyph@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:05 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Brian Marshall
Email healthyph@hotmail.com
Address 10515 Indian Walk Rd
City : Jacksonville
State : fl

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Laura Seely <alterna94@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 6:42 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Laura Seely
Email alterna94@aol.com
Address 21 Linden St #22
City : Norwalk
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eric Sazer <nutbirdboy@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 6:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Eric Sazer
Email nutbirdboy@yahoo.com
Address 9 Elm Street
City : Albany
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jody Vajko <vajko2@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 6:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jody Vajko
Email vajko2@msn.com
Address 31 S. 333rd Lane, Apt. D
City : Federal Way
State : WA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Emily J. Kramer " <e_jeannette@excite.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 5:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Emily J. Kramer
Email e_jeannette@excite.com
Address 369 St Johns Pl #3
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Danielle Aimone <dani22m@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Danielle Aimone
Email dani22m@aol.com
Address 444 East 82nd Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jon Carlin Aimone <joncarlin@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:49 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jon Carlin Aimone
Email joncarlin@aol.com
Address 444 East 82nd Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Patricia Pesiri <ppesiri@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:51 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Patricia Pesiri
Email ppesiri@gmail.com
Address 507 East 83rd Street
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Christine Aimone <christl414@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Christine Aimone
Email christl414@aol.com
Address 444 East 82nd Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jason Salvador <jason.salvador@villanova.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jason Salvador
Email jason.salvador@villanova.edu
Address 203 West 91st Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nicole Aimone <nicole.aimone@villanova.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Nicole Aimone
Email nicole.aimone@villanova.edu
Address 444 East 82nd Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Danny Frazer <dannyfrazer@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Danny Frazer
Email dannyfrazer@yahoo.com
Address 45 Folsom
City : Durango
State : Colorado

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eric Ding <eding@hsph.harvard.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Eric Ding
Email eding@hsph.harvard.edu
Address 54 South Huntington Ave, Apt 2
City : Boston
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nathalie Blitz <nathalooli@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:25 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Nathalie Blitz
Email nathalooli@gmail.com
Address 27 Underwood PK.
City : Waltham
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: stephanie claire luzzi <stephanieclaireluzzi@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : stephanie claire luzzi
Email stephanieclaireluzzi@yahoo.com
Address 438 ocean pkwy
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donald E Dean <donalddedan@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please do away with all chemicals in foods which aren't really food, including GMOs, transfats, various chemical compounds which cause kidney stones, gall stones, bone spurs and various calcifications such as calcium phosphate, calcium propionate, etc. etc. I could go on for days about these chemicals, but the point is please do all in your power to get chemicals which should not be called "food" to be declared illegal to use in foods. Thanks for anything you can do in this regard as well as to ban transfats and legalize raw butter, raw oils without pressing, and other heart beneficial substances. .

Sincerely,

Name : Donald E Dean
Email donalddedan@hotmail.com
Address 580 Chambers Street
City : Rochester (Spencerport)
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: K Friedland <kfriedland@cimarex.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please ban trans fat from restaurants everywhere. .

Sincerely,

Name : K Friedland
Email kfriedland@cimarex.com
Address 5676 S Lowell Bl
City : Littleton
State : Colorado

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rebecca Hennessey <becky_hennessey@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

NO TRANS FATS! .

Sincerely,

Name : Rebecca Hennessey
Email becky_hennessey@yahoo.com
Address 301 Horseshoe Drive
City : Royersford
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jill Andross <s50555@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:36 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jill Andross
Email s50555@aol.com
Address 1583 Ellington Rd.
City : S.Windsor
State : Ct.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tananah Scott <tananainspire@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Thank you for initiating this bill to ban Transfats in NYC. This bill is a step forward. When the public is aware about the dangers of transfats they can make informed decisions. Thank you again. .

Sincerely,

Name : Tananah Scott
Email tananainspire@yahoo.com
Address 120 W. Blacklidge Dr. Apt A
City : Tucson
State : AZ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Emily Hall <emilyot@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Emily Hall
Email emilyot@yahoo.com
Address 435 N Lombard
City : Oak park
State : IL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jacob Holubeck <jacobholubeck@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please support these proposals and set the standards for the rest of the union. We are watching you.

Sincerely,

Name : Jacob Holubeck
Email jacobholubeck@yahoo.com
Address 1331 Santa Barbara St. #4
City : Santa Barbara
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kathleen Moriarty <MariposaPapillon@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

NYC is a leader! Please know that the rest of the country is watching and waiting. Please make the right decision by banning trans fats and the rest of the country shall follow your example! THANK YOU! .

Sincerely,

Name : Kathleen Moriarty
Email MariposaPapillon@msn.com
Address 471 Commonwealth Avenue
City : Boston
State : MA

Resolution Comments - Re: Proposal to Partially Phase-Out Trans Fat

From: "Richard Johns" <rjohns24@gmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/23/2006 3:21 PM
Subject: Re: Proposal to Partially Phase-Out Trans Fat

Dear Rena Bryant,

I would like to express my **strong support** for the proposal to partially phase-out trans fat. Trans fat can be found in popular city-wide chains like Dunkin' Donuts and I am afraid that many residents and visitors are unaware of the amount of trans fat they are consuming. It's important that government stand up against corporate attempts to lower costs at the expense of public health. I hope that this proposal is adopted so that New York's future is a healthier future.

Thank you,
Richard Johns
Briarwood, NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Christine Farrell-Riley MD " <cfarrellriley@partners.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Although I don't live in NYC, I hope that a successful ban there will lead to changes elsewhere. Trans-fats are clearly part of the reason we are seeing such epidemic rates of obesity and type 2 diabetes. .

Sincerely,

Name : Christine Farrell-Riley MD
Email cfarrellriley@partners.org
Address 20 Canton Rd
City : Quincy
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: christine hanna <maxnickmarissa@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : christine hanna
Email maxnickmarissa@yahoo.com
Address 38 winslow lane
City : Smithtown
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Cathy P. Tuthill " <cathytuthill@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 3:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Cathy P. Tuthill
Email cathytuthill@optonline.net
Address 285 Brixton Road South
City : Garden City
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa Wynne Salvatore <lws108@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lisa Wynne Salvatore
Email lws108@optonline.net
Address 23 Bobolink Lane
City : Greenwich
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kristin devine <kdevinexxoo@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If you really had a passion for the business you have opened as an extension of who you are and what you do please stop infecting your best customers!!!!!! .

Sincerely,

Name : kristin devine
Email kdevinexxoo@yahoo.com
Address 69 s main street
City : new city
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Alexis Palmer <palmer.alex@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:54 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

obesity among children & adults is running rampant in this country because of fast foods and all the processed foods that continue to be marketed to our kids. We need to go back to fresh fruits, vegetables, lean proteins, whole grains, etc...we need to educate our children and adults on nutrition. PLEASE PLEASE ban trans fat from restaurants (this would be a start) and please make these restaurants post the nutritional info on all foods they serve. I'm really tired of big commerce & industry's promoting artificial, processed foods at the expense of our health. Its time to promote healthy life styles vs the all mighty dollar. Thank you .

Sincerely,

Name : Alexis Palmer
Email palmer.alex@sbcglobal.net
Address 14308 E 97th Terr
City : Kansas city
State : Missouri

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Katelyn Nicolosi <wildindignation@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

There is clearly a weight problem all over the United States, and NYC is no exception. Eating out is prevalent, and people rarely make their own meals at home. Eliminating trans fat in the restaurant environment, and to educate consumers about what they're eating, will have an extraordinary impact on the health of all New Yorkers. The simple lack of trans fat is a huge step, and becoming conscious of their choices and what impact these choices will have on their bodies is the first step toward a healthier lifestyle. .

Sincerely,

Name : Katelyn Nicolosi
Email wildindignation@aol.com
Address 11 Old Farm Rd
City : Morganville
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ronald Hawk <stringfellow00@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ronald Hawk
Email stringfellow00@yahoo.com
Address 318 W Main St
City : Titusville
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sara Patey <sarapatey@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:42 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sara Patey
Email sarapatey@yahoo.com
Address 45 Soundview Road
City : Huntington
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Abigail Anderson <abstrek@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Abigail Anderson
Email abstrek@aol.com
Address 4 W. 104th St.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jeanne Caras <trancing1@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jeanne Caras
Email trancing1@yahoo.com
Address 16 Kurt's Place
City : Taunton
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tristan Wallack <twallack1@optonline.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Tristan Wallack
Email twallack1@optonline.com
Address 230 Industrial Parkway
City : Branchburg
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marisa Miller <marisamiller2000@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 2:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We've cleared NYC restaurants and lungs of second hand-smoke. Let's clear our NYC restaurants and arteries of trans fats! .

Sincerely,

Name : Marisa Miller
Email marisamiller2000@hotmail.com
Address 56 W. 82nd St, 14
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: yulia ostrovsky <yulia2b@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 1:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : yulia ostrovsky
Email yulia2b@yahoo.com
Address 101 29 st. astoria ny
City : nyc
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Robin Males <rmales@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 1:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Robin Males
Email rmales@hotmail.com
Address 30 East 9th Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: mario guerrero <maguerre22@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 1:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : mario guerrero
Email maguerre22@hotmail.com
Address 30-20 85 st
City : east elmhurst
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Trisha alkaitis <trishaalkaitis@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:48 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am in complete agreement with this new law. I only wished it had happened sooner before so many people had to get so sick with diseases caused by these horrible by products. .

Sincerely,

Name : Trisha alkaitis
Email trishaalkaitis@yahoo.com
Address 337 West 138th street # 4K
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eileen Bowman <bringingupbaby1938@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 1:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Eileen Bowman
Email bringingupbaby1938@yahoo.com
Address 505 Court Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Bheki Ntshingila <basilbheki@yahoo.co.uk>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 1:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Stop poisoning us. It's difficult to choose food to eat because almost 80% of the food we eat contains this poison .

Sincerely,

Name : Bheki Ntshingila
Email basilbheki@yahoo.co.uk
Address 6 mike strauss street, montana gardens
City : Pretoria
State : Gauteng

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cassie <cassieparker071@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 1:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Cassie
Email cassieparker071@hotmail.com
Address 2451 Bennett rd
City : Madison
State : Ohio

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donna Ake <donna_ake@adelphia.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 1:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is not a small step. This is a massive leap in the fight against obesity and obesity related diseases. The decline in diet related problems WILL decrease dramatically. It is most likely the single most important step America can take towards becoming a healthy nation.

Sincerely,

Name : Donna Ake
Email donna_ake@adelphia.net
Address 223 North Walnut Street
City : Lewistown
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stacie <stacie151@writeme.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Dear Ms. Bryant, There is enough in our daily life to worry about without transfat in our life. Please help better our lives. thank you. .

Sincerely,

Name : Stacie
Email stacie151@writeme.com
Address P O box 634
City : Andover
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: maria sacks <ssackscsw@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I appreciate your time and effort in this very important matter. I truly believe it will benefit the American public and have a significant effect on the health of the nation. Thank you. .

Sincerely,

Name : maria sacks
Email ssackscsw@optonline.net
Address 36 chestnut street
City : westury
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan Saxe <sax21@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

By making NY a "Trans Fat Free" zone you could be saving someones life!! .

Sincerely,

Name : Susan Saxe
Email sax21@comcast.net
Address 3 Oxford Terrace
City : West Orange
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Helaine Bass <Laineydoll@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Helaine Bass
Email Laineydoll@aol.com
Address 48 Summer Street
City : Forest Hills
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: deborah j solesky <debsolesky@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:31 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : deborah j solesky
Email debsolesky@yahoo.com
Address 5398 cranes roost
City : port orange
State : fl

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Noreen Kuhn <nkuhn@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:31 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Noreen Kuhn
Email nkuhn@sbcglobal.net
Address 9325 Harbour View Lane
City : Fort Worth
State : TX

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kate Schenk <kate13usa@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I just graduated with my Masters in Nutrition in Seattle but I'm originally from NY. I would be so proud if NY set a precedent for the rest of the country by banning trans fat foods in restaurants. What an unbelievable step that would be! .

Sincerely,

Name : Kate Schenk
Email kate13usa@hotmail.com
Address 4532 2nd Ave NE
City : Seattle
State : WA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rachel Venokur <rvenokur@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Rachel Venokur
Email rvenokur@hotmail.com
Address 23-14 28th Street D2
City : Astoria
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Judy Beck <jakallo@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I really believe in this cause and hope that there are major changes because we need this for the health of humans. We need to make the change and go back to healthier eating, cooking and living habits. And we can start here and now. .

Sincerely,

Name : Judy Beck
Email jakallo@optonline.net
Address 492 Carpenter Avenue
City : Oceanside
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kenneth W Holland <kenh@loancenterinc.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 12:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kenneth W Holland
Email kenh@loancenterinc.com
Address 2559 Red Gate Dr
City : Doylestown
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Pamela Negri Lenzen <negrilenzen@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:58 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Working in the city coupled with commuting, doesn't leave much time for preparation of quality foods. My family is forced to buy prepared foods for a good portion of our meals and snacks. Furthermore, with the current crazed schedule of most urban families, who has the extra time, energy, or funds, to do the research necessary for finding the good stuff? It would greatly improve our quality of life if the provisions discussed in these articles were added to our health codes. .

Sincerely,

Name : Pamela Negri Lenzen
Email negrilenzen@optonline.net
Address 7430 Boulevard East
City : North Bergen
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tom Carpenter <tgrteam@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:57 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is my understanding that artificial trans fatty acids have been shown to contribute directly to increased incidence of heart disease. I do hope that the Board of Health, with the trust that the public has bestowed upon them, will act for the public good on this matter.

Sincerely,

Name : Tom Carpenter
Email tgrteam@yahoo.com
Address 146 Attorney Street #2A
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stacey Oberst Peterson <nutritionnaturally@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:50 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Stacey Oberst Peterson
Email nutritionnaturally@hotmail.com
Address 28102 236th Avenue SE
City : Maple Valley
State : WA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Shawn Steele <ohsteele@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:47 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

"An informed public is a more aware public and this is a good step in helping people make better choices for their health." Shawn Steele, N.C. .

Sincerely,

Name : Shawn Steele
Email ohsteele@earthlink.net
Address 25 Pocono Drive
City : Arnold
State : Maryland

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Suzy Wise <SuzyWise@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:43 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Suzy Wise
Email SuzyWise@gmail.com
Address 9201 New Hampshire Ave #408
City : Silver Spring
State : MD

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Paul Goguen <Digoguen@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:42 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Paul Goguen
Email Digoguen@comcast.net
Address 15 Juniper Rd.
City : Medway
State : Ma.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "David M. Allbritton " <dmimoveu@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:36 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : David M. Allbritton
Email dmimoveu@yahoo.com
Address 244 Fifth Ave. Suite 2076
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Evelyn Perez-Lively" <eperezlively@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:30 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's do more for health and not for profit!! Longer living should be healthy living - and not just sustained by pharmaceuticals.

Sincerely,

Name : Evelyn Perez-Lively
Email eperezlively@hotmail.com
Address 2839 Coddington Avenue
City : Bronx
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ameet Maturu <maturu@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:20 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As former employee in the food industry, I can attest there is no reason for trans fats to be in our food supply. Sure they help increase shelf life, but strongly contribute to our nation's health problems. I realize this will lead to higher costs. But I'd rather pay more than put something toxic in my body.

Sincerely,

Name : Ameet Maturu
Email maturu@yahoo.com
Address 256 17th Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan Testa <testanutrition@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:20 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Susan Testa
Email testanutrition@yahoo.com
Address 1023 South Ellwood Avenue
City : Baltimore
State : MD

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Leanne <lszumb@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:09 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

For many years I would roll my eyes at yet another food that caused cancer. I am a slower learner so it took me a number of years to realize that every food that was making the cancer list was food that had been altered by scientist. It's not food that is grown (the chemicals on or injected into them is yet another story) that was getting all the attention. Trans fat is another food that has been altered by man to make it cheaper or tastier but the body was not ment to consume. .

Sincerely,

Name : Leanne
Email lszumb@aol.com
Address 9
City : Lenexa
State : Kansas

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joanne Sherrow <ihaveaheart@mac.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:06 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is a very important issue that has as tremendous implications for our health as New Yorkers. .

Sincerely,

Name : Joanne Sherrow
Email ihaveaheart@mac.com
Address 943 Metropolitan Ave.
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Richard Smith <r-smith2@neiu.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:00 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Hold the trans fats please. .

Sincerely,

Name : Richard Smith
Email r-smith2@neiu.edu
Address 8611 S. Leamington Ave.
City : Burbank
State : Illinois

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Chelsea Zimmer <czimmer@bizbash.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:00 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Chelsea Zimmer
Email czimmer@bizbash.com
Address 21 W. 38th St.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ilianna Paschalidis <ipaschalidis@postlogic.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:55 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ilianna Paschalidis
Email ipaschalidis@postlogic.com
Address 1031 Clinton Str. Apt. 4C
City : Hoboken
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Drew Cusano <specialtysupplyco@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:55 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Drew Cusano
Email specialtysupplyco@yahoo.com
Address 6916 weaversville rd
City : northampton
State : pa

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Darlene Augelli <daugelli@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:54 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This country needs to get back to the basics of nutritional, natural eating. We are creating a national health crisis with our money making food additives and processing. Eliminating trans fat is a good start. .

Sincerely,

Name : Darlene Augelli
Email daugelli@aol.com
Address 322 Quarry Ridge Cir.
City : Sugar Grove
State : IL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Meagan Ricks <nutmeginoxy@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 4:34 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Meagan Ricks
Email nutmeginoxy@aol.com
Address 3362 Bohemian Hwy
City : Occidental
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Catia Fonseca <fonsecacatia@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:52 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a diabetic I want to know all the ingredients in the food I eat. Everybody should be entitled to this right. .

Sincerely,

Name : Catia Fonseca
Email fonsecacatia@yahoo.com
Address 15 West 72nd Street #5-O
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Harris <sh625688@wcupa.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:43 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I think this the first step to the restaurant business changing the way americans eat. If people go out to eat and can get a meal that is not going to threaten their health, more people will go out, considering most people today now have a heart disease or are morbidly obese. This means the people who go out to eat every week (even every day) have a lower risk of health problems and restaurants may make more money (for all the health conscious people who choose not to eat out due to the fat used in restaurants).
EVERYONE WINS! .

Sincerely,

Name : Stephanie Harris
Email sh625688@wcupa.edu
Address 117 Coldstream Rd.
City : Phoenixville
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Brent Blasiak <clouded@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:41 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Brent Blasiak
Email clouded@hotmail.com
Address 708 Chimney Rock Rd
City : Martinsville
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: marianne chiappone <straitwillow@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:36 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : marianne chiappone
Email straitwillow@aol.com
Address 3 jodphur lane
City : newburgh
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Wendy Cook <kurlikew7764@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:34 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Wendy Cook
Email kurlikew7764@gmail.com
Address 66 Woodview Lane
City : North Wales
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joelle Rabion <joellejoelle@sbcglobal.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:26 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Joelle Rabion
Email joellejoelle@sbcglobal.com
Address 1030 N. State
City : Chicago
State : IL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa Burrell <lovelylisha6774@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:24 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please help us move forward into a more healthful consciousness environment, stop allowing poisons to be distributed to the people within their food. .

Sincerely,

Name : Lisa Burrell
Email lovelylisha6774@hotmail.com
Address 182 Mill St
City : Lee
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: vivian bresnitz <vannapnk@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:22 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : vivian bresnitz
Email vannapnk@yahoo.com
Address 59 coolidge ave
City : northampton
State : mA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: katy petty <frizkity@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:21 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : katy petty
Email frizkity@gmail.com
Address 240 e houston st
City : ny
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: lori thomas <lori.thomas@spps.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:21 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : lori thomas
Email lori.thomas@spps.org
Address 2417 south 9 street
City : minneapolis
State : minnesota

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: suzie pileggi <skimpyq@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 1:26 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : suzie pileggi
Email skimpyq@aol.com
Address 5 riverside drive
City : ny
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dina DosSantos <D2Saints@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:20 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Dina DosSantos
Email D2Saints@optonline.net
Address 1340 Midland Avenue, 2B
City : Bronxville
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Julie <jucohen@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:19 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Julie
Email jucohen@hotmail.com
Address Timber Lane
City : randolph
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan Kellar <susaneellar@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:17 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is excellent! The next step is getting rid of GMO food! .

Sincerely,

Name : Susan Kellar
Email susaneellar@yahoo.com
Address 300 Port Ave.
City : St, Helens
State : OR

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: chelsea albucher <brooklynbamboo@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:01 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The rates of obesity and diabetes in this city are growing exponentially and affecting people at younger and younger ages, the burden this will place on our healthcare and quality of life underscores the need to ban trans fats and take other measures to help people make healthy choices.

Sincerely,

Name : chelsea albucher
Email brooklynbamboo@aol.com
Address 402 Grand Avenue
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Moira Blitzstein <madrone27@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:25 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

maybe passing this in NYC will help to bring awareness to this issue and start taking it seriously nationwide. You have my support! .

Sincerely,

Name : Moira Blitzstein
Email madrone27@yahoo.com
Address 5325 Laidon Ct.
City : DUBLIN
State : Ohio

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lauren Lee <llee129673@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:25 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lauren Lee
Email llee129673@aol.com
Address 33 Black Alder Lane
City : Wilton
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Suzanne M. Mogavero " <Suzanne16@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:19 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I strongly believe this is a huge step in allowing the consumer to make better choices, therefore becoming healthier americas .

Sincerely,

Name : Suzanne M. Mogavero
Email Suzanne16@comcast.net
Address 12 Barrister drive
City : Holmdel
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Nan Borchardt, RD, LD,CDE " <nan@nutritionwerks.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 11:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

.As a full time nutrition professional, I see the multiple negative health effects directly related to the trans fatty acids in our food supply - it's obviously not good for any of us. Please do what you can to free us from it's grip upon the US's food supply.

Sincerely,

Name : Nan Borchardt, RD, LD,CDE
Email nan@nutritionwerks.net
Address 21213 W 113th Place
City : Olathe
State : KS

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jacqueline Duarte <jackieduarte1@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jacqueline Duarte
Email jackieduarte1@aol.com
Address 21 Clifton Avenue
City : Yonkers
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lynn <duffylynn2@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If Denmark can do it - so can we! If it saves lives, then why not do get ride of trans fat altogether?

Sincerely,

Name : Lynn
Email duffylynn2@aol.com
Address 111-15 75th Avenue
City : Forest Hills
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nicole Cartalemi <nscartalemi@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Nicole Cartalemi
Email nscartalemi@aol.com
Address 4 Louis Ct
City : Peekskill
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Julie Sumerall <threeballer@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Julie Sumerall
Email threeballer@msn.com
Address PO Box 143
City : Eatonville
State : WA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Scott Hirschfeld <scotnyu@nyc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:17 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Scott Hirschfeld
Email scotnyu@nyc.rr.com
Address 206 21 street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lauren Vigna <l.c.vigna@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lauren Vigna
Email l.c.vigna@earthlink.net
Address 3018 Route 44 55
City : Gardiner
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Kaye <jenn@jennkaye.com\\>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 10:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jennifer Kaye
Email jenn@jennkaye.com\\
Address 545 W 111th St
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elspeth Kramer <Jasa728@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:49 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats are killing thousand of people prematurely. Do I need to say more. .

Sincerely,

Name : Elspeth Kramer
Email Jasa728@aol.com
Address 3225 69th street apt 4g
City : woodside
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "DR. JOANN QUATTRONE " <DRJQ1@HOTMAIL.COM>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

THINK OF ALL THE LIVES WE WOULD BE SAVING !! .

Sincerely,

Name : DR. JOANN QUATTRONE
Email DRJQ1@HOTMAIL.COM
Address BUTTERMILK FALLS RD
City : WARWICK
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Karen Maher <kmaher2003@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:05 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a concerned wife of a husband who was diagnosed with a partially blocked artery, I wholeheartedly want trans fats banned. We hardly ever eat at restaurants anymore because of trans fats in the food. Maybe NYC will start a nationwide movement. .

Sincerely,

Name : Karen Maher
Email kmaher2003@yahoo.com
Address 29793 park
City : roseville
State : MI

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Laura & Darryl Zack <Lzack1@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We've stopped eating at many restaurants because of the use of trans fats. Please help make Americans healthier. .

Sincerely,

Name : Laura & Darryl Zack
Email Lzack1@verizon.net
Address 65 Georgian Court
City : Mahwah
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: joanna <jesterow@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : joanna
Email jesterow@hotmail.com
Address 404 east 66th street
City : ny
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: CELESTE ZACK <CELESTEZACK@ATT.COM>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I'M GLAD TO KNOW THAT NY IS TAKING THE 1ST STEP IN HELPING US GET TRANS FATS OUT. .

Sincerely,

Name : CELESTE ZACK
Email CELESTEZACK@ATT.COM
Address 163 HARTLEY TERRACE
City : HILLSIDE
State : NJ

Resolution Comments - NOTICE OF INTENTION TO ADD §81.50 TO ARTICLE 81 OF THE NYC HEALTH CODE

From: <TBAKINIT@aol.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: 10/23/2006 8:47 PM
Subject: NOTICE OF INTENTION TO ADD §81.50 TO ARTICLE 81 OF THE NYC HEALTH CODE
CC: <Tzante@aol.com>

TO THE HONORABLE MICHAEL R. BLOOMBERG AND COMMISSIONER OF THE DEPARTMENT OF HEALTH AND MENTAL HYGIENE IN THE CITY OF NEW YORK:

RE: NOTICE OF INTENTION TO ADD §81.50 TO ARTICLE 81 OF THE NEW YORK CITY HEALTH CODE

I find it quite disgusting that your concerns over obesity lead to the conclusion that calories from food are the real reason for obesity. And, additionally, that laws need to be enacted or amended to thwart this belief. I strongly feel that you should not waste the tax payers money by making publications that discuss calorie count which is only one method of which some people measure there food intake. It's easy to just change a law that forces other people to do what you want, but that doesn't mean that people will listen. Let's begin by addressing the issue of calorie counting.

1. this is only one method of measuring food intake, which is not necessarily correct. There are those people that subscribe to the weight method for example- a pound of water is equal to one pound or 16 ounces. If we drink a pound of water (16 ounces) we must excreet the same. Lets think about how much food a human eats and drinks in a day (a. liquids - for three meals a day people will drink three 8 to 16 ounces of liquid that's one and a half to three pounds of weight; b. solids- for three meals a day people will eat on average 4 to 8 ounces of breakfast, 8 to 24 ounces of lunch and 8 to 24 ounces of dinner.) which is somewhere between 28 ounces and 72 ounces of drink and solid food, respectively or 2.5 lbs to 4.5 lbs of food and drink together.. We take in food to create energy for doing things in one day. If we do less, then we need less. Calories only measure what burns in energy values not what we will excreet from our body. Calories do not take into account the whole picture. They do not give bowel movement speed, nor do they tell you how fast the food is being digested. Calories do not consider disease that exist in the body that is not based on obesity, but genetics. Some people have or develop a high cholesterol level based on there family history and genetics- where do calories fit into this picture? They don't because most of these people do not eat out, but prepare their food at home. If you weigh yourself morning and night, you know exactly how many pounds you have eaten and you have a great opportunity to eat less the following day to maintain your weight.

2. The second part of this equation is exercise. you state that our children are obese or may become obese. Well, get rid of technology. Technology like XBOX AND PS1-2-3, DVD PLAYERS ARE AFFECTING THE EXERCISE FACTOR. PEOPLE ARE SITTING AT HOME ON THERE COUCH NOT MOVING THEIR CARDIOVASCULAR SYSTEM OR EXPANDING THEIR LUNG CAPACITY- POSSIBLY EVEN A REASON FOR MORE ASTHMATIC CONDITIONS AND IN EFFECT GAINING THE WEIGHT, PASSIVELY. What can we do as a society in New York City? Make family gymnasiums for the residents to take the whole family once or twice a week to exercise together. Increase the amount of gym time for students and teach them weight training and how to eat properly. Make the students also feel comfortable when they take school showers- keep shower stalls private and disease free areas.

3. The third part of the equation is sleep. How much? I find that when I sleep less I gain more weight. Sleep not only replenish the body systems, but is like a day of rest from work, eight hours(or more without eating or drinking anything). The greatest weight loss and least stress on the digestive system is done at this time. Fluids are removed via perspiration for eight hours. Mornings are for bowel movements.

There is also another method based on the type of food for weight loss. How does the body process foods? What is process first? what is processed last? what comes out easy and what does not? I can tell you right now that fried foods are the worst. Liquids are first followed by everything else from greens to pasta to fish (broiled or steamed) to meats.

When I was younger I joined a health club and work out three times a week faithfully for six months. I lost 30 lbs. My process was simple. It was as follows: one five minute workout on a bicycle, then circuit training consisting of three repetitions of 10 machines, then an eight to ten minute mile, then I concentrated on my

abdominal weaknesses on the nautilus machines. After that I left went to a diner and feasted on eggs benedict and so for and so on, ate everything from Chinese food to pizza and still managed to lose 30 pounds. I did not care what was the calorie count. I was interested only in a good meal.

To bring this all together. This is not a local problem, but a global problem as a result of the industrialization of the planet. Putting the burden on the restaurant or FSE as you call us is an unnecessary burden on the food service industry and based on a single false premise. Furthermore, My bakery is not a restaurant and I find it very offensive to be equated with restaurants. I am a manufacturer of baked products as well as being an upstanding food service provider. A law such as the one you are proposing is only another strong arm tactic by the Health Department to cover it's short-comings. I am sure that this will be used to issue more violations to more great businesses in NYC. Stop scaring the public and educate them. If people go out to the restaurants to eat, it is for their special events (birthdays, anniversaries, new jobs, divorce, etc.), not to count calories. If you want to make an impact look at portion control! I tell my customers when they go out to eat at a restaurant that they should cut the meal in half right away because the restaurant atmosphere will make them eat too much and there will be no room for dessert. You would be surprised what a difference it makes at the end of the evening. Education will finally encompass what you desire, because our methods are what makes us great stores and great places for people to eat. The old adage of "YOU CAN LEAD A HORSE TO WATER BUT YOU CAN'T MAKE HIM DRINK" HOLDS TRUE IN THE FOOD BUSINESS aside from POISON AND using bogus words like artificial for man-made "YOU CAN TELL A PERSON NOT TO EAT BUT THAT'S NOT GOING TO STOP HIM(HER)."

If you really have the energy to make new laws, go search some other place and PLEASE STOP SCAREING THE PUBLIC! YOU SAID IT YOURSELVES FEDERAL LAW MANDATED LABELING ON PROCESSED FOODS BUT THE OBESITY CONTINUED! WHY? IT'S NOT BECAUSE THE CAN'T READ THE LABELS OR THEY ARE HIDDEN. I SEE PEOPLE READING LABELS ALL THE TIME FROM THE INGREDIENTS TO THE CALORIE, BUT THEY STILL LOOK FAT. IT IS BECAUSE YOU ARE SEARCHING IN THE WRONG TREE- US! IT'S PORTION CONTROL+EXERCISE+A SUFFICIENT AMOUNT OF SLEEP= WEIGHT CONTROL. IT'S NOT CALORIE COUNTING IN A RESTAURANT AND FINING THE RESTAURANTUER FOR NOT LABELING THE FOOD WITH THE CORRECT AMOUNT OF CALORIES. ADDITIONALLY, YOU MENTION IN YOUR DOCUMENTATION THAT CALORIES ARE NOT ACCURATE SO WHAT'S THE DIFFERENCE IF THEY ARE ON THE MENU OR NOT. THIS IS A TOTAL WASTE OF PRECIOUS TIME AND MONEY FOR THE HEALTH DEPARTMENT. WHAT DOES IT COST TO SEND A BULK MAILING TO A QUITE A FEW THOUSAND RESTAURANTS (FSEs)? A FEW THOUSAND DOLLARS OF OUR TAX MONEY, MAYBE CLOSE TO THE COST OF THE SALARY OF A HEALTH COMMISSIONER? THANK YOU FOR YOUR TIME.

RESPECTFULLY YOURS,
THEODORE KEFALINOS
PRESIDENT
LAFAYETTE FRENCH PASTRY BAKERS INC.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: annie flocco <arflocco@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

would love to see healthier people and a healthier nyc ! .

Sincerely,

Name : annie flocco
Email arflocco@aol.com
Address 225 east 7th st, apt 3b
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eve Colantoni <evecolantoni@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:01 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The result of banning trans fats will be a profoundly positive increase in the health of all New Yorkers. Protect the public. Remove this poison from our food supply. .

Sincerely,

Name : Eve Colantoni
Email evecolantoni@hotmail.com
Address 2750 14th Street, NW #305
City : Washington
State : DC

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jacki Mallett <jacki@wholefoodtohealth.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is an excellent first step to reclaim our health and well being in this country.

Sincerely,

Name : Jacki Mallett
Email jacki@wholefoodtohealth.com
Address 36 Max's Place
City : West Hurley
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Share DuFresne <sharespirit@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

\bout time!!!!!! .

Sincerely,

Name : Share DuFresne
Email sharespirit@hotmail.com
Address 12120 E Gibson Rd #2
City : Everett
State : WA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Johnson <jenniferjohnson229@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is imperative that in a country such as ours, citizens have full disclosure in order to make their own informed choices.

Sincerely,

Name : Jennifer Johnson
Email jenniferjohnson229@msn.com
Address 1823 N. Harrison St.
City : Arlington
State : VA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "L. Bohman " <Momboh1136@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We don't need the trans fat. Please get rid of it! .

Sincerely,

Name : L. Bohman
Email Momboh1136@aol.com
Address 46 Lumur Drive
City : Sayville
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jill Barker <jw21orange@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jill Barker
Email jw21orange@aol.com
Address 21 Orange Turnpike
City : Sloatsburg
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nicole deVries <nicdevries@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 8:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Nicole deVries
Email nicdevries@yahoo.com
Address 148 kensington ave
City : jersey city
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erin McSheffrey <emcsheffrey@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:49 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Erin McSheffrey
Email emcsheffrey@yahoo.com
Address 134 W. Concord St. #1
City : Boston
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Heather Goodin <heatherrgoodin@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I believe that removing trans fats from the meals in the restaurants in New York City would be a tremendous step in the right direction of protecting the innocent from a seemingly deadly ingredient that largely goes unnoticed by the public. Unfortunately, our bodies know how detrimental the trans fat is to us and that we would all, without a doubt be much healthier without it. I hope that this will start a necessary trend to remove it from ALL food in the world. It is not only an unnecessary ingredient, but it is very dangerous to anyone that consumes it, whether in great or small quantities. Please take the initiative to make New York a healthier place, and start saving lives.

Sincerely,

Name : Heather Goodin
Email heatherrgoodin@yahoo.com
Address 6207 Refton Court
City : Slatington
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Aamna Zaidi <aamnazaidi@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Aamna Zaidi
Email aamnazaidi@hotmail.com
Address 250 houston
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kristine Smith <manasquan05smith@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is unbelievable to me how carefree people are about what they ingest. I try to point out to my family the negative outcomes to these foods, but it seems never get around it. If they start this ban in NYC it is sure enough going to continue into NJ which would be great! .

Sincerely,

Name : Kristine Smith
Email manasquan05smith@yahoo.com
Address 51 Main St
City : Manasquan
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Brooke <brookef12381@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 9:00 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Brooke
Email brookef12381@yahoo.com
Address 82 Woodlawn Ave. #3
City : Saratoga Springs
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jamie Disch <stardreamer_98@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/23/2006 7:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jamie Disch
Email stardreamer_98@hotmail.com
Address 702 51st Street E #235A
City : Bradenton
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donna Dillon <donndillon@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:06 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Donna Dillon
Email donndillon@aol.com
Address 170 Woodcliff Avenue
City : Little Falls
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Randi Schatz <schatzee10@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:41 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Randi Schatz
Email schatzee10@aol.com
Address 1185 Park Ave.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Edden <jennedden@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 11:09 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jennifer Edden
Email jennedden@yahoo.com
Address 32 Richmond Street
City : Syosset
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Emily Goodman <emilyg57@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 7:10 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Emily Goodman
Email emilyg57@aol.com
Address 264 East Broadway C404
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Randi Schatz <schatzee10@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:40 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Randi Schatz
Email schatzee10@aol.com
Address 1185 Park Ave.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marcela Xavier <marcelax@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:45 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Marcela Xavier
Email marcelax@aol.com
Address 96 Arden Street Apt. 3D
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Alison Morley <cefsixx@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Alison Morley
Email cefsixx@aol.com
Address 46 Teed street
City : Huntington station
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Camille Johnson <Camy416@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:13 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We need to change the unhealthy eating habits of our population...too many unnecessary diseases and deaths due to excessive trans fat use...we are eating out more... make it a healthier choice... .

Sincerely,

Name : Camille Johnson
Email Camy416@optonline.net
Address 22 Sand St.
City : Stony Brook
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Jo Anne K. Richards " <rishwich@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jo Anne K. Richards
Email rishwich@aol.com
Address 72 2nd Place
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: sandi lawlor <jslawlor@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 9:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : sandi lawlor
Email jslawlor@optonline.net
Address 15 regent place
City : huntington
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rachel Doriss <racheld@cape.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 9:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

My husband just had gall bladder surgery. Trans fats would be a killer for him to eat now. There is nothing good about eating Trans fats, please ban them in NYC.

Sincerely,

Name : Rachel Doriss
Email racheld@cape.com
Address 201 Spencer St. #9B
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Debora C. Smith " <deborah@energy-project.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 9:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Debora C. Smith
Email deborah@energy-project.com
Address 634 Manhattan Ave. #2
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: katey m <ktlove699-shoppin@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I would love to see NYC be an example of what this country should be. Take steps toward a healthier nation by starting in the best city in America!

Sincerely,

Name : katey m
Email ktlove699-shoppin@yahoo.com
Address 704 s t rd
City : fonda
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: marisa paladino <marisapaladino@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am writing on behalf to request that restaurants and vendors STOP using hidden artificial trans-fats in ALL restaurants including fast food chains where our children like to eat: McDonalds, Wendy's, Burger King, Taco Bell, and Kentucky Fried Chicken establishments. This is causing serious health issues affecting the lives of many adults, young adults and young children. It is also escalating unnecessary medical health costs. Clinical studies confirm the unnecessary deaths caused by Trans Fat. I respectfully submit this petition to restrict Trans Fat from all restaurants immediately. Sincerely, A Concerned Parent .

Sincerely,

Name : marisa paladino
Email marisapaladino@optonline.net
Address 11 webster avenue
City : massapequa
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kim Marie Pan <pansyk@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kim Marie Pan
Email pansyk@optonline.net
Address 38 Bouton Road
City : South Salem
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Robin Wynn <robin.wynn@citigroup.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:33 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Robin Wynn
Email robin.wynn@citigroup.com
Address 731 Lexington Ave
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Merrill Stanton <mkstanton@cox.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support trans fat free legislation for all restaurants in NYC. To your good health! .

Sincerely,

Name : Merrill Stanton
Email mkstanton@cox.net
Address 1658 N. El Camino Dr.
City : Tempe
State : AZ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: renzi van bolderick <renzi.vb@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : renzi van bolderick
Email renzi.vb@verizon.net
Address 523 e 12
City : nyc
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gill Brociner <rebbeg5@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Gill Brociner
Email rebbeg5@yahoo.com
Address 1380 Riverside Drive
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kendra Fried <vowto spirit@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 7:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kendra Fried
Email vowto spirit@yahoo.com
Address 57 A Norwood Avenue
City : Newton
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Roberts <SRobertsdance@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 7:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Stephanie Roberts
Email SRobertsdance@aol.com
Address 202 Indian Trail
City : Bristol
State : TN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cynthia Johnson <CynRenJohnson@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 6:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am writing on behalf to request that restaurants and vendors STOP using hidden artificial trans-fats in ALL restaurants including fast food chains where our children like to eat: McDonalds, Wendy's, Burger King, Taco Bell, and Kentucky Fried Chicken establishments. This is causing serious health issues affecting the lives of many adults, young adults and young children. It is also escalating unnecessary medical health costs. Clinical studies confirm the unnecessary deaths caused by Trans Fat. I respectfully submit this petition to restrict Trans Fat from all restaurants immediately. Sincerely, A Concerned Parent .

Sincerely,

Name : Cynthia Johnson
Email CynRenJohnson@aol.com
Address 18 Capricorn Lane
City : Chestnut Ridge
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sacha Jones <stiggly@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 5:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I have my reservations about calorie count as this can lead to other things (anorexic concerns here folks!) but yes GET TRANSFATS OUT OF NYC NOW!!!!!!! .

Sincerely,

Name : Sacha Jones
Email stiggly@yahoo.com
Address 73 East 2nd Street, 8
City : new York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: deirdre delaney <deigepeige@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 5:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : deirdre delaney
Email deigepeige@aol.com
Address 6 the boulevard
City : staten island
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Larissa Phillips <bookerd@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 5:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Larissa Phillips
Email bookerd@earthlink.net
Address 198A 15th Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "M. Shaw " <shawimagery@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:26 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : M. Shaw
Email shawimagery@aol.com
Address 313 W. 105 St.
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joel Bordeaux <veganvittles@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 5:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Joel Bordeaux
Email veganvittles@yahoo.com
Address 955 Metropolitan Ave #4R
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mandy Van Deven <rblgrrl323@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 5:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Mandy Van Deven
Email rblgrrl323@yahoo.com
Address 955 Metropolitan Ave #4R
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Simone Burgos <simoneaburgos@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 5:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's keep our lives safer... .

Sincerely,

Name : Simone Burgos
Email simoneaburgos@gmail.com
Address 140 West 95TH Street #Basement
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Andrea Wright <wrightange@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 4:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Andrea Wright
Email wrightange@aol.com
Address 3473 Jessica Run
City : Decatur
State : GA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rose Soto <sotorosebuds@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 4:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am writing on behalf of the minority population to request that restaurants and vendors STOP using hidden artificial trans fats in all restaurants including fast food chains where our children like to eat: McDonalds, Wendy's, Burger King, and Kentucky Fried Chicken establishments. This is affecting the lives of many of our young and older children and escalating unnecessary medical health costs. Clinical studies confirms the unnecessary deaths caused by Trans Fat. I respectfully submit this petition for your consideration. Sincerely, A Concerned Parent .

Sincerely,

Name : Rose Soto
Email sotorosebuds@optonline.net
Address 2201 Haviland Avenue - Apt G42
City : Bronx
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gabriel Slotnick <g_slotjoey@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 4:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Gabriel Slotnick
Email g_slotjoey@hotmail.com
Address 251 W. 97th St
City : New York
State : New York

Resolution Comments - Trans Fat hearing, Monday October 30

From: "Irene Ross" <ifr1@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 4:27 PM
Subject: Trans Fat hearing, Monday October 30

Hello,

I would like to register two (2) people for the trans fat hearing to be held on Monday, October 30.

The first name is Irene Ross

The second name is Frank The Diet Guy Capaci

Mr. Capaci's comments are attached. I can be reached, on his behalf, at 212-563-2353.

Thank you,

Irene Ross
ifr1@earthlink.net
212-563-2353

Comments from Frank The Diet Guy, owner, World's Best Weight Loss Center, Langhorne, Pa.

Contact: Irene Ross, 212-563-2353

In my business, I speak to literally hundreds of people a day--and, especially today with the current FDA rule, I advise my clients of the importance of reading labels and ingredients.

Trans fats are merely vegetable oils that have been solidified. The purpose of adding them was to increase the shelf life of certain foods--like a famous pastry we all know about, which has the shelf life of 20-plus years. It's very simple: As soon as you chemically alter a product, it becomes dangerous at the most--and, at the very least, totally useless to the body.

Trans fat, as we all know, leads to high cholesterol, a major risk for heart attacks. We should avoid trans fats as much as possible.

But the current FDA rule is that you don't have to list trans fat if it's less than 0.5 grams per serving--and this can fool people. As it is, this rule would technically allow a person to consume 0.49 grams of trans fat--and people would still think they're being good! But if they actually read the list of ingredients, they'll see certain words always associated with trans fats--such as "hydrogenated," "partially-hydrogenated" on the label.

So, trans fats can hide in baked products (most people think baked is far healthier than fried, right? Not necessarily) They can hide in certain junk foods--which are tweaked to look less like junk--so we comfortably feed them to our kids and they're in a lot of school vending machines. They can hide in prepared foods. Even peanut butter, which most people feed to their kids on a regular basis with confidence--has a famous brand with the word "partially-hydrogenated" listed in the first five ingredients! And we all know an ingredient listed in the first five means it figures prominently.

Then there are the two huge myths I come across time after time.

One is that a muffin is a healthy breakfast. Especially if it's a bran muffin. It must be a great way to start the day. No so.. Bakers tend to use oils, rather than butter, because oils are less expensive. So the oils solidify and it becomes a trans fat. How much trans fat is in this muffin?

The other myth I hear all the time is the margarine is healthier than butter. Sure, it probably has a few less calories than butter, but butter is a natural product and margarine is not. Margarine is an oil, solidified--and therefore, a trans fats.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Bonnie Rogers <Bonnielr@snet.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 4:12 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Bonnie Rogers
Email Bonnielr@snet.net
Address PO Box 596, Route 184
City : Old Mystic
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Angela Marchesani <lilabelo@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 4:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The citizens of this country deserve protection from toxic products, and have the right to be educated about what they consume. .

Sincerely,

Name : Angela Marchesani
Email lilabelo@comcast.net
Address 125 W. Clearfield Rd.
City : Havertown
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: samantha wells <samleewells@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 3:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : samantha wells
Email samleewells@aol.com
Address 15 west 72nd st
City : new york
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Linda Lawson <llawson@craftech.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:22 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Linda Lawson
Email llawson@craftech.com
Address 439 Manchester Avenue
City : Media
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jessica <lapis0lazuli@charter.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 3:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jessica
Email lapis0lazuli@charter.net
Address 64 S 4th
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sonja Semion <sonja41@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 3:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sonja Semion
Email sonja41@gmail.com
Address 590 6th Avenue #2
City : Brooklyn
State : nY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Wyatt A. Darling " <wyattadarling@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 2:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Wyatt A. Darling
Email wyattadarling@yahoo.com
Address 318 E. 34th St. #6D
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sarah Darling <sarah_darling@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 2:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Sarah Darling
Email sarah_darling@earthlink.net
Address 318 E. 34th St. #6D
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: julia <juliaaaaaaaaaa10@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 1:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : julia
Email juliaaaaaaaaaa10@yahoo.com
Address 736 foucher street
City : new orleans
State : la

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marilyn Auerbach <marbendan@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 1:24 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Marilyn Auerbach
Email marbendan@yahoo.com
Address 164 Ralph Ave
City : White Plains
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Stone <istepstone@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 1:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Stephanie Stone
Email istepstone@aol.com
Address 689 Fort Washington Ave
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elizabeth Bennett <meditran@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 12:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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I don't live in NY but would love for NY to set the trans-fat-free example for all other cities to follow, especially Dallas. Dallas actually has more restaurants per capita than NYC and I'd love for this law to trickle down to Texas.

Sincerely,

Name : Elizabeth Bennett
Email meditran@earthlink.net
Address 18111 Preston, Suite 530
City : Dallas
State : Texas

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: julia <juliaaaaaaaaaa10@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 1:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : julia
Email juliaaaaaaaaaa10@yahoo.com
Address 736 foucher street
City : new orleans
State : la

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dorothy Barangan <dorothysdaydream@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 7:30 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Dorothy Barangan
Email dorothysdaydream@hotmail.com
Address 88 S Oxford St
City : BROOKLYN
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Stone <istepstone@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 1:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Stephanie Stone
Email istepstone@aol.com
Address 689 Fort Washington Ave
City : New York
State : NY

Resolution Comments - article 81.08

From: "Rachel Ross" <rross@acom.yu.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 12:19 PM
Subject: article 81.08

Dear Members of the Board of Health,

We write to you as future scientists and doctors, and our opinion is based on what we have learned and seen in medical and graduate school. Our letter is below and attached, and was also sent via postal service with all signatures. Thank you very much for your consideration of our opinion.

Sincerely,

Representatives of the Albert Einstein College of Medicine Student Body

Albert Einstein College of Medicine
 1300 Morris Park Ave
 Bronx, NY 10461
 Contact: rross@acom.yu.edu

October 25, 2006

Members of the Board of Health:

There is no doubt you will hear many arguments concerning the proposal to amend Article 81 of the New York City Health Code to restrict the service of products containing artificial trans fats at all food service establishments.

The health benefits of such an action are clear and practically indisputable. However, the disturbance such an amendment would cause to food service establishments suggests that those establishments will mount fierce opposition.

As future physicians and scientists, students at the Albert Einstein College of Medicine feel that NYC has the responsibility to place the long-term physical health of its citizens over the short-term financial health of its food service establishments. Therefore, we strongly endorse the addition of proposal 81.08 to amendment 81 of the New York City Health Code.

Sincerely,

Members of the MSTP student council

Rishi Parikh Co-president	Rachel Ross Co-president	Keith Hazleton Vice president
------------------------------	-----------------------------	----------------------------------

Members of the Medical student council

Michelle Yu Representative Class of 2007	Michael Hall Representative Class of 2008	Jeffrey Lai Representative Class of 2009
------------------------------------------------	-------------------------------------------------	------------------------------------------------

Members of the Graduate student committee

Julia Grushko
Co-chair

Aimee Luers
Co-chair

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tiffany <Tiffany061004@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 12:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Tiffany
Email Tiffany061004@yahoo.com
Address 213 Enchanted Way
City : Santa Rosa Beach
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Claudine Arndt <claudinearndt@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 12:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Claudine Arndt
Email claudinearndt@yahoo.com
Address 4301 Zenith Avenue South
City : Minneapolis
State : MN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Callie Hill <calliesorganics@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 11:56 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Callie Hill
Email calliesorganics@yahoo.com
Address 1495 Westport Turnpike
City : Fairfield
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Aaron Day <jkrhyle@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 11:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is LIFE and the quality of LIFE we are talking about. We need to know all we can to help live life to the best of our ability and of the highest quality. Don't take that right away from us. BAN Trans FATS! .

Sincerely,

Name : Aaron Day
Email jkrhyle@yahoo.com
Address 3515 Crescent Street, Apt. 2F
City : Astoria
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Francie Leader <francieleader@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 11:07 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

While I live in CT, I work in New York and as such enjoy all the wonderful restaurants that make this City so special. I totally support the ban of trans fats everywhere! .

Sincerely,

Name : Francie Leader
Email francieleader@hotmail.com
Address 180 turn of River Road, #14A
City : Stamford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michelle Duncan <you_larue@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:45 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Michelle Duncan
Email you_larue@yahoo.com
Address 314 Fifth Street # 5
City : Atlanta
State : Georgia

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ranin <ranin1@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 7:19 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ranin
Email ranin1@msn.com
Address 10 dogwood rd
City : Middletown
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: chloe leichman <chloe.leichman@flavorpill.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:44 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : chloe leichman
Email chloe.leichman@flavorpill.net
Address 222 maple
City : brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: angela cho <anjiecho@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:39 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : angela cho
Email anjiecho@gmail.com
Address 201 Henry st #1
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Karoline Ibsen <SweetKarol@Aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:36 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Lets go NY...Do it now!!!! .

Sincerely,

Name : Karoline Ibsen
Email SweetKarol@Aol.com
Address 73 Saddle Rock Road
City : E. Setauket
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mariluz Alzate <mariluz@crawler.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:11 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Mariluz Alzate
Email mariluz@crawler.com
Address 45 Baldwin Lane
City : Medford
State : Ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Meg Kondi <megkondi@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:11 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Meg Kondi
Email megkondi@yahoo.com
Address 50 West 67th Street, Apt. 2A
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: fifi simon <fifi@simonshowroom.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 10:01 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : fifi simon
Email fifi@simonshowroom.com
Address 252 7th avenue, 10A
City : nyc
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jodi Lawsky <petittarte@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 9:46 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jodi Lawsky
Email petittarte@yahoo.com
Address 446 Beach 122 Street
City : Rockaway Park
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eliana Grubel <eligrubel@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 9:44 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Eliana Grubel
Email eligrubel@hotmail.com
Address 37 Douglas Avenue - 2nd Floor
City : Stamford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kimberly Del Mauro <delmauro3@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 9:43 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kimberly Del Mauro
Email delmauro3@gmail.com
Address 22 Liberty Street Apt. 3
City : Newton
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Seward Ryan <sewardryan@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 9:38 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Seward Ryan
Email sewardryan@hotmail.com
Address 43 Barnes Road
City : Washington
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "M. Shaw " <shawimagery@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:26 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : M. Shaw
Email shawimagery@aol.com
Address 313 W. 105 St.
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Theresa Watts <Watts1127@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 7:52 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Theresa Watts
Email Watts1127@optonline.net
Address 5058A South Catherine St.
City : Plattsburgh
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: JAMES TULLY <events@jamestully.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Help protect the citizens of New York City from so many unscrupulous restaurants and businesses who would put almost anything into their foods to make them cheaper and more saleable. These businesses are profiteering at the expense of our good health! Sincerely, James Tully .

Sincerely,

Name : JAMES TULLY
Email events@jamestully.com
Address 319 Lafayette St. #202
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carolyn Strauss <carolyn@slowlab.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Carolyn Strauss
Email carolyn@slowlab.net
Address 95 Horatio Street
City : New York
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Patricia Facey <PvFacey@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Since cooking with healthy oils like sesame, olive, or coconut are better for our heart. Why can't we just make the change? Isn't y(our) health worth it? .

Sincerely,

Name : Patricia Facey
Email PvFacey@earthlink.net
Address 921 East 225 Street
City : Bronx
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eva Pinkley <eva_vandok@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Eva Pinkley
Email eva_vandok@yahoo.com
Address 37 4th Place,
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Beth Baldino Feehan <BP_Feehan24@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 7:33 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a New Jersey resident who frequents NY restaurants, this is an important issue to me and I know it will impact what other states ultimately do regarding this critical health concern. Thank you. .

Sincerely,

Name : Beth Baldino Feehan
Email BP_Feehan24@hotmail.com
Address 87 Bellevue Avenue
City : Upper Montclair
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Victor Quintana <Equilibriumhealth@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:31 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Victor Quintana
Email Equilibriumhealth@hotmail.com
Address 21 East 4th St.
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Linda Lyman <Lin2space@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let us make the U.S.A. one of the healthiest countries instead of one of the most obese!! .

Sincerely,

Name : Linda Lyman
Email Lin2space@comcast.net
Address 49 Saxer Ave.
City : Springfield
State : Pa.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debbie Larach <debbielarach@bellsouth.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:20 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Avoiding trans-fat in restaurants is going to bring life into the city ; having healthier and happier people because the amount of hearth problems and other would be reduce. .

Sincerely,

Name : Debbie Larach
Email debbielarach@bellsouth.net
Address 13117 sw 95th Ave.
City : Miami
State : Florida

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Alla Gil <allagil@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Alla Gil
Email allagil@comcast.net
Address 55 Liberty Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: nicky breiner <nickybreiner@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's a good thing!! .

Sincerely,

Name : nicky breiner
Email nickybreiner@yahoo.com
Address 35 Highpointe Drive
City : Troy
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Laure Carter <laure_carter@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Laure Carter
Email laure_carter@hotmail.com
Address 59 N.W. 45th Avenue
City : Deerfield Beach
State : Florida

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: teresa mcsharry <tjahearn@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 9:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : teresa mcsharry
Email tjahearn@yahoo.com
Address 550 madison avenue
City : new york
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erin Devery <etd229@nyu.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 9:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Erin Devery
Email etd229@nyu.edu
Address 33 Washington Sq. W.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Leigh Ann Luscan <laluscan@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 9:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Leigh Ann Luscan
Email laluscan@hotmail.com
Address 50 Olive Ave 2nd floor
City : Rehoboth Beach
State : DE

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sophia C <sophiasfurniture@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 5:37 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sophia C
Email sophiasfurniture@gmail.com
Address 103 Vermilyea Ave.
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: AnnMarie Stratton <amstratton@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 8:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This would be a nutritional milestone and a giant leap forward in our nations battle against obesity. If not for us, do it for our children who can not choose! They deserve better and need optimal health to be the leaders of tomorrow. To not pass this law would be to undermine their futures. .

Sincerely,

Name : AnnMarie Stratton
Email amstratton@yahoo.com
Address 8740 Francis Lewis Blvd
City : Queens Village
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: abigail boehm <aba108@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 8:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : abigail boehm
Email aba108@comcast.net
Address 60 delaware ave
City : lambertville
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kevin Nicholas <Nicholas4.1@netzero.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 7:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kevin Nicholas
Email Nicholas4.1@netzero.com
Address 4809 ave k
City : Brooklyn
State : N.Y

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Deborah Dunn <Ddebdun@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 7:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Deborah Dunn
Email Ddebdun@aol.com
Address 27 Fairfield Street
City : Montclair
State : New Jersey

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Maris Peralta <pebbles725@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 7:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Maris Peralta
Email pebbles725@hotmail.com
Address 270 North Avenue 3rd Fl.
City : New Rochelle
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cara Macari <caramacari@urbanathleticsnyc.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 6:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Cara Macari
Email caramacari@urbanathleticsnyc.com
Address 1 astor place Apt. PHE
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Ellen Bergstrom, HHC, RDH " <Ellen@ELNwellness.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 6:45 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ellen Bergstrom, HHC, RDH
Email Ellen@ELNwellness.com
Address 21 Ripley St
City : N. Chelmsford
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: michelle federer <michellefederer@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 5:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

There has been thorough research regarding the harmful nature of trans fats to human life. I think it is the city's responsibility to protect its citizens from harm that has been researched and documented. We banned smoking, surely we can ban trans fat. Thank you and do the right thing. .

Sincerely,

Name : michelle federer
Email michellefederer@aol.com
Address 166 maplewood ave #4
City : maplewood
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rachel Giordano <rgior6@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 5:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Rachel Giordano
Email rgior6@optonline.net
Address 10 Atno Ave Apt2
City : Morristown
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Christine McAndrews <Christinem@ksapublicity.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 5:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Christine McAndrews
Email Christinem@ksapublicity.com
Address 138 W. 25th Street
City : NYC
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Ronald J. Tillman Jr. " <bungle315@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:53 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ronald J. Tillman Jr.
Email bungle315@gmail.com
Address 5817 Ave. N
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Beverly Armstrong <mps.dayton@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 4:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Beverly Armstrong
Email mps.dayton@verizon.net
Address 705 W. National Rd.
City : Englewood
State : OH

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cole Caruso <Cole@floridahab.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 4:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Cole Caruso
Email Cole@floridahab.com
Address 20341 Estero Gardens Circle #105
City : Estero
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Daniel Max <dm@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 4:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Daniel Max
Email dm@hotmail.com
Address unerwood park
City : Waltham
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Linda Hazel <Isisreal@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 4:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Linda Hazel
Email Isisreal@aol.com
Address 166-10 108th Avenue
City : Jamaica
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Amy Engelhaupt <amy@thebodyelite.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 3:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Amy Engelhaupt
Email amy@thebodyelite.com
Address 6140 Highway 6, #76
City : Missouri City
State : TX

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Lori Reddy-Martin " <lreddymartin@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 3:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please include my name in support of passing the law to limit/eliminate trans fats/artificial fats usage in all New York City restaurants .

Sincerely,

Name : Lori Reddy-Martin
Email lreddymartin@yahoo.com
Address 332 Centre Avenue
City : Jeffersonville
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sandy L River <mountainlaurel@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 3:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I think this is a critical issue in terms of the long term health of American citizens. I look forward to the rest of the country following suit. Thank you for your consideration. .

Sincerely,

Name : Sandy L River
Email mountainlaurel@verizon.net
Address 193 Front Street Suite 2
City : Farmington
State : ME

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: G M Fitzpatrick <gemfitz@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 3:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I support their proposal - isn't it curious that it takes a Petition to get people to do the right thing - of course, get the trans fat out of not only New York City's restaurants but out of all of our food period! Just do it! GEM .

Sincerely,

Name : G M Fitzpatrick
Email gemfitz@sbcglobal.net
Address 3120 Hancock PL
City : Fremont
State : ca

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Patrick Littleton Jr. " <krayolakrans@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 3:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Patrick Littleton Jr.
Email krayolakrans@aol.com
Address 2217 Begonia Ct.
City : Pittsburg
State : CA.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sarah Rauschelbach <sarahlouise.rausch@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 3:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats are no less harmful than E.coli, and it is the responsibility of the Board of Health to protect the public from such dangers. .

Sincerely,

Name : Sarah Rauschelbach
Email sarahlouise.rausch@gmail.com
Address 647 W 174th street Apt. 1E
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: justen malinchak <justin@echofalcon.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:28 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : justen malinchak
Email justin@echofalcon.com
Address 44 west 88th street #5
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: maryam petersson <feelinefem@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 2:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

stop feeding us junk! .

Sincerely,

Name : maryam petersson
Email feelinefem@aol.com
Address 12 taft ave
City : yonkers
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jenna Amundsen Stern <bearhill12@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 2:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please restrict/ban the use of food products containing trans fats !!! .

Sincerely,

Name : Jenna Amundsen Stern
Email bearhill12@aol.com
Address 4 Sunset Drive
City : Bedford Hills
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rosa Maria Innocent <rosemariedpo@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 2:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Rosa Maria Innocent
Email rosemariedpo@hotmail.com
Address 215-28 47th Ave
City : Bayside
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debra Bacon <dbwellness@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Debra Bacon
Email dbwellness@yahoo.com
Address 22 Middle Street
City : Fairhaven
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dave Ciliberto <dvciliberto@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a person with type 1 diabetes, I really need more information in restaurants to determine my correct insulin regimen for each meal. This legislation would help me and others tremendously. thank you. .

Sincerely,

Name : Dave Ciliberto
Email dvciliberto@aol.com
Address 201 East 17th street
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Robin P Brandes <rockinrobinbrandes@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:08 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Robin P Brandes
Email rockinrobinbrandes@yahoo.com
Address 12 thorny lea rd
City : sharon
State : ma

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Darlene Hage <Diamondlogistics@msn.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I would love to see New York go trans fat for the health of every citizen. .

Sincerely,

Name : Darlene Hage
Email Diamondlogistics@msn.com
Address 245 Sharp rd
City : marlton
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Denise R. Giuffrida " <Denise@TheBalanceAdvocate.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Denise R. Giuffrida
Email Denise@TheBalanceAdvocate.com
Address 631 North Terrace Avenue, #5B
City : Mount Vernon
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sarah Malone <saramalone@mynsp.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sarah Malone
Email saramalone@mynsp.com
Address P.O. Box 2022
City : Montauk
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tara Caruso <TeeWee922@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Tara Caruso
Email TeeWee922@yahoo.com
Address 5128 Cedar Hammock Dr.
City : Sarasota
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Draper <action@jenniandkevin.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:19 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jennifer Draper
Email action@jenniandkevin.com
Address 345 East 73 Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sharon Brind <shaz37@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sharon Brind
Email shaz37@hotmail.com
Address 200 Lexington ave
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nancy Notaro <nanotaro@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:31 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering. .

Sincerely,

Name : Nancy Notaro
Email nanotaro@yahoo.com
Address 125 E. 87th st
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Seth <Sethascope@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:30 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans Fats are poisons that should be banned worldwide!

Sincerely,

Name : Seth
Email Sethascope@gmail.com
Address 22467 Streamside Drive
City : Macomb
State : Michigan

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Julie Predki <jpredki@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I think these two proposals would be great additions to article 81. This nation is in dire need of nutrition reform. So many diseases are attributed to the unhealthy diets of many Americans. Banning trans fats and posting calories would help improve peoples health and increase awareness; therefore people will start making healthier diet choices. This would in turn help reduce health care costs. I am all for these two proposals. The health of this country is dependent upon them. .

Sincerely,

Name : Julie Predki
Email jpredki@gmail.com
Address 45 Wall St
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elishia Trotter <elishia007@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:25 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering. .

Sincerely,

Name : Elishia Trotter
Email elishia007@yahoo.com
Address 13 wilderness gate road
City : santa fe
State : nm

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Paul Venokur <pvenokur@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Paul Venokur
Email pvenokur@yahoo.com
Address 7 Penn Plaza, Suite 804
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Terrie Grant <terriemgrant@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Terrie Grant
Email terriemgrant@yahoo.com
Address 19 Barrett Street
City : Needham
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa Robinson <lisadee1@knology.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:54 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lisa Robinson
Email lisadee1@knology.net
Address 108 Bee St
City : Summerville
State : SC

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Andora Scraders-Pyatt " <apyatt@nyc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:51 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Andora Scraders-Pyatt
Email apyatt@nyc.rr.com
Address 9 adams Street
City : Mount Vernon
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Geraldo Nieves <gnieves2k@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:43 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

DO IT NOW! .

Sincerely,

Name : Geraldo Nieves
Email gnieves2k@yahoo.com
Address 109 West 104th Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jared Verrillo <verstyle8@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 1:00 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It has been discovered that trans fats are detrimental to human health. Does anything else really need to be said?? .

Sincerely,

Name : Jared Verrillo
Email verstyle8@yahoo.com
Address 1726 Long Hill Rd
City : Guilford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "T. JACKSON " <TJAKSON@GOLDENBERGGROUP.COM>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:41 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Its time to start to protect our bodies. .

Sincerely,

Name : T. JACKSON
Email TJAKSON@GOLDENBERGGROUP.COM
Address 350 SENTRY PARKWAY
City : BLUE BELL
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sarah Hale <halesarah@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:36 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sarah Hale
Email halesarah@hotmail.com
Address 204 w 122 street
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carlene Brown <carlene_brown@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:28 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please remove the Trans Fats from our diet; It is harmful to our health. Thank you. .

Sincerely,

Name : Carlene Brown
Email carlene_brown@yahoo.com
Address 1505 Archer Road
City : Bronx
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Caroline Lefebvre <carolineluvsrcats@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:23 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Health = Happiness

Sincerely,

Name : Caroline Lefebvre
Email carolineluvsrcats@yahoo.com
Address 5448 Library St.
City : Brewerton
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: k logan <kick@care2.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:21 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : k logan
Email kick@care2.com
Address 2109 Broadway #1492
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marina Toleva <marinatoleva@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:17 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Marina Toleva
Email marinatoleva@yahoo.com
Address 575 main str. #1914n
City : new york
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michael Blocker <info@800feetfirst.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:03 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Michael Blocker
Email info@800feetfirst.com
Address 41 Park Ave. - Apt. 8A
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Laura Norman <info@800feetfirst.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:02 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Laura Norman
Email info@800feetfirst.com
Address 41 Park Ave. - Apt. 8A
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kevin mastropietro <kevin.mastro@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 11:02 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : kevin mastropietro
Email kevin.mastro@gmail.com
Address 114 Edgewood Drive
City : bridgewater
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Anthony Castellano <anthony.castellano@lehman.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:58 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Anthony Castellano
Email anthony.castellano@lehman.com
Address 605 Third Ave.
City : New York
State : N.Y.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Diana Dolce <feelgreat123@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 12:25 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

trans fats don't get broken down in the body, so why would anyone want it lingering and accumulating and causing harm to allow this. People are not educated enough on what it actually does, if they did there would probably be a lot of law suits out there! ban it before it bans us! .

Sincerely,

Name : Diana Dolce
Email feelgreat123@aol.com
Address 20 Sagona Court
City : Staten Island
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Christine A. Storms " <csnowboard56@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:36 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I believe we need to make our society a much healthier place to live in. This is a good start for NYC. Many restaurants and even grocery items claim that their ingredients are trans fat free when they are not. I support this proposal 100%. It's about time we wake up! .

Sincerely,

Name : Christine A. Storms
Email csnowboard56@yahoo.com
Address 204 stuyvesant avenue
City : merrick
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gopal Gantayat <g_kg@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:22 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I want NY restaurants to be trans-fat free. .

Sincerely,

Name : Gopal Gantayat
Email g_kg@yahoo.com
Address 605 Third Ave
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Lourdes M. Musto " <lourdes@rigolletto.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:21 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lourdes M. Musto
Email lourdes@rigolletto.com
Address 5 Nassau Place
City : Middletown
State : N.J.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lindsey Rice <littlefoot605@Hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:20 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Food is meant to be enjoyed and make us feel good. We should not have to worry about what is being put in our bodies! .

Sincerely,

Name : Lindsey Rice
Email littlefoot605@Hotmail.com
Address 750 Curran Road
City : Shortsville
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Jorge A. Duran " <jduran@mercy.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:11 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jorge A. Duran
Email jduran@mercy.edu
Address 135 hillside avenue
City : yonkers
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Vicki Lange <wholebodyliving@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 10:00 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Vicki Lange
Email wholebodyliving@yahoo.com
Address 107 Sidney Rd
City : Annandale
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: yvonne creary <yvonnecreary@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 9:47 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : yvonne creary
Email yvonnecreary@yahoo.com
Address 401 E. 80th. #7H
City : NYC
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jenny Calcoen Birnberg <jenny_calcoen@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 8:58 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jenny Calcoen Birnberg
Email jenny_calcoen@yahoo.com
Address 18 Stuyvesant Oval
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Monique Kuschel <seamonik@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 8:07 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Monique Kuschel
Email seamonik@verizon.net
Address 873, N.25th st.
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ana Maria Quispe <anaq2000@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/24/2006 7:53 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I had been working as a clinical dietitian for over 6 years, so I can testify due to my diet recalls and my supermarket tours. There is more than the terrible damage of foods with TRANS FATS content specially to the latino community in NY. The book TRANS FATS made statements similar to the tabaco industry. We all need to CARE for our communities where heart disease is the #1 killer! and for this beloved country at the top of the world charts! .

Sincerely,

Name : Ana Maria Quispe
Email anaq2000@hotmail.com
Address 525 Kearny Ave.
City : Kearny
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Chelsea Jowell <cjowell@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/25/2006 8:44 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Chelsea Jowell
Email cjowell@gmail.com
Address 4211 Amber St
City : Boulder
State : CO

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Patrice Wright <nectarine2616@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:25 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Patrice Wright
Email nectarine2616@hotmail.com
Address 313 Dove Court
City : Lumberton
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Silvia Melendez-Briskie " <monumentally@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 10:28 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Silvia Melendez-Briskie
Email monumentally@yahoo.com
Address 150 Ocean Pkway, 4B
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: michelle saner <micalan04@stny.rr.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 9:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

To the board of health:STOP THE INSANITY,USING TRANS FATS ARE VERY DANGEROUS TO ALL OF OUR HEALTH .

Sincerely,

Name : michelle saner
Email micalan04@stny.rr.com
Address 106 scott st
City : wayland
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rachel Goldstein <rachelhg@earthlink.net>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 9:28 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Rachel Goldstein
Email rachelhg@earthlink.net
Address 315 St Johns Pl
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ronald HAbakus <rhabakus@geocontrols.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 9:05 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

please get teh trans fats out of all our food! .

Sincerely,

Name : Ronald HAbakus
Email rhabakus@geocontrols.com
Address 24 Blossom Cove Road
City : Red Bank
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Janine Paolucci <janine.paolucci@nyu.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 11:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Janine Paolucci
Email janine.paolucci@nyu.edu
Address 148 2nd Ave.
City : new york
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mary Alexander <mpalexander@gmail.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 7:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Mary Alexander
Email mpalexander@gmail.com
Address 316 5th Street, Apt 3
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: SaleanaNegron <MsSaleana@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 10:01 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : SaleanaNegron
Email MsSaleana@yahoo.com
Address 2505third ave floor 3
City : bronx
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Edina <Shapedhistory@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 9:05 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats have many negative health affects the most known being heart disease--the number one killer. People don't realize how many products have this and how bad they are for them. Make a difference.

Sincerely,

Name : Edina
Email Shapedhistory@yahoo.com
Address 12206 Marcel Lk Est
City : Dingmans Ferry
State : Pennsylvania

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joanna Smith <jo@freeverse.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 8:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

With our on-the-go lifestyle in NYC, we need to know that the food we purchase outside the home does not contain ingredients that are proven to be dangerous for our health. .

Sincerely,

Name : Joanna Smith
Email jo@freeverse.com
Address 69 8th Ave., 1
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa Feiner <FeinerHealth@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 8:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is so important for people to know what they are eating and to be able to trust food providers. This is an important step in helping Americans to make better decisions about what they are eating. Thanks for your support.

Sincerely,

Name : Lisa Feiner
Email FeinerHealth@aol.com
Address 8 Indian Trail
City : Harrison
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Penelope C. Miller " <penelope.c.miller@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 8:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Penelope C. Miller
Email penelope.c.miller@gmail.com
Address P.O. Box 1591
City : Cockeysville
State : MD

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Alexa Aviles <Amaviles@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 8:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Alexa Aviles
Email Amaviles@aol.com
Address 215 31st Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Aida della Longa <aidadellalonga@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 8:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Aida della Longa
Email aidadellalonga@gmail.com
Address 112 West 128th Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kristy eiele <eiselevi@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 7:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : kristy eiele
Email eiselevi@aol.com
Address 135 Stratford Road
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Giselle Martinez <bridanlo@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 7:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Giselle Martinez
Email bridanlo@optonline.net
Address 2 stanley rd
City : white plains
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Yvonne Stern <ymstern@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 7:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Yvonne Stern
Email ymstern@yahoo.com
Address PO Box 5146
City : Toms River
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Faye Rimalovski <fayerimalovski@optonline.net>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 7:23 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Faye Rimalovski
Email fayerimalovski@optonline.net
Address 34 Plaza St E #609
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rosa Burricelli <rosamarie88@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 6:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As someone who doesn't live in NY, but does visit and eat out often in the city, I totally support the proposed articles. .

Sincerely,

Name : Rosa Burricelli
Email rosamarie88@yahoo.com
Address 14 Aspen Court
City : Jackson
State : NJ

**Resolution Comments - Comments on Proposal to Add 81.50 to Article 81 of Health Code
(ChainRestaurant Menuboard Labeling Mandate)**

From: <Kevin_Lundy@WENDYS.COM>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/27/2006 6:28 PM
Subject: Comments on Proposal to Add 81.50 to Article 81 of Health Code (ChainRestaurant Menuboard Labeling Mandate)

Ms. Bryant -

Please find attached for submission to the New York City Board of Health, written comments and materials on behalf of Wendy's International, Inc. regarding the proposal to Add Section 81.50 to Article 81 of Health Code, the proposed chain restaurant menuboard labeling mandate

Thank You.

Kevin M. Lundy
Director, Government Relations
Wendy's International, Inc.
One Dave Thomas Boulevard
Dublin, OH 43017
(p) 614-764-3566
(f) 614-764-6707
(c) 614-361-5087
Kevin_Lundy@wendys.com



October 30, 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, NY 10013

**Re: Comments: Notice of Intention to Add 81.50 to Article 81 of Health Code
(Chain Restaurant Menuboard Labeling Mandate)**

Good morning, I'm Mark Inzetta, Vice President, Assistant General Counsel and Chief Corporate Compliance Officer for Wendy's International, Inc. Today I offer comments on the proposed menuboard labeling mandate.

Notwithstanding the discriminatory nature of the proposal, we are in complete agreement with the Department that restaurant customers deserve information about the ingredients, nutritional profile as well as the allergens in food. We have provided information for decades, exceed what is currently required and have no objection to providing information in our stores.

Recently, Wendy's began installing posters with complete nutrition and allergen information in all of its stores. **[Attachment 1]** This is a much more effective way of educating customers so they may make informed decisions. We ask the Board to consider that these fixed postings inside our stores are far superior to what this regulation would require.

Additionally, our consumer calls are managed by on-staff Registered Dietitians when necessary and we make available very detailed nutrition information tools on our website. This is far more than the vast majority of American restaurants and we continue to improve our communications with our customers in this regard.

The proposal would **NOT** apply to all New York City restaurants, and, in fact, very few. Inexplicably, companies that refuse to make nutrition information available would be entirely exempt from this regulation. Not only is this unfair, it is counterintuitive to the goal of increasing consumer education and creates an incentive **NOT** to provide information.

If the goal is to empower New Yorkers to make better-informed choices when dining out, the proposal should apply to all foodservice outlets in the City instead of arbitrarily applying to such a small segment. As such, we believe it is clearly meant to apply only to

our segment while choosing to leave unregulated the vast majority of foodservice outlets. Other jurisdictions have considered similar measures and dismissed them. We have traveled here today to ask New York to do the same.

To illustrate the compliance challenge from this mandate, we've developed sample menuboards listing the caloric information this proposal would require as we understand it. **[Attachment 2]** You can see the absurdity and complete confusion this would cause. This does not better educate customers on the nutritional value of our food.

We're very proud of the food we serve. Our commitment is to continue to work with our customers and with policy makers to find new and better ways to provide the nutrition information they want and need. For all of these reasons, Wendy's strongly encourages the Board of Health to reconsider this proposal and at a minimum allow Wendy's to offer nutrition information in the form of complete nutrition posters made available inside our stores instead of limited and likely inaccurate information posted on the menuboard as would be required under this proposal.

Thank You.

It's your choice. Quality made fresh.



Garden Sensations® Salads Flavor-Packed Entrée Salads* Prepared Fresh Daily	Nutrition Information										Allergens							
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat	
Mandarin Chicken® Salad	170	2	0.5	0	60	480	18	3	13	23							X	
Crispy Noodles	70	2.5	0	0	0	190	10	0	0	1							X	
Roasted Almonds	130	11	1	0	0	70	4	2	1	5							X	
Oriental Sesame Dressing	190	11	1.5	0	0	490	21	0	19	1				X			X	
Caesar Chicken Salad	190	5	2.5	0	70	620	9	4	4	27		X					X	
Homestyle Garlic Stroutons	70	2.5	0	0	0	125	9	0	0	2		X					X	
Caesar Dressing	120	13	2.5	0	20	220	1	0	0	1	X	X		X			X	
Chicken BLT Salad	340	18	9	0	100	980	17	4	6	35		X					X	
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2		X					X	
Honey Mustard Dressing	280	26	4	0	25	370	11	0	10	1	X						X	
Southwest Taco Salad	440	22	12	1	80	1100	32	9	10	30		X					X	
Reduced Fat Acidified Sour Cream	50	4	2.5	0	10	30	2	0	1	1		X					X	
Seasoned Tortilla Strips	110	5	1	0	0	160	13	1	0	2		X					X	
Ancho Chipotle Ranch Dressing	110	10	2	0	15	330	4	0	2	1	X	X					X	
Additional Salad Dressings																		
Fat Free French	80	0	0	0	0	210	19	0	16	0								
Reduced Fat Creamy Ranch**	100	8	1.5	0	15	450	6	1	3	1	X	X						
Low Fat Honey Mustard**	110	3	0	0	0	340	21	0	16	0	X	X						
Italian Vinaigrette	140	12	2	0	0	400	9	0	8	0								
Creamy Ranch	230	23	4	0	15	450	5	0	3	1	X	X						
Blue Cheese**	260	27	5	0	35	480	3	0	1	2	X	X						
Thousand Island**	260	25	4	0	20	440	8	0	7	1	X							

* Toppings and Salad Dressings listed separately.
** Not available in all locations.

Sandwiches Made when you order it using each sandwich's standard toppings	Nutrition Information										Allergens						
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat
Jr. Hamburger	280	9	3.5	0.5	30	590	34	1	7	15							X
Jr. Cheeseburger	320	13	6	0.5	40	810	34	1	7	17			X		X		X
Jr. Cheeseburger Deluxe	360	16	6	0.5	45	870	37	2	8	18	X		X		X		X
Jr. Bacon Cheeseburger	370	17	7	0.5	50	790	34	2	6	19	X		X		X		X
Hamburger, Kids' Meal	270	9	3.5	0.5	30	590	33	1	6	15							X
Cheeseburger, Kids' Meal	320	13	6	0.5	40	810	34	1	7	17			X		X		X
Ham & Cheese Sandwich, Kids' Meal	240	6	3	0	30	900	32	1	6	14			X		X		X
Turkey & Cheese Sandwich, Kids' Meal	250	6	3	0	25	910	34	1	5	14			X		X		X
Classic Single® w/Everything	420	20	7	1	65	880	37	2	8	25	X						X
Big Bacon Classic®	590	30	12	1.5	90	1510	46	3	11	34	X		X		X		X
Ultimate Chicken Grill Sandwich	370	8	1.5	0	60	1070	44	2	10	33	X						X
Spicy Chicken Fillet Sandwich	480	17	3	0	60	1400	53	4	8	29	X		✓				X
Homestyle Chicken Fillet Sandwich	470	16	3	0	45	1210	55	2	8	27	X		✓		X		X
Crispy Chicken Sandwich	380	14	2.5	0	40	880	44	1	5	19	X		✓		✓		X
Black Forest Ham & Swiss Frescata™	470	19	6	0	60	1480	50	4	8	27	X		X				X
Roasted Turkey & Swiss Frescata	480	20	6	0	60	1520	52	4	4	25	X		X				X
Frescata Club	440	17	3.5	0	50	1610	50	4	5	23	X						X
Frescata Italiana	510	24	9	0	90	1530	49	4	6	25			X				X
Roasted Turkey & Basil Pesto Frescata	420	15	3	0	40	1520	50	4	3	21	X		X				X

Sandwich Components Our sandwiches can be made to order. Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.	Nutrition Information										Allergens						
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat
2 oz.** Hamburger Patty	100	7	3	0.5	30	130	0	0	0	10							
1/4 lb.** Hamburger Patty	210	14	6	1	60	260	0	0	0	19							
Ultimate Chicken Grill Fillet	130	2	0.5	0	60	660	2	0	0	26							
Spicy Chicken Fillet	230	11	1.5	0	55	970	13	2	0	22	X		✓				X
Homestyle Chicken Fillet	230	10	1.5	0	40	790	15	0	0	20	X		✓		X		X
Crispy Chicken Patty	190	10	1.5	0	40	540	12	0	0	14			✓				X
Roasted Turkey Breast – 4 slices	80	1.5	0	0	30	810	5	0	0	12							
Black Forest Ham – 4 slices	70	1.5	0.5	0	35	780	1	0	1	14							
Genoa Salami – 3 slices	100	8	3	0	50	380	1	0	1	5							
Sandwich Bun	160	2	0	0	0	290	31	1	5	5							X
Kaiser Bun	200	2.5	0	0	0	350	38	2	6	7							X
Artisan Bread	250	6	1	0	0	510	43	3	2	7							X
American Cheese Jr.	45	3.5	2.5	0	10	220	0	0	0	2				X		X	
American Cheese	70	5	3.5	0	15	320	1	0	0	3				X		X	
Swiss Cheese	70	6	3.5	0	20	85	0	0	0	5				X			
Bacon – 1 strip	20	1.5	0.5	0	5	95	0	0	0	1							
Mayonnaise – 1 tsp.	30	3	0.5	0	5	60	1	0	0	0	X						
Basil Pesto Sauce – 2 tsp.	70	8	1.5	0	10	100	1	0	0	1	X		X				
Sundried Tomato Vinaigrette – 1 tbsp.	45	3.5	1	0	0	65	3	0	2	0							
Ketchup – 1 tsp.	5	0	0	0	0	80	2	0	2	0							
Mustard – 1/2 tsp.	5	0	0	0	0	50	0	0	0	0							
Honey Mustard Sauce – 1 tsp.	40	3.5	0	0	5	60	3	0	2	0	X						
Dill Pickles – 4 each	0	0	0	0	0	135	0	0	0	0							
Iceberg Lettuce Leaf	0	0	0	0	0	0	0	0	0	0							
Romaine Lettuce Leaf	0	0	0	0	0	0	0	0	0	0							
Tomato – 1 slice	5	0	0	0	0	0	1	0	1	0							
Onion – 4 rings	5	0	0	0	0	0	1	0	1	0							
Roasted Red Peppers – 2 tsp.	10	0	0	0	0	100	1	0	1	0							

** Approximate weight before cooking.

Side Selections Numerous Options for a Balanced Meal	Nutrition Information										Allergens						
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat
Side Salad	35	0	0	0	0	25	8	2	4	1							
Caesar Side Salad	80	4.5	2	0	10	240	6	2	1	6			X				
Mandarin Orange Cup	80	0	0	0	0	15	19	1	17	1							
Low Fat Strawberry Flavored Yogurt	90	1	0.5	0	5	55	16	0	14	4			X				
Granola Topping	110	4.5	0.5	0	0	15	1	6	2								
Plain Baked Potato (avg. wgt. 10 oz.)	270	0	0	0	0	25	61	7	3	7							
Sour Cream & Chives Baked Potato	320	4	2.5	0	10	55	63	7	4	9			X				
Buttery Best Spread	50	6	1	0	0	90	0	0	0	0			X		X		
Small Chili	220	6	2.5	0	35	780	23	5	6	17							
Large Chili	330	9	3.5	0.5	55	1170	35	8	9	25							
Hot Chili Seasoning	5	0	0	0	0	270	2	0	1	0							
Saltine Crackers	25	0.5	0	0	0	95	4	0	0	0					X		X
Cheddar Cheese, shredded	70	6	3.5	0	15	110	1	0	0	4			X				
Baked! Lay's®	130	2	0	0	0	200	26	2	2	2				X			
Kids' Meal French Fries	280	12	1.5	0	0	270	37	3	0	3		✓	✓				✓
Small French Fries	440	18	2.5	0.5	0	430	58	5	0	5		✓	✓				✓
Medium French Fries	490	20	3	0.5	0	480	64	6	0	5		✓	✓				✓
Large French Fries	590	24	3.5	0.5	0	570	77	7	0	6		✓	✓				✓

Beverages and Frosty™ Refreshments for Everyone's Thirst	Nutrition Information										Allergens						
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat
Milk, 2% Reduced Fat Milk	120	4.5	3	0	20	125	12	0	11	7			X				
Milk, 1% Low Fat Chocolate	170	2.5	1.5	0	15	200	28	0	26	8			X				
Diet Coke®, Small Cup	0	0	0	0	0	15*	0	0	0	0							
Sprite®, Small Cup	130	0	0	0	0	30*	34	0	34	0							
Coca-Cola®, Small Cup	140	0	0	0	0	0*	37	0	37	0							
Dasani® Water	0	0	0	0	0	0	0	0	0	0							
Chocolate Frosty Junior	160	4	2.5	0	15	75	28	0	21	4			X				
Chocolate Frosty Small	330	8	5	0	35	150	56	0	42	8			X				
Chocolate Frosty Medium	430	11	7	0	45	200	74	0	55	10			X				
Vanilla Frosty Junior	150	4	2.5	0	20	90	26	0	21	4			X				

It's your choice. Quality made fresh.



Garden Sensations® Salads Flavor-Packed Entrée Salads* Prepared Fresh Daily	Nutrition Information										Allergens							
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat	
Mandarin Chicken® Salad	170	2	0.5	0	60	480	18	3	13	23							X	
Crispy Noodles	70	2.5	0	0	0	190	10	0	0	1							X	
Roasted Almonds	130	11	1	0	0	70	4	2	1	5							X	
Oriental Sesame Dressing	190	11	1.5	0	0	490	21	0	19	1				X			X	
Caesar Chicken Salad	190	5	2.5	0	70	620	9	4	4	27		X					X	
Homestyle Garlic Stroutons	70	2.5	0	0	0	125	9	0	0	2		X					X	
Caesar Dressing	120	13	2.5	0	20	220	1	0	0	1	X	X		X			X	
Chicken BLT Salad	340	18	9	0	100	980	17	4	6	35		X					X	
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2		X					X	
Honey Mustard Dressing	280	26	4	0	25	370	11	0	10	1	X						X	
Southwest Taco Salad	440	22	12	1	80	1100	32	9	10	30		X					X	
Reduced Fat Acidified Sour Cream	50	4	2.5	0	10	30	2	0	1	1		X					X	
Seasoned Tortilla Strips	110	5	1	0	0	160	13	1	0	2		X					X	
Ancho Chipotle Ranch Dressing	110	10	2	0	15	330	4	0	2	1	X	X					X	
Additional Salad Dressings																		
Fat Free French	80	0	0	0	0	210	19	0	16	0								
Reduced Fat Creamy Ranch**	100	8	1.5	0	15	450	6	1	3	1	X	X						
Low Fat Honey Mustard**	110	3	0	0	0	340	21	0	16	0	X	X						
Italian Vinaigrette	140	12	2	0	0	400	9	0	8	0								
Creamy Ranch	230	23	4	0	15	450	5	0	3	1	X	X						
Blue Cheese**	260	27	5	0	35	480	3	0	1	2	X	X						
Thousand Island**	260	25	4	0	20	440	8	0	7	1	X							

* Toppings and Salad Dressings listed separately.
** Not available in all locations.

Sandwiches Made when you order it using each sandwich's standard toppings	Nutrition Information										Allergens						
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat
Jr. Hamburger	280	9	3.5	0.5	30	590	34	1	7	15							X
Jr. Cheeseburger	320	13	6	0.5	40	810	34	1	7	17			X		X		X
Jr. Cheeseburger Deluxe	360	16	6	0.5	45	870	37	2	8	18	X		X		X		X
Jr. Bacon Cheeseburger	370	17	7	0.5	50	790	34	2	6	19	X		X		X		X
Hamburger, Kids' Meal	270	9	3.5	0.5	30	590	33	1	6	15							X
Cheeseburger, Kids' Meal	320	13	6	0.5	40	810	34	1	7	17			X		X		X
Ham & Cheese Sandwich, Kids' Meal	240	6	3	0	30	900	32	1	6	14			X		X		X
Turkey & Cheese Sandwich, Kids' Meal	250	6	3	0	25	910	34	1	5	14			X		X		X
Classic Single® w/Everything	420	20	7	1	65	880	37	2	8	25	X						X
Big Bacon Classic®	590	30	12	1.5	90	1510	46	3	11	34	X		X		X		X
Ultimate Chicken Grill Sandwich	370	8	1.5	0	60	1070	44	2	10	33	X						X
Spicy Chicken Fillet Sandwich	480	17	3	0	60	1400	53	4	8	29	X		✓				X
Homestyle Chicken Fillet Sandwich	470	16	3	0	45	1210	55	2	8	27	X		✓		X		X
Crispy Chicken Sandwich	380	14	2.5	0	40	880	44	1	5	19	X		✓	✓			X
Black Forest Ham & Swiss Frescata™	470	19	6	0	60	1480	50	4	8	27	X		X				X
Roasted Turkey & Swiss Frescata	480	20	6	0	60	1520	52	4	4	25	X		X				X
Frescata Club	440	17	3.5	0	50	1610	50	4	5	23	X						X
Frescata Italiana	510	24	9	0	90	1530	49	4	6	25			X				X
Roasted Turkey & Basil Pesto Frescata	420	15	3	0	40	1520	50	4	3	21	X		X				X

Sandwich Components Our sandwiches can be made to order. Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.	Nutrition Information										Allergens						
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat
2 oz.** Hamburger Patty	100	7	3	0.5	30	130	0	0	0	10							
1/4 lb.** Hamburger Patty	210	14	6	1	60	260	0	0	0	19							
Ultimate Chicken Grill Fillet	130	2	0.5	0	60	660	2	0	0	26							
Spicy Chicken Fillet	230	11	1.5	0	55	970	13	2	0	22	X		✓				X
Homestyle Chicken Fillet	230	10	1.5	0	40	790	15	0	0	20	X		✓		X		X
Crispy Chicken Patty	190	10	1.5	0	40	540	12	0	0	14			✓	✓			X
Roasted Turkey Breast – 4 slices	80	1.5	0	0	30	810	5	0	0	12							
Black Forest Ham – 4 slices	70	1.5	0.5	0	35	780	1	0	1	14							
Genoa Salami – 3 slices	100	8	3	0	50	380	1	0	1	5							
Sandwich Bun	160	2	0	0	0	290	31	1	5	5							X
Kaiser Bun	200	2.5	0	0	0	350	38	2	6	7							X
Artisan Bread	250	6	1	0	0	510	43	3	2	7							X
American Cheese Jr.	45	3.5	2.5	0	10	220	0	0	0	2				X		X	
American Cheese	70	5	3.5	0	15	320	1	0	0	3				X		X	
Swiss Cheese	70	6	3.5	0	20	85	0	0	0	5				X			
Bacon – 1 strip	20	1.5	0.5	0	5	95	0	0	0	1							
Mayonnaise – 1 tsp.	30	3	0.5	0	5	60	1	0	0	0	X						
Basil Pesto Sauce – 2 tsp.	70	8	1.5	0	10	100	1	0	0	1	X		X				
Sundried Tomato Vinaigrette – 1 tbsp.	45	3.5	1	0	0	65	3	0	2	0							
Ketchup – 1 tsp.	5	0	0	0	0	80	2	0	2	0							
Mustard – 1/2 tsp.	5	0	0	0	0	50	0	0	0	0							
Honey Mustard Sauce – 1 tsp.	40	3.5	0	0	5	60	3	0	2	0	X						
Dill Pickles – 4 each	0	0	0	0	0	135	0	0	0	0							
Iceberg Lettuce Leaf	0	0	0	0	0	0	0	0	0	0							
Romaine Lettuce Leaf	0	0	0	0	0	0	0	0	0	0							
Tomato – 1 slice	5	0	0	0	0	0	1	0	1	0							
Onion – 4 rings	5	0	0	0	0	0	1	0	1	0							
Roasted Red Peppers – 2 tsp.	10	0	0	0	0	100	1	0	1	0							

** Approximate weight before cooking.

Side Selections Numerous Options for a Balanced Meal	Nutrition Information										Allergens						
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat
Side Salad	35	0	0	0	0	25	8	2	4	1							
Caesar Side Salad	80	4.5	2	0	10	240	6	2	1	6			X				
Mandarin Orange Cup	80	0	0	0	0	15	19	1	17	1							
Low Fat Strawberry Flavored Yogurt	90	1	0.5	0	5	55	16	0	14	4			X				
Granola Topping	110	4.5	0.5	0	0	15	1	6	2								
Plain Baked Potato (avg. wgt. 10 oz.)	270	0	0	0	0	25	61	7	3	7							
Sour Cream & Chives Baked Potato	320	4	2.5	0	10	55	63	7	4	9			X				
Buttery Best Spread	50	6	1	0	0	90	0	0	0	0			X		X		
Small Chili	220	6	2.5	0	35	780	23	5	6	17							
Large Chili	330	9	3.5	0.5	55	1170	35	8	9	25							
Hot Chili Seasoning	5	0	0	0	0	270	2	0	1	0							
Saltine Crackers	25	0.5	0	0	0	95	4	0	0	0					X		X
Cheddar Cheese, shredded	70	6	3.5	0	15	110	1	0	0	4			X				
Baked! Lay's®	130	2	0	0	0	200	26	2	2	2				X			
Kids' Meal French Fries	280	12	1.5	0	0	270	37	3	0	3		✓	✓				✓
Small French Fries	440	18	2.5	0.5	0	430	58	5	0	5		✓	✓				✓
Medium French Fries	490	20	3	0.5	0	480	64	6	0	5		✓	✓				✓
Large French Fries	590	24	3.5	0.5	0	570	77	7	0	6		✓	✓				✓

Beverages and Frosty™ Refreshments for Everyone's Thirst	Nutrition Information										Allergens						
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Soy	Tree Nuts	Wheat
Milk, 2% Reduced Fat Milk	120	4.5	3	0	20	125	12	0	11	7			X				
Milk, 1% Low Fat Chocolate	170	2.5	1.5	0	15	200	28	0	26	8			X				
Diet Coke®, Small Cup	0	0	0	0	0	15*	0	0	0	0							
Sprite®, Small Cup	130	0	0	0	0	30*	34	0	34	0							
Coca-Cola®, Small Cup	140	0	0	0	0	0*	37	0	37	0							
Dasani® Water	0	0	0	0	0	0	0	0	0	0							
Chocolate Frosty Junior	160	4	2.5	0	15	75	28	0	21	4			X				
Chocolate Frosty Small	330	8	5	0	35	150	56	0	42	8			X				
Chocolate Frosty Medium	430	11	7	0	45	200	74	0	55	10			X				
Vanilla Frosty Junior	150	4	2.5	0	20	90	26	0	21	4			X				

Resolution Comments - Written Comments on Proposed 81.50 and 81.08 Additions to Article 81 of the NYC Health Code

From: "Judith Wylie-Rosett" <jwrosett@aecom.yu.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/27/2006 6:03 PM
Subject: Written Comments on Proposed 81.50 and 81.08 Additions to Article 81 of the NYC Health Code
CC: <jwrosett@post.aecom.yu.edu>

Attention of: Rena Bryant
Secretary to the Board of Health

Dear Ms. Bryant:

I have attached written testimony in response to the Notice of Public Hearing regarding additions to Article 81 of the New York City Health Code. I hope that my comments will help the Board of Health as it considers the evidence with regard to the public health issues facing New Yorkers.

Thank you for your time and attention.

Sincerely,

Judith Wylie-Rosett, EdD, RD

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Re: Addition § 81.50 and 81.08 to Article 81 of New York City Health Code

Written Comments Respectfully Submitted by:

Judith Wylie-Rosett, EdD, RD
Professor of Epidemiology and Population Health
Albert Einstein College of Medicine
Bronx, NY 10461

The New York City Department of Health and Mental Hygiene (“the Health Department”) is to be commended for its effort to institute public policies to improve the nutrition intake and reduce the public health burden associated with obesity and cardiovascular disease. The department has provided convincing evidence of the dramatic rise in obesity nationally and in New York City and made a cogent case to provide calorie information for the increasing consumption of “away from home” food consumption. As currently proposed by the Health Department, amending Article 81 of the Health Code will provide calorie information to the approximately 10% of restaurants that have standardized menus.

Improving access to information before the purchase of a food item is laudable and can help potentially assist consumers in making informed choices based on the calories in food items. However, the Health Department has limited the scope of its effort to restaurants that make calorie information for standardized menus publicly available on or after March 1, 2007. It is unclear what proportion of “away from home” meals in New York City are eaten in the 10% of restaurants with standardized menus and publicly available calorie information. The impact may be much larger if more than 10% of “away from home” meals are obtained from these restaurants. However, it appears that the Health Department does not currently have such information in order to make that determination. The impact of the proposed amendment for calorie labeling may also be limited if the regulation serves as a potential disincentive to provide calorie information for the 90% of restaurants that do not have calorie information currently available.

The Health Department also needs to carefully consider how to expand the “right to know” to help consumers be aware of the caloric value of food before making a purchase of soft drinks and other food options in vending machines.¹⁻³ Issues related to beverages and snack food are associated with the dramatic rise in relative body weight among children and adolescents.⁴⁻¹⁰ Specific measures that should be considered include:

1. ***Provide Caloric Value of Beverages in All Restaurant Menus*** The Health Department should explore the feasibility of mandating that all restaurants list the caloric value of beverages that are the standardized nutrient composition. Information for all beverages, which have nutrient labeling, served in the original container, e.g., canned or bottled beer and soft drinks, is readily available. A simple mathematical computation can be

used to determine calorie value of other beverages of standard composition such as milk and draft beer, which are served in containers of standard sizes.

2. Help Consumers Identify Lower Calorie Options in All Restaurants

The Health Department needs to carefully evaluate the potential benefits of healthy food choice campaigns for restaurants that promote selection of food identified to promote better health from projects such as the Bronx Food Festival (October 23-27, 2006) which was sponsored by the Office of the Bronx Borough President. Poor sales and consumer resistance may be hypothetical concerns about such programs in smaller neighborhood restaurants.¹¹ The Health Department needs to expand its effort to reduce the contribution of “away from home” meals on the dramatic rise in obesity. Research conducted in low-income Los Angeles communities found that using a Menu Checklist proved a reliable low-cost method for community member to collect data on influences on food choices in restaurants.¹² Another study found that consumers exposed to a social marketing campaign were 3.7% more likely to purchase health food choices than consumers who were not exposed to the campaign. Using promotional coupons, which are widely used to influence food selection, was associated with a 17% greater likelihood of purchasing healthy food choices in restaurants. A British study found that reducing calorie/fat in recipes by 30% with accompanying nutrient information did not adversely affect restaurant customer satisfaction and purchasing behavior.³ Data from a Canadian study found that customers were more satisfied with low fat choices than the regular options.¹⁴ Trying to improve consumer information and access to lower calorie options may present challenges to the Health Department, but commitment and careful planning can help ensure the success of phasing in such a program.

3. Extend the consumer “right to know caloric value” to vending machines

Identifying the caloric value of all items in vending machines is likely to not be realistic. However, it is reasonable to consider regulations that may require that vending machines identify snack items containing 100 calories or less. Strategies for providing this information including display of the package promotional label stating the calorie level or the use of a coding system to identify options that are 100 calories or less. Any vending machine that does not offer any 100-calorie-or-less options should display a warning sign to alert the consumer that no choice contains 100 or fewer calories. Beverage machines should also provide calorie information or identify the calorie range of beverage options.

The Health Department is also targeting regulations with regard to trans fatty acids. Survey data from both before and after its voluntary Trans Fat Educational Campaign showed the “prevalence of PHVO- (partially hydrogenated vegetable oil) contain oils was approximately 50% at FSEs (food service establishments) when product content could be determined.”

Careful evaluating of survey data could better inform how to best reduce trans fatty acid intake by replacing partially hydrogenated oils with more healthful fat sources. Ironically, consuming a doughnut from breakfast and French fries for lunch were provided as examples of the harm caused by trans fatty acid intake in the 1999 New England Journal of Medicine "Sounding Board" commentary¹⁵ cited by the Health Department. Greater awareness of the excess calories provided by key restaurants could possibly help in achieving the public health goal of less than 1% of calories from trans fatty acids.

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Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Christie Korth <sunnyskystravels@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 6:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I DO NOT WANT TRANS FAT IN MY FOOD!!!!!!!!!!!! I HAVE CROHNS AND CELIAC DISEASE AND ATTRIBUTE ARTIFICIAL ADDITIVES IN FOODS TO BE DETRIMENTAL TO ALL PEOPLES HEALTH, ESPECIALLY THOSE LIKE ME WITH A DIGESTIVE DISORDER. (IN MY CASE-TWO DIGESTIVE DISORDERS) i HAVE A HARD TIME AS IT IS WITH DIGESTING WHOLE FOOD DUE TO MY CONDITIONS, IMAGINE WHAT HAPPENS TO SOMEONE LIKE ME EATING \"FAKE FOOD\". ITS USUALLY A TRIP TO THE HOSPITAL. NO ONE SHOULD HAVE TO SUFFER LIKE THAT. NO TRANS FATS!!!!!!!!!!!! .

Sincerely,

Name : Christie Korth
Email sunnyskystravels@yahoo.com
Address 65 Meadowoods Lane Apt 12
City : Moriches
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Deborah Buell <dbuell@comcast.net>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 5:49 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am in NYC monthly and it would be wonderful to know that when I order food in one of the many great restaurants in the city, it will be trans fat free. .

Sincerely,

Name : Deborah Buell
Email dbuell@comcast.net
Address 20 Williams Rd
City : North Reading
State : MA

From: "Brooke Bennett" <bbennett@institute2000.org>
To: <resolutioncomments@health.nyc.gov>
Date: Fri, Oct 27, 2006 4:45 PM
Subject: Comment on Amendment of Article 81

Brooke Bennett
Nutrition Coordinator
Bronx Healthy Hearts/Bronx Health REACH
16 East 16th Street
New York, NY 10003
Office: 718-588-1235 or 212-633-0800 x344
Fax: 212-989-2840
Email: bbennett@institute2000.org



Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, New York 10013

Dear Ms. Bryant,

The Institute for Urban Family Health is a 20-year old non profit health care organization that operates 10 full time and eight part time health centers in Manhattan and the Bronx, several health professional training programs, and numerous health outreach and health promotion programs including Bronx Health REACH and Bronx Healthy Hearts. These programs are committed to eliminating racial disparities in health outcomes through better access to healthy foods, nutrition education and opportunities for physical activity. Efforts are focused in southwest Bronx neighborhoods where cardiovascular disease, obesity and diabetes rates are some of the highest in New York City.

The Institute for Urban Family Health, Bronx Health REACH and Bronx Healthy Hearts support the NYC Department of Health & Mental Hygiene & Board of Health's proposals to amend Article 81 of the Health Code. The suggested amendments, to phase out artificial trans fats in NYC restaurants and food service operations and to require calorie labeling on menus/menu boards in certain restaurants, demonstrate bold efforts to address the issues of obesity and heart disease and have the potential to positively affect the heart health of millions of NYC residents.

We applaud the trans fat educational campaign led by the Department of Health last year, as well as the research efforts put forth to ensure the trans fat proposal is feasible for operators and can be cost neutral in the long run. However, we hope the same level of support will exist if the amendment is passed. Through our experiences working with small, ethnic restaurants in the southwest Bronx to assist them in promoting their healthier menu options, we recognize that their limited resources may not allow for "trial and error" periods when testing new recipes, using new distributors, etc. Therefore, we encourage the Department of Health to:

- Work with distributors to ensure fair (perhaps even temporarily discounted) prices for trans fat-free oils/products.
- Continue the trans fat educational campaign during the phase out period and beyond.



We believe the trans fat proposal is important to the health of our city and hope that the Department of Health will engage all restaurants as partners to ensure a successful transition across the board

A second issue we wish to raise concerns the calorie labeling proposal. While we feel that it would be an effective way to help customers make calorie comparisons between different foods and various serving sizes, we feel a concurrent educational campaign is needed to make the message more effective. Not all consumers are familiar with what a calorie is or what constitutes appropriate caloric intake, therefore, we encourage the Department of Health to, at a minimum, refer consumers to resources that address the “big picture” of healthy eating.

Sincerely,

Neil Calman, MD
President, Institute for Urban Family Health
16 East 16th Street
New York, NY 10003

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jane Ohmes <ohmissjane@msn.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 4:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jane Ohmes
Email ohmissjane@msn.com
Address 21-41 45th Ave 2nd Fl.
City : NYC
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tracey Houle <traceyhoule@optonline.net>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 4:25 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a past resident of NYC, a current frequent visitor and a health conscious individual, I can't tell you how important it is to me to make NYC TRANS FAT FREE. There are tens of thousands of unnecessary deaths in NYC alone as a result of this horrible additive. I urge you to PLEASE support concerned citizens, scientists and politicians seeking to make NYC trans fat free, and the leader in the US on health and nutritional policy. Blessings to you, Tracey

Sincerely,

Name : Tracey Houle
Email traceyhoule@optonline.net
Address 3 Smith's Point
City : Milford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Laura Kittross <lk12@columbia.edu>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 6:51 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Laura Kittross
Email lk12@columbia.edu
Address 1105 8th Ave.
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kymber lee <kymberleenyc@gmail.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 2:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

look at how overweight our police force is! how is an out of shape officer expected to chase after a perpetrator? you call that protection? people who work for the government should be setting an example on all levels of health and safety- including what they eat! .

Sincerely,

Name : kymber lee
Email kymberleenyc@gmail.com
Address 59 jefferson st.
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: sally Mann <sfances1@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 2:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : sally Mann
Email sfances1@hotmail.com
Address 180 degray st.
City : brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lourdez Castro <lula1204@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 2:30 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's our job to make our people here in the US as healthy as we can and getting rid of transfat will help with that as well as the epidemic of obesity in children, which is rising every year. Please consider this proposal. Thanks,

Sincerely,

Name : Lourdez Castro
Email lula1204@hotmail.com
Address 61 Magnolia Ave.
City : Norwalk
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Megan Franzen Carlos <megan@angelsonghealth.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 2:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Megan Franzen Carlos
Email megan@angelsonghealth.com
Address 22-32 21st Street - 2nd Floor
City : Astoria
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Anna Saras <ASpovin@aol.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 12:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Anna Saras
Email ASpovin@aol.com
Address 74 Rock maple road
City : Greenwich
State : ct

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Beth Sutton <beth@enkieducation.org>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 11:41 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a native New Yorker, I am asking that you do what you always do and set the standard for the rest of this country - let's work to do away with obesity and diabetes. .

Sincerely,

Name : Beth Sutton
Email beth@enkieducation.org
Address 29 Old West Hopkinton Rd
City : Henniker
State : NH

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: jennifer lindner <jenlindner@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 11:25 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : jennifer lindner
Email jenlindner@yahoo.com
Address 3950 Blackstone Ave
City : bronx
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "frances taylor-brown " <ftaylorfit@aol.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 11:00 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I'd love to know that the food I eat in restaurants is okay for my family's health .

Sincerely,

Name : frances taylor-brown
Email ftaylorfit@aol.com
Address 425 w 57 th street
City : ny
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gaye Killingsworth <gyk01@health.state.ny.us>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 10:42 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Gaye Killingsworth
Email gyk01@health.state.ny.us
Address 90 Church Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: giancarlo scuderi <gianderi@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 10:38 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : giancarlo scuderi
Email gianderi@yahoo.com
Address 119-20 union tpke
City : kew gardens
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: leonardo marra <marraleo@inwind.it>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 3:42 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : leonardo marra
Email marraleo@inwind.it
Address v. anglona 9
City : rome
State : italy

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cassandra Kubinski <trotter297@excite.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 9:09 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

America is overweight. Heart disease is the number one killer in this country. Part of that is because of under-education, but mostly, it's because we seem to feel it's fine to have things like "Supersizing" available. I encourage the policy-makers whose job it is to best serve and protect this country to decide to at LEAST educate consumers by posting caloric information on menus and remove trans fats from the restaurant diets of New Yorkers. Thank you. .

Sincerely,

Name : Cassandra Kubinski
Email trotter297@excite.com
Address 225 Adams St
City : Brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Bonnie Gitlin <be1g@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 8:58 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Bonnie Gitlin
Email be1g@aol.com
Address 160 W 95 St
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Bob & Lynda Bocchichio <goodnrgy@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 7:46 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fats are one of the biggest threat to CVD. It's about time we all start taking responsibility toward better health. .

Sincerely,

Name : Bob & Lynda Bocchichio
Email goodnrgy@yahoo.com
Address 213 Plainville Ave.
City : Unionville
State : Ct.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lauren Nasoff <lnasoff@parkerinstitute.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 1:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a Registered Dietitian I think this a great movement. Partially hydrogenated foods are worthless to society. .

Sincerely,

Name : Lauren Nasoff
Email lnasoff@parkerinstitute.org
Address 271-11 76th avenue
City : new hyde park
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jeanne Greco <jeannegreco@nyc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 1:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The hidden ingredients should be healthy ones. .

Sincerely,

Name : Jeanne Greco
Email jeannegreco@nyc.rr.com
Address 59 Crosby St
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debbie Rogers <debbie79ny@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Debbie Rogers
Email debbie79ny@hotmail.com
Address 210 Courthouse Road
City : Franklin Sqyare
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: regina sikorski <sikorski11004@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

goog luck .

Sincerely,

Name : regina sikorski
Email sikorski11004@aol.com
Address 70-10 261 street
City : glen oaks
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Jean K. Delisle " <jeandelisle@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jean K. Delisle
Email jeandelisle@optonline.net
Address 13 Walnut Avenue
City : East Quogue
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Laura M. Roth " <Lauroth1@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Laura M. Roth
Email Lauroth1@aol.com
Address 11 Parkway
City : Larchmont
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carol Galanty Jones <galanty@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is time to stop putting these poisons into the mouths of our children! Please make it a law not to include trans fats in our food. .

Sincerely,

Name : Carol Galanty Jones
Email galanty@optonline.net
Address 10 Weesuck Avenue
City : East Quogue
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Julie Lacko <jlacko14@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I attended school in NYC from 2005-2006. I think that a trans fat free city is an incredible idea and amazing contribution to NYC health. .

Sincerely,

Name : Julie Lacko
Email jlacko14@yahoo.com
Address 718 N 17th Street Apt 206
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sharon Tregaskis <srt3@cornell.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 7:42 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Posting signs or changing recipes certainly has associated costs for business owners. However, these ingredients pose a significant public health cost borne by the entire nation. I hope NYC will become a leader in the effort to improve access to healthy foods for all Americans. .

Sincerely,

Name : Sharon Tregaskis
Email srt3@cornell.edu
Address 454 Old 76 Rd
City : Brooktondale
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donna Tinnerello <Dtinerello@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a Registered Dietitian living and working in NYC we owe the public the opportunity to make an informed decision at the point of purchase. .

Sincerely,

Name : Donna Tinnerello
Email Dtinerello@aol.com
Address 954 Second Avenue
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Yuwadee Tantipech <yuwadeenyc1@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:34 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Passing this bill will put NYC in the forefront of longterm healthcare for its citizens. .

Sincerely,

Name : Yuwadee Tantipech
Email yuwadeenyc1@aol.com
Address 486 PRESIDENT ST
City : BROOKLYN
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: sheila brown <sheilatree@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:46 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : sheila brown
Email sheilatree@earthlink.net
Address 924 west end Ave.
City : nyc
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: sonya cahill <scahill;@optonline.net;>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:23 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's practice preventive medicine for future generations .

Sincerely,

Name : sonya cahill
Email scahill;@optonline.net
Address 2 babbit bridge rd
City : mahwah
State : n.j.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lorraine Gore <lagore@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:15 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lorraine Gore
Email lagore@optonline.net
Address 185 Wood Street
City : Mahopac
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: " Frank L.Troutt Jr " <ftroutt@taiginc.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 9:58 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If you are truly concerned with making NYC & the rest of America, Make this a first step by supporting the said proposals. Stop the killing of our citizens with hidden fats in our food. Thank you. .

Sincerely,

Name : Frank L.Troutt Jr
Email ftroutt@taiginc.org
Address 8602 Ditman Street
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Adam Guren <adam@guren.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 9:30 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Adam Guren
Email adam@guren.org
Address 232 North 12th Street, #3
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Don Deaner <Donjuaneyes@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 8:48 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I believe that trans fat is most unhealthy and is an unnecessary ingredient used in food preparation. I am certain that other alternatives can be used that would increase overall health and decrease trans fat related illnesses. These illnesses not only can be chronic and debilitating but can and often are deadly. Because of these health concerns, I believe it is imperative that trans fat be banned in NYC. Thank you. .

Sincerely,

Name : Don Deaner
Email Donjuaneyes@aol.com
Address 154 William Floyd Parkway
City : shirley
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Claudia Pietzner <claudiapietz4u@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 1:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is high time to make a beginning in the US to provide trans fat free foods. I very much hope that this initiative will succeed! .

Sincerely,

Name : Claudia Pietzner
Email claudiapietz4u@aol.com
Address 224 Nantmeal Rd
City : Glenmoore
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Bonnie Loewenstein <bonniebrook@fastermac.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I'm very glad these health- and life-saving proposals are up for approval. May NYC be an example for cities around the country! .

Sincerely,

Name : Bonnie Loewenstein
Email bonniebrook@fastermac.net
Address 486 7th Street
City : Brooklyn
State : NY`

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Christel Nilsen-Nygaard " <christl@spray.no>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 7:11 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is a petition you will have to take seriously. We can no longer accept poison in our food. Our and future generations will suffer for it. In fact we already do and you know this. So own up to your responsibility NOW. Christel. .

Sincerely,

Name : Christel Nilsen-Nygaard
Email christl@spray.no
Address Marnes
City : Sandhornoy
State : Norway

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Louise Habakus <homeprog@comcast.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

can there be any doubt that this is the right thing to do?? it's long overdue and there is no valid reason to delay .

Sincerely,

Name : Louise Habakus
Email homeprog@comcast.net
Address 24 BLOSSOM COVE RD
City : red bank
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Roland Bishop <dusty_donna@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Stop the food pollution! .

Sincerely,

Name : Roland Bishop
Email dusty_donna@yahoo.com
Address 263 Yokum Drive
City : Roseburg
State : Oregon

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sharon Kraus <Sharon5554@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sharon Kraus
Email Sharon5554@aol.com
Address 107 Berkeley Place #3F
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donna Bishop <dusty_donna@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Hasnt trans fat killed enough people. .

Sincerely,

Name : Donna Bishop
Email dusty_donna@yahoo.com
Address 263 Yokum Drive
City : Roseburg
State : Oregon

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jeremy Gordon <mzdamia@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We need to stop using trans fat before more people die from its effects. .

Sincerely,

Name : Jeremy Gordon
Email mzdamia@yahoo.com
Address 263 Yokum Drive
City : Roseburg
State : Oregon

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sara Gordon <mzdamia@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Lets get trans fat out of NYC, then out of the rest of the world!! .

Sincerely,

Name : Sara Gordon
Email mzdamia@yahoo.com
Address 263 Yokum Drive
City : Roseburg
State : Oregon

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elizabeth An Heard <elizabethan68@netzero.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Many of us here in America do care what goes into our bodies and want healthier choices if we eat out. This will eventually drive down health care cost and free up state money for more useful things. .

Sincerely,

Name : Elizabeth An Heard
Email elizabethan68@netzero.com
Address 2281 S. Vaughn Way A-310
City : Aurora
State : Co

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: holly shelowitz <holly@nourishingwisdom.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:39 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

this is super important to the health of our culture. please pass this proposal, it will change the health of america. start in new york and the rest of teh world will follow. .

Sincerely,

Name : holly shelowitz
Email holly@nourishingwisdom.com
Address 408 williams lake road
City : kingston
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nancy Cruz <cruz@gnat.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Nancy Cruz
Email cruz@gnat.com
Address 114 Garfield Pl. #1L
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ellen Carroll <Southamptonellen@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Ellen Carroll
Email Southamptonellen@aol.com
Address P.O. Box 2820
City : Southampton
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Bell <sjoannabell@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 3:40 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

this will be such a wonderful addition to the current health code. no, i am not from NYC, but this is something i truly believe in. this will save thousands of lives. .

Sincerely,

Name : Stephanie Bell
Email sjoannabell@earthlink.net
Address 920 county road 1117
City : cullman
State : al

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sarah Harper <sarahharper@verizon.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 9:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sarah Harper
Email sarahharper@verizon.net
Address 304 President Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marjorie Gayley <msgjkg88@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 5:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Marjorie Gayley
Email msgjkg88@sbcglobal.net
Address 290 Oscaleta Road
City : Ridgefield
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elizabeth Geras <geraski@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 5:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

My hometown is on Long Island and I have frequently visited the city all my life. My mother works in NYC, my aunt and grandmother along with many friends live there. Please, PLEASE consider the public health when you decide on this bill. Please take care of NYC residents and visitors! .

Sincerely,

Name : Elizabeth Geras
Email geraski@hotmail.com
Address 1066 Route 213
City : High Falls
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Marcia Baker <sneakerz55@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 5:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

At home I make every effort to avoid trans fats and other unhealthy ingredients, and I notice the difference in how I feel when I travel and have to eat out. I applaud and support NYC's initiative in taking steps to enable consumers to patronize restaurants that help us eat more healthful food. .

Sincerely,

Name : Marcia Baker
Email sneakerz55@yahoo.com
Address 605 Fox Briar Drive
City : Greensboro
State : NC

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jim Browne <jpbrowne@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 4:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jim Browne
Email jpbrowne@earthlink.net
Address 484 7th Street #2
City : brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Janet Finney <finallyfit@tds.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 3:54 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I would be in support of any and all restaurants in the U S and Worldwide taking trans fats from all food products. .

Sincerely,

Name : Janet Finney
Email finallyfit@tds.net
Address 15401 Goodes Bridge Rd
City : Amelia
State : Virginia

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: James Hoge <jhoge@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 3:42 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

how can a product be called 0 trans when it is partially hydrogenated? shouldn't it read low trans? .

Sincerely,

Name : James Hoge
Email jhoge@optonline.net
Address 35 East Drive
City : Garden City
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cathy C Wagner <ccwagner@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 3:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

.Get rid of these killers now!!!!

Sincerely,

Name : Cathy C Wagner
Email ccwagner@optonline.net
Address 20 Bay Avenue
City : East Quogue
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Andrea Brekke, RD " <abrekke@cabrininy.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 3:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Andrea Brekke, RD
Email abrekke@cabrininy.org
Address 120 West 73rd St
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Natalie Palmer <npalmfree2bme@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 3:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's about time action was taken to stop the poisoning of our food!!! .

Sincerely,

Name : Natalie Palmer
Email npalmfree2bme@yahoo.com
Address 1705 Mill Pond Dr
City : South Windsor
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Nancy Baynes <nbaynes@msn.comMA>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 1:10 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please save our children. .

Sincerely,

Name : Nancy Baynes
Email nbaynes@msn.comMA
Address 51 Chase Rd.
City : E Sandwich
State : Ma

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mara Lamanna <mara@marawellness.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 3:12 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Ms. Bryant, I appreciate your commitment with respect to our nation's health and longevity. I trust that you will act accordingly with your commitment!!! .

Sincerely,

Name : Mara Lamanna
Email mara@marawellness.com
Address 100 Locust St.
City : Merchantville
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sonia Sequeira <sonia.ufhc@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 2:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sonia Sequeira
Email sonia.ufhc@gmail.com
Address 7 w 24th street
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Antoinette Pizzola <tcallie69@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 2:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Antoinette Pizzola
Email tcallie69@hotmail.com
Address 1201 Lexington Avenue #1A
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lauren Nasoff <lnasoff@parkerinstitute.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 1:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a Registered Dietitian I think this a great movement. Partially hydrogenated foods are worthless to society. .

Sincerely,

Name : Lauren Nasoff
Email lnasoff@parkerinstitute.org
Address 271-11 76th avenue
City : new hyde park
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jeanne Greco <jeannegreco@nyc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 1:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The hidden ingredients should be healthy ones. .

Sincerely,

Name : Jeanne Greco
Email jeannegreco@nyc.rr.com
Address 59 Crosby St
City : NY
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debbie Rogers <debbie79ny@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Debbie Rogers
Email debbie79ny@hotmail.com
Address 210 Courthouse Road
City : Franklin Sqyare
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: regina sikorski <sikorski11004@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

goog luck .

Sincerely,

Name : regina sikorski
Email sikorski11004@aol.com
Address 70-10 261 street
City : glen oaks
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Jean K. Delisle " <jeandelisle@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jean K. Delisle
Email jeandelisle@optonline.net
Address 13 Walnut Avenue
City : East Quogue
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Laura M. Roth " <Lauroth1@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Laura M. Roth
Email Lauroth1@aol.com
Address 11 Parkway
City : Larchmont
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carol Galanty Jones <galanty@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is time to stop putting these poisons into the mouths of our children! Please make it a law not to include trans fats in our food. .

Sincerely,

Name : Carol Galanty Jones
Email galanty@optonline.net
Address 10 Weesuck Avenue
City : East Quogue
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: jayne tsuchiyama <cessnavespa@cs.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 1:07 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : jayne tsuchiyama
Email cessnavespa@cs.com
Address po box 1487
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Julie Lacko <jlacko14@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 12:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I attended school in NYC from 2005-2006. I think that a trans fat free city is an incredible idea and amazing contribution to NYC health. .

Sincerely,

Name : Julie Lacko
Email jlacko14@yahoo.com
Address 718 N 17th Street Apt 206
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Donna Tinnerello <Dtinerello@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a Registered Dietitian living and working in NYC we owe the public the opportunity to make an informed decision at the point of purchase. .

Sincerely,

Name : Donna Tinnerello
Email Dtinerello@aol.com
Address 954 Second Avenue
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Yuwadee Tantipech <yuwadeenyc1@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 11:34 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Passing this bill will put NYC in the forefront of longterm healthcare for its citizens. .

Sincerely,

Name : Yuwadee Tantipech
Email yuwadeenyc1@aol.com
Address 486 PRESIDENT ST
City : BROOKLYN
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: sheila brown <sheilatree@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:46 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : sheila brown
Email sheilatree@earthlink.net
Address 924 west end Ave.
City : nyc
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: sonya cahill <scahill;@optonline.net;>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:23 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let's practice preventive medicine for future generations .

Sincerely,

Name : sonya cahill
Email scahill;@optonline.net
Address 2 babbit bridge rd
City : mahwah
State : n.j.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: lindsey behrends <linds2919@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 9:50 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

nyc should be the leader in a national health movement. .

Sincerely,

Name : lindsey behrends
Email linds2919@hotmail.com
Address 557 broadway #31D
City : Port Ewen
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lorraine Gore <lagore@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 10:15 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lorraine Gore
Email lagore@optonline.net
Address 185 Wood Street
City : Mahopac
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: " Frank L.Troutt Jr " <ftroutt@taiginc.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 9:58 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If you are truly concerned with making NYC & the rest of America, Make this a first step by supporting the said proposals. Stop the killing of our citizens with hidden fats in our food. Thank you. .

Sincerely,

Name : Frank L.Troutt Jr
Email ftroutt@taiginc.org
Address 8602 Ditman Street
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Adam Guren <adam@guren.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 9:30 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Adam Guren
Email adam@guren.org
Address 232 North 12th Street, #3
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: nicholle <nichollerd@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/26/2006 9:27 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : nicholle
Email nichollerd@hotmail.com
Address 214 Prospect Place
City : Brooklyn
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: arousiak <arousiak@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <jorgeluisalza@gmail.com>
Date: 10/27/2006 10:37 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : arousiak
Email arousiak@hotmail.com
Address 119-20 union tpke
City : kew gardens
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Barbara Usack <Barbara@Usack.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 6:58 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

In this day and age, it is imperative that we have a choice to eat healthy. Let's hope we can tackle added sugars and sweeteners next. American's health is in crisis, and we need to feed our bodies what they need. It would be nice to be able to do this outside the home... Thank you.

Sincerely,

Name : Barbara Usack
Email Barbara@Usack.net
Address 7 South Fork Dr.
City : Jackson
State : NJ

Resolution Comments - Attention: Rena Bryant

From: "Susan Allport" <susan.allport@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 11:53 AM
Subject: Attention: Rena Bryant

Attention: Rena Bryant
Secretary of the Board of Health
Re: Comments on the Proposal to Ban Trans Fats in NYC Restaurants
From: Susan Allport
author of *The Queen of Fats: Why Omega-3s were Removed from the Western Diet and What We can do to Replace Them* . University of California Press (September, 2006)

Careful, New York, or you could be stepping out of the frying pan and into the fire.

In all the talk about the proposed ban of trans fats in restaurants, you never hear about an important, chemical truth, one that connects the trans fat story to the omega-3 story and makes sense of both.

Partial hydrogenation, the process that turns liquid vegetable oils into solid and more stable fats, not only creates trans fats but also eliminates the omega-3s in these oils, turning them into omega-6s, as well as trans fats. Omega-3s are the heart-healthy fats that most people associate with fish, but they originate in the green leaves of plants and are found in the tissues of animals, including fish, that eat green leaves. They are also found, to varying degrees, in the seeds of plants where they present a problem for food manufacturers because they're more easily oxidized than other fats and cause foods to go rancid over time. Omega-6s are a second family of essential fats (i.e., fats we cannot make ourselves and require in our diet) that are abundant in the seeds and grains of plants, and in animals that eat seeds and grains. They are much less susceptible to oxidation and have been increasing in the American diet with our increasing reliance on vegetable (seed) oils.

So the question is – and it is a question on which the health of New York, and the rest of the country, turns: is it the presence of trans fats that is causing our health problems or the absence of omega-3s and the presence of large amounts of omega-6s? Only very well controlled epidemiological and experimental studies can distinguish between these two alternatives. But the answer is critical to how we should move ahead with dietary recommendations.

Evidence for the direct effects of trans fats is weak, many readers will be surprised to learn. Trans fats raise LDL cholesterol, it is true, but serum cholesterol is only a surrogate marker for risk of heart disease. It does not, in and of itself, cause the disease.

Evidence for direct, and differing, effects of omega-3s and omega-6s, on the other hand, has been steadily accumulating, beginning with the findings, in the 1970s, that important cell messengers called prostaglandins are much less inflammatory and much less likely to cause blood clotting when they are made from omega-3s than from omega-6s. More recently, we've learned that omega-3s are found in highest concentrations in the membranes of those tissues with the highest metabolic rate: eyes, brains, and hearts and that adequate amounts of the longest omega-3, DHA, in heart muscle cells prevent those cells from developing abnormal rhythms or arrhythmia, one of the two causes, along with clotting or thrombosis, of cardiac death.

Both families of polyunsaturated fatty acids are absolutely essential for health, mind you. But they're not one big happy family, as we're used to thinking of them. They are two competing families – competing for enzymes and positions in cell membranes -- that affect cells in very different ways. Animals use these differences to build their different tissues -- not every cell needs to send signals as quickly as a nerve cell; the ability for blood to clot is just as important as its ability to flow -- and to prepare for the changing seasons, as it turns out, for times of hunkering down and survival, when the fats of seeds are abundant, and times of activity and reproduction, when the fats of leaves are widespread. This seems obvious in retrospect -- the shifting availability of these fats is a marker of the changing seasons, as good if not better than temperature, rainfall, and daylight, but it was only discovered after biologists began to distinguish between the two families and control for them in their experiments -- something that most researchers – and New York City's Board of Health -- are still failing to do.

So go ahead and ban trans fats, New York. They can't be doing us any good, though their principal effect, may well be, that they represent a loss of omega-3s and an even greater number of omega-6s in a food supply already swamped with seeds and seed oils and a population already prone to heart disease and obesity. But be careful with what restaurants use instead. If it is fats with an even higher omega-6 content, New York will be in even hotter water – or oil -- and the ratio of omega-6s to omega-3s, as high as 25:1 in some Americans, will continue to rise.

Please let me know if you'd like to receive a copy of my book or would like to see a powerpoint presentation that spells out and clarifies these important issues.

--

Susan Allport Howell
333 Hook Rd.
Katonah, NY 10536

914-232-8687

<http://www.ucpress.edu/books/pages/10264.html>
www.susanallport.com

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Kate O'Keefe " <katewholehealth@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 11:07 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kate O'Keefe
Email katewholehealth@aol.com
Address 16 Highland Road
City : Cold Spring
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Elisabeth DeWispelaere <identifyelisabeth@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 10:15 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Elisabeth DeWispelaere
Email identifyelisabeth@yahoo.com
Address 3 west center st apt 3
City : new paltz
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Maura Manzo <maura1015@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 9:52 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Maura Manzo
Email maura1015@yahoo.com
Address 23 E Butler Ave
City : Ambler
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: LIZ SMITH <CMCBath@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 9:30 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I have eliminated trans fat from my diet ...but that forces me to eat at home . Get trans fats out of our food . It will bring health conscious eaters into restaurants; at the same time helping to save America's health. Trans fats are a reflection of America's greed ...using cheap ingredients at a high price- our lives.

Sincerely,

Name : LIZ SMITH
Email CMCBath@aol.com
Address 3731 broadview rd.
City : richfield
State : ohio

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dana Alpert <dana.alpert@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 8:46 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Make NYC the leader in the fight against obesity .

Sincerely,

Name : Dana Alpert
Email dana.alpert@gmail.com
Address 232 North 12th Street
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jenn Breckenridge <jenn@transfatfreenyc.org>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 11:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I have devoted the last three weeks to this initiative. Food must be natural. I support pure ingredients fresh from healthy soil. Please help all New Yorkers enjoy our daily bread, free of hydrogenated oil. I think the NYC Dept. of Health is doing an incredible job of educating the public on this issue. Thanks. .

Sincerely,

Name : Jenn Breckenridge
Email jenn@transfatfreenyc.org
Address 636 Eleventh Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Wendy Kirchofer <wekirchofer@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 7:04 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Wendy Kirchofer
Email wekirchofer@yahoo.com
Address 20 Brick Kiln Rd
City : Harwinton
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Toth <jenny_toth@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 11:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

LET'S HELP EVERYONE'S HEALTH AND GET RID OF TRANS FAT IN NYC! .

Sincerely,

Name : Jennifer Toth
Email jenny_toth@hotmail.com
Address 453 7th ave 4A
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Lucecita M. Castillo " <cecita4@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 10:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This IS NOT about consumer freedom...that's spin designed to appeal to our history as a country and as a city. DO NOT be fooled. Supporters want to make strides toward better health for all citizens. .

Sincerely,

Name : Lucecita M. Castillo
Email cecita4@yahoo.com
Address 114 South Elliott Place
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: jamie strano <fpdoor@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 7:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : jamie strano
Email fpdoor@aol.com
Address 16 happy acres dr
City : shirley
State : ny

From: Kelly Brownell <kelly.brownell@yale.edu>
To: <resolutioncomments@health.nyc.gov>
Date: Sat, Oct 28, 2006 6:09 PM
Subject: submitting comments

I would like to submit the attached document in response to the call for comments about the proposed ban on trans fats in restaurants and required calorie labeling.

Thank you.

Kelly Brownell

--

Kelly D. Brownell, Ph.D.
Professor of Psychology, Epidemiology and Public Health
Director, Rudd Center for Food Policy and Obesity
Yale University

Yale University – Rudd Center
309 Edwards Street – Box 208369
New Haven, CT 06520-8369
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San Francisco Chronicle

Choose to remove trans fats

By Kelly D. Brownell and Walter C. Willett

When New York City's health commissioner, Dr. Thomas Frieden, recently proposed banning trans fats in restaurants and requiring many to post calories on menus, there was cause for celebration.

New York joins New Jersey, Chicago, Los Angeles and communities nationwide that are considering trans fat restrictions. All 18 restaurants in Tiburon (Marin County) stopped using trans fats voluntarily, as have a number of restaurants in New York. The change can be made without narrowing the choice of foods or affecting cost or taste. Even Disney, long known for licensing its characters to sell high-calorie foods, announced this week that its theme parks will be trans-fat free by the end of 2007, with its licensed products following suit by 2008.

A number of states have considered requiring calories to be listed on menus.

The response from the powerful and organized restaurant lobby, led by the National Restaurant Association, has been swift and is now predictable — the “food police” are restricting liberty and freedom.

Freedom really is the issue.

Consumers must know what is in their food to have true freedom of choice. That means labeling. Imagine buying food in the supermarket from manufacturers who withhold nutritional information. Would you know whether you were feeding your family healthy meals?

Restaurants are the new family table. The restaurant industry accounts for 47.5 percent of every food dollar, up from 25 percent in 1955. On a given day, more than 40 percent of adults eat out, many with children. Diet worsens when people eat out, increasing consumption of items like fried foods. One quarter of all vegetables Americans eat are French fries.

New York proposes to ban trans fat outright — much like leaded gasoline was banned. Americans can afford to be passionate about our right to make choices because we operate under the comforting assumption that truly dangerous products will be taken off the market.

Trans fats are truly dangerous. They raise “bad” cholesterol levels, lower “good” cholester-

ol, and increase inflammatory factors that contribute to heart disease and diabetes. Global research shows that the risk of death rises with increasing trans fat intake. Trans fats are responsible for at least 30,000 annual premature deaths in the United States from coronary heart disease, according to a Harvard School of Public Health study.

In 2005, at least one-third of New York's restaurants used trans fats. Frieden asked them to change voluntarily. This was hardly a call to take fried foods off menus; alternative oils are available. Yet after a yearlong robust campaign with the city's restaurants, little changed. If restaurants watched out for their customers, government wouldn't have to.

There is a strong basis for removing trans fats and requiring calorie labeling. These actions promote what Harvard economist David Laibson calls “optimal defaults” — conditions where the most likely action supports health and well-being. Parents are required to immunize children. There is fluoride in the water. Air bags deploy automatically. We have safe drinking water. Good health is maximized by default. In contrast, unhealthy eating has become the default — understandable, considering that portions are too large, nutrition information is rarely provided, and trans fats are omnipresent.

The restaurant industry counters with exaggerated claims that it will cost restaurant owners dearly to change; allegations that mom-and-pop restaurants will suffer; the specter of frivolous lawsuits if labels are not precisely accurate; statements that freedom is usurped; and cries that restaurants just want to offer choice.

In fact, consumers need not worry. Denmark banned trans fats in 2003, and not just in restaurants. The pastries are as flaky and the fries as crispy as ever, with consumers happy and not noticing a difference.

The New York battle may land in the courts. The industry may seek federal action to pre-empt the city, and it will be no surprise if the restaurant association launches a national effort to persuade legislators to limit such jurisdiction elsewhere. It will be important for our representatives to resist industry pressure.

Freedom and sound nutrition are good partners. Who among us would not choose simple reforms that improve our children's odds of having a long and healthy future?

Kelly Brownell, Ph.D., is the director of the Rudd Center for Food Policy and Obesity at Yale University. Walter C. Willett, M.D., Ph.D., is chairman of the Department of Nutrition at the Harvard School of Public Health.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michael Blongiewicz <mike4health@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 5:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Let the public be aware of harmful ingredients in food such as trans-fat!! .

Sincerely,

Name : Michael Blongiewicz
Email mike4health@aol.com
Address 29 Allenhurst Ct.
City : Gaithersburg
State : MD

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jessica Hornstein <jessicahornstein@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 4:18 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jessica Hornstein
Email jessicahornstein@gmail.com
Address 84 Chapel Road
City : Waccabuc
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Peter Tejera <petertejera@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 3:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Since TRANSFATS are now mandatory in supermarket food labels, and many in the food industry appear to take pride in advertizing their product as Zero Trans Fat, logic follows that any use of Trans Fats should also be disclosed in restaurants, specially fast food establishments as well as public food venues within reason. For example, at outdoor public festivals if a vendor uses LARD or other Transfats to cook their products they should clearly state it, likewise if they use Mono/Poly saturated (non-Trans Fat) oils they should also clearly state it use. .

Sincerely,

Name : Peter Tejera
Email petertejera@yahoo.com
Address p.o box 833
City : Lindenhurst
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Suzanne Dokes <suzanneroxanne@aol.co>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 2:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please ban all hydrogenated oils in restaurant foods, so I can have more choices when it comes to eating out. I was lucky enough to watch my intake of such oils for 14 years now. Thanks, Suzanne .

Sincerely,

Name : Suzanne Dokes
Email suzanneroxanne@aol.co,
Address 233 W. 19th apt 11
City : NY
State : NY

Resolution Comments - Calorie Content on Menus

From: "Alice H. Lichtenstein" <alice.lichtenstein@tufts.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 1:23 PM
Subject: Calorie Content on Menus

October 28, 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, New York 10013

To Whom It May Concern:

I would like to express strong support for the pending proposal by the NYC Health Department that certain restaurants list calorie content on their menus, along with purchase price. Although only 1 in 10 restaurants in the NYC area would be affected, they likely provide considerably more than 10% of the away-from-home food purchased.

About 2/3 of adult Americans, hence the majority of the population, are either overweight or obese. Current data indicate that the trends in children are approaching this proportion. The major reason for excess body weight is over consumption of calories and to a lesser extent inadequate physical activity.

Few people can accurately estimate the number of calories in the food they eat. Currently in restaurants there is mandatory labeling of food items with price. Hence, it is clear what the economic cost is of ordering a large serving of an item relative to a medium serving or choosing between two types of foods, for example, a salad or sandwich. However, currently there is no mandatory labeling of food items with caloric content. Hence, it is not clear what the caloric difference is between ordering a medium or large portion, or a salad or sandwich. For the former example it is intuitive, a medium portion has fewer calories than a large portion, but how many fewer? The price differential can be 15% and the caloric differential 55%. For the later example, it is not intuitive, there is no way of knowing whether the salad or sandwich has fewer calories and at times it is counter intuitive due to the individual components and amounts of each component in the menu items.

For this reason introducing mandatory listing of calories, at the point of purchase, along with price, would allow New Yorkers to make more informed and accurate decisions about not only how much money they will spend on their order but how many calories they will be purchasing. It is hoped that providing this information will allow them to better regulate their caloric intake to achieve and maintain a healthy body weight. Although mandatory labeling of restaurant foods with caloric content is not expected to 'solve' the obesity epidemic in the U.S. it will at least provide one additional tool to move in that direction.

Respectively submitted,

Alice H. Lichtenstien, D.Sc.
Gershoff Professor of Nutrition Science and Policy
Friedman School
Tufts University, Boston, MA

--

Alice H. Lichtenstein, D.Sc.

Gershoff Professor of Nutrition Science and Policy
Gerald J. and Dorothy R. Friedman School of Nutrition
Science and Policy at Tufts University

Director and Senior Scientist, Cardiovascular Nutrition Laboratory
JM USDA Human Nutrition Research Center on Aging at
Tufts University

711 Washington Street
Boston, MA 02111

phone: 617/556-3127
FAX: 617/556-3103
e-mail: Alice.Lichtenstein@Tufts.edu

Confidentiality Notice: The information contained in this e-mail and any attachments

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melissa DeTroy <woowoo564@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 12:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Its about time we are begining to realize how unhealthy the food industry in America really is and how uninformed our country is about eating the right foods in order to live a long, happy life. If you dont take this epidemic seriously and try to change the American diet than you must realize that we are more or less depriving people of a chance to live. But I suppose the problem seems insignificant when the amount of money that is being made off of this chemically altered product pumps in a \"significant\" amount into the blood thirsty economy. .

Sincerely,

Name : Melissa DeTroy
Email woowoo564@aol.com
Address 17 Walnut Ave
City : Norwalk
State : Ct

Resolution Comments - Comments: 10/30 Article 81 Amendment Public Hearing

From: "Amy J. Schwartz" <ajschwartz@nyc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/28/2006 12:03 PM
Subject: Comments: 10/30 Article 81 Amendment Public Hearing

To Whom it May Concern
Board of Health

Please see the attached comments from the Public Health Association of New York City (PHANYC) regarding the proposed amendment of Article of the NYC Health Code to add Section 81.08, to be discussed during the NYC Department of Health and Mental Hygiene Public Hearing on October 30, 2006.

I will be delivering these comments and will distribute copies for the Public Hearing.

Please contact me should you have any questions or comments, please contact me at (212) 722-1063 or at ajschwartz@nyc.rr.com or info@phanyc.org.

Thank you.

Amy J. Schwartz, MPA
Executive Director
Public Health Association of New York City (PHANYC)
1710 First Avenue, Suite 282
New York, NY 10128
212-722-1063
ajschwartz@nyc.rr.com personal
info@phanyc.org
www.phanyc.org



PUBLIC HEALTH ASSOCIATION OF NEW YORK CITY
1710 First Avenue • Suite 282 • New York, New York 10128
tel: 212-722-1063 • fax: 212-722-0726 • email: info@phanyc.org • www.phanyc.org

**PHANYC Statement for the NYC Department of Health and Mental Hygiene
Public Hearing on Proposed amendment of Article 81 of NYC Health Code to add §81.50
October 31, 2006**

Good morning. My name is Amy J. Schwartz, and I am the Executive Director of the Public Health Association of New York City, an affiliate of the American Public Health Association, the national organization of public health professionals.

The Public Health Association of New York City, the largest and oldest independent public health organization in the city, writes in support of recently proposed amendments to Article 81 of the Health Code to (1) require restaurants to list the calorie content on menus and (2) to require restaurants to phase out *trans* fat. We support these amendments because they will help New York City to reduce the single largest cause of death, cardiovascular disease, and the fastest growing major cause of death, diabetes. These proposals will also add one more tool to New York City's efforts to reduce obesity and to reduce the unacceptably high disparities in health between better off and poor New Yorkers and between whites, on the one hand, and African-Americans and Latinos on the other.

The proposal for restaurants to list calorie content of food is a modest but important step in making New Yorkers aware of the high calorie content of many restaurant foods. By enabling New Yorkers to make more informed choices, the City can lend a helping hand to the many New Yorkers who want to lose weight. The proposal will affect only about one in ten restaurants but since these establishments are chains with high volume business and serve high proportions of low-income people, this targeting has a strong public health rationale.

The proposal to phase out artificial *trans* fat will also help to reduce cardiovascular disease and diabetes and will protect New Yorkers from a substance that has no known nutritional value. Moreover, numerous research studies over the last 12 years have shown that *trans* fats contribute to tens of thousands of premature deaths. The failure of the New York City food industry to voluntarily label or remove dangerous *trans* fats despite this evidence makes public health regulation a logical next step.

Critics of the proposed regulations, primarily food lobbyists and their supporters, raise two spurious arguments that we urge the Board of Health to reject. First, they suggest that the proposed *trans* fat regulation will restrict New Yorkers' freedom of choice. But no New Yorker has ever ordered a portion of *trans* fat. These products were added to the food supply not to benefit consumers but to enhance food industry profits. After these regulations are in effect, New Yorkers will continue to enjoy every food now available, but without the worry that an unnecessary and hidden ingredient is harming their health.

Second, some critics say that since other products and practices contribute to obesity, cardiovascular disease and diabetes, why pick on *trans* fats or require caloric labeling? In our view, this is like arguing that since seat belts don't prevent all car crashes, we should abandon their use. Unfortunately, no single intervention can reverse these epidemics. Rather, an accumulation of individual, community and policy steps will be needed to stem these conditions. Labeling the caloric content and phasing our *trans* fats in restaurants are two modest, low cost and effective steps for improving health. These steps will save lives, educate New Yorkers about the ongoing need to pay attention to their diet and contribute to a climate where further steps can be taken to save more lives.

We endorse the passage of these two amendments with enthusiasm.

END

For more information on this testimony or the Public Health Association of New York City, please contact Amy J. Schwartz, PHANYC Executive Director at (212) 722-1063 or info@phanyc.org , or Nichoas Freudenberg, Distinguished Professor of Public Health, Hunter College and PHANYC President at nfreuden@hunter.cuny. Please see "Nutrition and Physical Activity in New York City: Defining a Common Policy Agenda. Public Health Association of New York City," for additional information on nutrition and physical activity at <http://www.phanyc.org/files/Nutrition%20Report%207-24.3.pdf>. Visit www.phanyc.org .

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Claudine Janvier <reinejanvier@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 12:26 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Claudine Janvier
Email reinejanvier@yahoo.com
Address 114-41 220 st
City : Cambria Heights
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Amy K Giustino <akgnaturally@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 11:54 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

NYC has my respect for standing up to save the lives of the people who live and work in the City. I think it is a very educated, wise and caring movement on the part of the City Officials. How many people have to be negatively affected by trans fats before someone puts an end to this madness? While it is the responsibility of the consumer to educate themselves and make educated choices; many ignorant people cannot help but buy foods that they like, trusting that it will not (or should not) kill them if they are taken in moderation. This is not the case with regard to trans fats; they are dangerous in any amount and should not be allowed to be sold to our children or anyone else for that matter.

Sincerely,

Name : Amy K Giustino
Email akgnaturally@gmail.com
Address 1317 Central Avenue
City : Aberdeen
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Seie Brigham <seiebrigham@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 10:37 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I commend you for reviewing this petition. If we all enter into full disclosure of the things we ingest, we will all progress forward with our health. Thank you, Seie Brigham Natrual Therapist. .

Sincerely,

Name : Seie Brigham
Email seiebrigham@hotmail.com
Address 2526 Camino San Patricio
City : Sant Fe
State : New Mexico

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Shasta Weitz <shastaweitz@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 10:11 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Shasta Weitz
Email shastaweitz@yahoo.com
Address 17 Folkstone Drive
City : East Hampton
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: DANIELLE LEE <danielle68@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 9:08 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : DANIELLE LEE
Email danielle68@aol.com
Address 788 Columbus Ave
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Anthony Jack <ajacksr@mchsi.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/29/2006 11:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Anthony Jack
Email ajacksr@mchsi.com
Address 5158 State St.
City : Kelseyville
State : CA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Winson Cheong <winsonc923@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/29/2006 11:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Trans fat must be ban if a we want a better future in America. Too many disease are caused by obesity and trans fat makes it worse. In such a democratic society, there'll always be people against banning trans fat. I believe those people are ignorant of the crisis it's causing. Do what you believe in and ban trans fat! .

Sincerely,

Name : Winson Cheong
Email winsonc923@hotmail.com
Address 2019 59st
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Tania Rodriguez <taniarod1972@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/29/2006 11:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Stop the OBESITY!!!! .

Sincerely,

Name : Tania Rodriguez
Email taniarod1972@yahoo.com
Address 1333 Bergen Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melissa Capie <mlsa1112@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/29/2006 10:47 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Melissa Capie
Email mlsa1112@aol.com
Address 222 E. 34th Street
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Meredith Hoag <bmerryvip@earthlink.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/29/2006 10:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Meredith Hoag
Email bmerryvip@earthlink.net
Address P.O. Box 350
City : Storrs
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Megan Conner <rakumeg@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/29/2006 10:33 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Megan Conner
Email rakumeg@yahoo.com
Address Lancaster Ave
City : Syracuse
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: daisy reynoso <lunapai4@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/29/2006 10:30 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

please keep us informed .the choices should be ours. .

Sincerely,

Name : daisy reynoso
Email lunapai4@hotmail.com
Address 4500 grand ave
City : north bergen
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ali M Shapiro <alishapiro@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 10:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a frequent visitor to NYC and concerned citizen, please help get America back on the path to health and vote to ban trans fats in NYC. .

Sincerely,

Name : Ali M Shapiro
Email alishapiro@yahoo.com
Address 1137 Pine Street
City : Philadelphia
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "mrs.rivera " <123stop@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 10:00 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am writing on behalf to request that restaurants and vendors STOP using hidden artificial trans-fats in ALL restaurants including fast food chains where our children like to eat: McDonalds, Wendy's, Burger King, Taco Bell, and Kentucky Fried Chicken establishments. This is causing serious health issues affecting the lives of many adults, young adults and young children. It is also escalating unnecessary medical health costs. Clinical studies confirm the unnecessary deaths caused by Trans Fat. I respectfully submit this petition to restrict Trans Fat from all restaurants immediately. Sincerely, A Concerned Parent .

Sincerely,

Name : mrs.rivera
Email 123stop@yahoo.com
Address 345 east 101st
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: john jacobowitz <jjaco2003@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 1:56 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

well, i recently heard it was accomplished some where in europe, so i hope we can start to reduce and get ride of this dangerous substance in the usa .

Sincerely,

Name : john jacobowitz
Email jjaco2003@yahoo.com
Address pobox 164
City : rockville
State : maryland

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kim Small <kims@workman.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 9:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Kim Small
Email kims@workman.com
Address 708 Broadway
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa Maurer <lmaurer17@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 9:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lisa Maurer
Email lmaurer17@hotmail.com
Address 1857 Gormley Avenue
City : Merrick
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Susan Yeoman <energygirl65@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 8:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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It is the social responsibility of our leaders to protect the health of the public, let's start here. .

Sincerely,

Name : Susan Yeoman
Email energygirl65@hotmail.com
Address 1723 Alexis Road
City : Merrick
State : New York

Resolution Comments - Hooray !!

From: "Claire McWilliams-Sarganis" <c.sarganis@cox.net>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: 10/29/2006 8:54 PM
Subject: Hooray !!

I am not a NYC resident, but I applaud your attempts to rid our world of trans fats!! Keep up the fight and don't let anyone or anything dissuade you. Back in the 1980's when I lived in Texas, Austin was one of the first cities to ban public smoking and look at the rest of the country now!! Thank you for having the guts to forge a new path!!

Yet another reason I love NY!!!

Claire Sarganis
Rhode Island
reply to: c.sarganis@cox.net

"Be kinder than necessary, for everyone you meet is fighting some kind of battle."

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Pat Scalia <pscalia42@optonline.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 8:53 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Pat Scalia
Email pscalia42@optonline.net
Address 7 Richlee Ct Apt 4S
City : mineola
State : ny

From: "Paul D. Kligfield" <pkligfi@med.cornell.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Sun, Oct 29, 2006 8:28 PM
Subject: TransFat and Calorie Hearings Statement

Hi,

With reference to October 30 hearings by the NYCDOHMH, the attached statement is on behalf of The New York State Chapter of The American College of Cardiology and The New York Cardiological Society. I will appear to present the statement at the hearings.

Thank you.

Paul Kligfield, MD, FACC
President, The New York State Chapter of The American College of Cardiology

CC: SONIA ANGELL <SANGELL@HEALTH.NYC.GOV>, Nancy Weiner
<nweiner@nycms.org>, <Harry.odabashian@primecarepc.com>

Good Day,

I am Paul Kligfield, MD, and I speak today as the President of the New York State Chapter of the American College of Cardiology and as President-Elect of our educational affiliate, The New York Cardiological Society. I represent most clinical and academic cardiologists in New York City and New York State.

At a meeting of our State Council on October 14, 2006, the New York State Chapter of the American College of Cardiology endorsed the initiatives of the New York City Department of Health and Mental Hygiene regarding the phasing out of artificial trans fat and the listing of calorie content on menus in New York City. We applaud the leadership demonstrated by the Department in ensuring the health of New Yorkers.

It is established that atherosclerotic heart disease is the leading cause of death among New Yorkers. It is also established that trans-fatty acids increase the risk for morbidity and mortality of atherosclerotic disease by elevating levels of “bad cholesterol” (low density lipoproteins) and by reducing levels of “good cholesterol” (high density lipoproteins). Therefore, the continued use of partially hydrogenated vegetable oils (PHVOs), or trans-fat oils, in foods served in restaurants constitutes a risk to the health of New Yorkers. Most of the trans-fat in our diets is found in industrially-produced PHVOs used in frying, baking, and in processed foods. We note the particular dependence of working New Yorkers on commercial available food products during daily life. Experience in other settings suggests that PHVOs can be replaced with heart healthier alternatives without significant effects on taste or cost of preparation. It is therefore in the best health interests of all New Yorkers that the Department of Health amendment of Article 81 of the Health Code be adopted to restrict our food service establishments from using trans-fat products.

For similar reasons, we also endorse the labeling of calorie content of foods on menus, to help limit the impact of diabetes and obesity on the mortality and morbidity of New Yorkers by providing informed food choices in restaurants. We believe it is in the best health interests of all New Yorkers that the Department of Health amendment of article 81 of the Health Code be adopted to list caloric content of foods.

With regards to both amendments, we recognize the importance of food service industry commitment to change in the best interests of the population of New York. We look forward to solution of problems that might impede implementation of these resolutions, and we will be happy to assist the Department, the food industry, and our citizens in any way that will facilitate better health for all New Yorkers.

Thank you.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joyce Buonfiglio <jbuonfiglio@frontiernet.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 8:17 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please set the pace for the rest of the country! .

Sincerely,

Name : Joyce Buonfiglio
Email jbuonfiglio@frontiernet.net
Address 19m Hillside Terrace
City : Monroe
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: debra duchin <d duchin@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 8:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : debra duchin
Email d duchin@hotmail.com
Address 363 east 76th street
City : ny
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Bruni Whitcomb <bruni68@snet.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 8:09 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We definitely have the right to know, or to be informed on what is in our food. .

Sincerely,

Name : Bruni Whitcomb
Email bruni68@snet.net
Address 3 Glezen Street
City : Norwich
State : Ct

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cerina Savino <csavino81@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 8:07 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This act will be an eye opener to those who are not conscious of what they are putting in their bodies, and it forces the restaurant industry to be more aware of what they are doing to their customers. How do we get other states involved? .

Sincerely,

Name : Cerina Savino
Email csavino81@aol.com
Address 98 First Ave
City : West Haven
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Michelle Wenis <mwenis@greenwomanyc.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 1:09 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Michelle Wenis
Email mwenis@greenwomanyc.com
Address 91 South King St
City : Danbury
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Denise Turiano <deniseturiano@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 7:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

People are paying good money for the food they're eating and should have the right to know what's being used to cook it... I think that you yourself would want to know whether or not the food you are eating is loaded with a substance that is known to cause all types of illnesses. I admire you for being brave enough and listening to the people and doing your part in this nationwide movement toward better health for Americans...thank you.

Sincerely,

Name : Denise Turiano
Email deniseturiano@hotmail.com
Address 37 Ferber Lane 1
City : Hewitt
State : nj

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cerina Savino <csavino81@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 7:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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Sincerely,

Name : Cerina Savino
Email csavino81@aol.com
Address 98 First
City : West Haven
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: melina papadopoulos <melina.papadopoulos@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 7:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : melina papadopoulos
Email melina.papadopoulos@gmail.com
Address 14801 Botany way
City : Gaithersburg
State : md

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Juli-Ann Waddell " <mudgemolly@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 7:44 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Juli-Ann Waddell
Email mudgemolly@aol.com
Address 349 S. Park Ave.
City : Dothan
State : AL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Josie M. Coyoc " <omamori17@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 7:17 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Josie M. Coyoc
Email omamori17@gmail.com
Address 57 Anderson Ave.
City : Englewood Cliffs,
State : Nj.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Andrea Torrente <torrenteandrea@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 7:15 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

We need to work together to take responsibility for our health and well being. Banning trans fats will improve the health of many adults and children. It's time we stop thinking about money and profits and start thinking about the health of others. .

Sincerely,

Name : Andrea Torrente
Email torrenteandrea@aol.com
Address 2118 neck rd. Apt.1
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: shirley <shirleyt@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 6:35 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : shirley
Email shirleyt@gmail.com
Address 726 eighth ave #3
City : new york
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kyra saulnier <kyrasaulnier@earthlink.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 5:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : kyra saulnier
Email kyrasaulnier@earthlink.net
Address 417 Grand Street
City : new york city
State : ny

From: <monica@grandaisybakery.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Sun, Oct 29, 2006 5:58 PM
Subject: Comment on proposal to phase out artificial trans fat

Dear Ms. Bryant,

Please accept the attached document as my comment in support of the proposal to phase out artificial trans fats.

It was a pleasure and an honor to meet the people in your office and the distinguished group present at the press conference announcing this proposal.

I wish your office success with this proposal and am happy to participate in any way that you may find helpful.

Sincerely,

Monica Von Thun Calderón
Grandaisy Bakery
73 Sullivan St.
New York, NY 10012
(212) 334-9435

Life in New York is easier with a freshly baked loaf bread in hand.

To Whom It May Concern:

The purpose of this letter is to declare my support for the two Health department initiatives aimed at eliminating artificial trans fat in all New York City restaurants. As someone who is passionate about food, as a business owner and as a mother I feel that it is the right and responsible course of action.

For twelve years I was the co-owner of the Sullivan St. Bakery, and early this year I took sole ownership of the original Sullivan St. location, renaming it Grandaisy Bakery after my grandmother. Having my bakery take the name of my grandmother seemed a natural fit because it was her philosophy that inspires the food we produce. She instilled in me the notion of producing seasonal, healthy, delicious products in a simple fashion. The use of artificial trans fat goes against this principle since trans fats in manufacturing are used to unnaturally extend the shelf life of foods. The reality is that meals prepared with artificial trans fats just do not have the same taste as fresh perishable products and therefore we have never used artificial trans fats in any of our products.

As a business owner I am faced with a barrage of options of what products to purchase and use in my store. In an ideal world we would always use ecological, social and environmental responsible products but all too often these are too expensive and therefore unfeasible options. The elimination of artificial trans fats, however, is a simple and minimally intrusive change that a restaurant owner can make and whose impact in the real life world of healthcare and well being of their customers would be immediate and lasting.

The introduction of trans fats into the American diet is relatively recent and part of our food history and a reflection of post war II food trends emphasizing mass production and long-term food preservation. We have since learned better. Current food trends that emphasize production in small batches with locally grown, organic when possible, produce. At Grandaisy bakery we are proud to be a part of this trend. With simple yet good ingredients we make healthy and affordable food for our families, our customers, and ourselves. It makes sense that trans fats become a thing of the past.

For these reasons, I fully endorse the Health Department's initiatives to remove artificial trans fats from New York City restaurants.

Sincerely,

Monica Von Thun Calderón
Grandaisy Bakery
73 Sullivan St.
New York, NY 10012
(212) 334-9435

monica@grandaisybakery.com

Small batches, local produce, organic when possible.

Keep it simple with few ingredients.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sandra Robson <ravenoodledra@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 5:38 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sandra Robson
Email ravenoodledra@yahoo.com
Address 61 Paradise Rd.
City : Ipswich
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Claudine Janvier <reinejanvier@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 12:26 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Food should heal not kill. .

Sincerely,

Name : Claudine Janvier
Email reinejanvier@yahoo.com
Address 114-41 220 st
City : Cambria Heights
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sandra Robson <ravenoodledra@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 5:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Sandra Robson
Email ravenoodledra@yahoo.com
Address 61 Paradise Rd.
City : Ipswich
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa <llong@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 5:16 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Lisa
Email llong@hotmail.com
Address 130 Lenox Avenue, #303
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Simkins <sssimkins@kc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 4:34 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Stephanie Simkins
Email sssimkins@kc.rr.com
Address 12748 Reeder
City : Overland Park
State : Kansas

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: ashley <ashley_milligan@redlands.edu>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 4:26 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : ashley
Email ashley_milligan@redlands.edu
Address 8190 e ridgewood dr
City : tucson
State : az

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Shanna Greenberg <shanna.greenberg@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 3:21 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Shanna Greenberg
Email shanna.greenberg@gmail.com
Address 1857 merikoke avenue south
City : wantagh
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Stephanie Conrad <smodel17@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 2:59 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Stephanie Conrad
Email smodel17@yahoo.com
Address 306 w. 51st #5c
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Morales <morales.jennifer@gmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 1:56 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jennifer Morales
Email morales.jennifer@gmail.com
Address 123-03 25 Road
City : Flushing
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Brian Brigham <pinonfastprint@hotmail.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 1:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

When I eat out in NYC I'd like to feel trans fat free. Please take the national lead.

Sincerely,

Name : Brian Brigham
Email pinonfastprint@hotmail.com
Address 1107 B Pen Road
City : Santa Fe
State : NM

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: warren freyer <warren@freyerarchitects.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 1:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Get rid of the trans fats. They're killing millions of people.

Sincerely,

Name : warren freyer
Email warren@freyerarchitects.com
Address 37 East 18th Street
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Bonilla <Jennbo11@aol.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/29/2006 1:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jennifer Bonilla
Email Jennbo11@aol.com
Address 304 W. 117th St. 5M
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dore Scholl <doremscholl@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 12:12 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am a mother of a 2 1/2 year old child and am saddened and disgusted by the general lack of concern for the future generations regarding health and nutrition. The future of America is in our hands at this very moment and we are not setting up this future in the right way by filling them up with junk and trans fats. Keep our children healthy and happy! They deserve it. By starting in NYC the ban of trans fats could be spread worldwide. We all deserve choices in food, nutrition and our health. .

Sincerely,

Name : Dore Scholl
Email doremscholl@yahoo.com
Address 65 beebe st
City : naugatuck
State : ct

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: ludy schuverer <lschuverer67@yahoo.com.mx>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/30/2006 11:50 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : ludy schuverer
Email lschuverer67@yahoo.com.mx
Address 21 west 86 street, apt 1503
City : new york
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lori Saporito <Lsaporito@aol.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/30/2006 10:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

What a light you would be on this very important health care issue! .

Sincerely,

Name : Lori Saporito
Email Lsaporito@aol.com
Address 41 Hart Avenue
City : Hopewell
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Dr. Karlene ChinQuee " <idealbalance@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:27 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a Medical Doctor, I am thankful that we are finally moving in this direction to secure the health of Americans by removing trans fat from our foods. Trans fats is one of the leading contributors to heart disease, and heart disease is the nations\'s leading killer for both men and women among all racial and ethnic groups. Its about time! .

Sincerely,

Name : Dr. Karlene ChinQuee
Email idealbalance@aol.com
Address 880 Fifth Avenue
City : New York
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Monica Roca <mjenniroca@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/30/2006 9:52 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I absolutely support and would appreciate the ban of trans fatty acids. This is a harmful man made unnatural chemical developed in 1920's for foods to have long shelf life for the interest of profit not considering the health of the consumers. I personally everyday for 5 years now make an effort to avoid trans fat, however, " I know I probably still consume a small percentage a year of trans fat when I dine out to restaurants." My point is even I who makes efforts to avoid trans fat knowing the history of it and the damaging effects it has on human health, it's still in my life. Everywhere I look in food products it's there, and I see the people I love eating foods containing it hurts me and they just don't know or understand how bad it is because of false advertisement on most foods. Please ban it because it's a artificial saturation of refined oil treated at high temperatures with hydrogen gas that should never be allowed in a human body. To me it's considered the deadly secret in foods of today 2006. .

Sincerely,

Name : Monica Roca
Email mjenniroca@sbcglobal.net
Address 21622 Marguerite Pkwy 594
City : Mission Viejo
State : Ca

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Gina <geemg2@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 9:46 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Gina
Email geemg2@aol.com
Address 14 Fiesta Drive
City : Centereach
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Roni Goldberg <Ronirub@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 9:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Roni Goldberg
Email Ronirub@hotmail.com
Address po box 1555
City : gypsum
State : Co

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Kelly Dynan <kellydynan@earthlink.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 9:37 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Like second hand smoke we should not be subject to more health risks that we can't control. Let's take control again and be a leader in choosing a longer healthier life. No more trans fat!!! .

Sincerely,

Name : Kelly Dynan
Email kellydynan@earthlink.net
Address 120 E 89th St Apt 4F
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jennifer Moiles <jmoiles@charter.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:55 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please make it an urgent priority to pass this legislation! The health and wellness of our country depends on it. Passing this legislation in NYC could save thousands, even hundreds of thousands of lives in the long run - because the rest of the U.S. will follow your bold, well-informed lead. The health of our children depends on it. Thank you for your courage, and your immediate, urgent attention to this life-threatening issue!!!

Sincerely,

Name : Jennifer Moiles
Email jmoiles@charter.net
Address 21 Brownell Street
City : Worcester
State : MA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sharon Coyne <balancedyogi@optonline.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a student of of Institute of Intergrative Nutrition and a concerned consumer not only for myself but all persons I would like to see this ban passed. .

Sincerely,

Name : Sharon Coyne
Email balancedyogi@optonline.net
Address 69 Ledge Lane
City : Stamford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: William Hendry <whendry@oracleadvisors.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 6:30 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : William Hendry
Email whendry@oracleadvisors.com
Address 3922 Longhorn Drive
City : Sarasota
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Angela Molinini <amolnini@msn.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 6:04 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Angela Molinini
Email amolnini@msn.com
Address 177 Revere Avenue
City : Throgs Neck
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Dina Brown <anid240@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 5:43 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please give the people of NYC an opportunity to decide what goes in their bodies and allow them the opportunity to make wise food choices. If NYC takes the steps to make this fundamental right of consumers possible, this will catch on nationwide.

Sincerely,

Name : Dina Brown
Email anid240@aol.com
Address 240 Eagle Rock Ave
City : West ORange
State : NJ

From: "Wendy Holmes" <Wendy.Holmes@ama-assn.org>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 5:37 PM
Subject: AMA Letter on Artificial Trans Fats Proposed Regulations

File has been removed due to potential virus. If you have any questions, please contact your system administrator.

The above letter is attached.

Wendy S. Holmes
Staff Assistant
Advocacy Resource Center
(312) 464-4739
(312) 464-4961 - FAX

CC: "Michaela Sternstein" <Michaela.Sternstein@ama-assn.org>, "Stephen Havas" <Stephen.Havas@ama-assn.org>, "Carrie Armour" <Carrie.Armour@ama-assn.org>, <rabrums@mssny.org>



Michael D. Maves, MD, MBA, Executive Vice President, CEO

October 30, 2006

Ms. Rena Bryant
Secretary to the New York City Board of Health
125 Worth Street CN-31
New York, New York 10013

Dear Ms. Bryant:

On behalf of the American Medical Association's (AMA) physician and resident members, we applaud the efforts of New York City's Department of Health and Mental Hygiene to phase out artificial trans fats in all restaurants and to require calorie labeling in some restaurants.

As the obesity epidemic sweeps our nation, it is crucial that Americans begin to make healthier food choices. Obesity has become a major threat to public health today. It is causing problems in children that were unthinkable twenty years ago. Americans are eating about one-third of their calories outside the home, which is problematic because people tend to eat less healthy when they dine on restaurant foods. They consume more calories and saturated fat, fewer nutrients and less fiber. It is no surprise that restaurant foods are an important contributor to rising rates of obesity, heart disease and stroke.

Phasing out artificial trans fats in all restaurants is an innovative strategy to reduce New Yorkers' exposure to these harmful fats. The science on the dangers of trans fats is very clear. It raises cholesterol levels more than saturated fat. Many thousands of Americans die from heart disease due to excess trans fat consumption. In fact, the United States Food and Drug Administration (FDA) now requires labeling of trans fats in processed foods because of their negative effects on health. Any measure to limit exposure to trans fats will have a positive impact on the public's health.

In addition, the AMA supports requiring restaurants that have items common to multiple locations to provide standard nutrition labels for all applicable items, available for public viewing. By increasing consumers' awareness of what they eat, it is our hope that consumers will be more likely to think twice about eating unhealthy foods.

These proposed regulations are laudable. We wish New York City success in its efforts to improve the health of all of those who dine in New York City.

Sincerely,

A handwritten signature in black ink that reads "Mike Maves". The signature is written in a cursive, flowing style.

Michael D. Maves, MD, MBA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Eva Bergsto <meowmonkey@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:15 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Eva Bergsto
Email meowmonkey@yahoo.com
Address 317 east 52nd street
City : new york
State : ny

From: "Henry, Craig" <chenry@fpa-food.org>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 5:05 PM
Subject: Comments on NYC Trans Fat Proposal

Ms. Bryant,

Attached are our comments from the Food Products Assn on the NYC Trans Fat proposal..

Please acknowledge receipt.

Regards,

Craig

Craig Henry Ph.D.

Senior Vice President

and Chief Operating Officer,

Scientific and Regulatory Affairs,

Food Products Association

1350 I St. NW Suite 300

Washington DC 20005

202-639-5983 - office

202-639-5991 - fax

202-320-1395 - cell

chenry@fpa-food.org



Via Electronic Mail: resolutioncomments@health.nyc.gov

October 30, 2006

Rena Bryant
Secretary to the Board of Health
New York City Department of Health and Mental Hygiene
125 Worth Street CN-31
New York, NY 10013

RE: Public Hearing; Amendment to New York City Health Code; New Section 81.08, "Foods containing artificial trans fat"

Dear Ms. Bryant:

The Grocery Manufacturers Association and Food Products Association (GMA/FPA) submit comments for consideration in conjunction with the New York City Department of Health and Mental Hygiene's public hearing on the proposal to amend the New York City Health Code with a new section 81.08, titled, "Foods containing artificial trans fat."

The Grocery Manufacturers Association represents the world's leading branded food, beverage and consumer products companies. Since 1908, GMA has been an advocate for its members on public policy issues and has championed initiatives to increase industry wide productivity and growth. GMA member companies employ more than 2.5 million workers in all 50 states and account for more than \$680 billion in global annual sales.

The Food Products Association is the largest trade association serving the food and beverage industry in the United States and worldwide. FPA's laboratory centers, scientists and professional staff provide technical and regulatory assistance to member companies and represent the food industry on scientific and public policy issues involving food safety, food security, nutrition, consumer affairs and international trade.

The food industry takes concerns about dietary fat seriously, particularly with regard to trans and saturated fat. Because of industry efforts to address the presence of trans fat through product reformulation and development of suitable alternatives, trans fat in the food supply is decreasing from previous

levels. However, there is no “quick fix” and experience has shown that there are no overnight solutions that satisfy consumers, policymakers, and industry. It is unrealistic to think that a solution to a complex problem can be accomplished under the local ordinance proposed by New York City. The solution lies in broad collaboration to promote balanced nutrition, physical activity, and healthy lifestyles; not a strident and restrictive approach.

To improve diet and health, and reduce cardiovascular disease, attention is required on dietary intake of both saturated and trans fat, as well as physical activity and improvement in other lifestyle factors. Removal of trans fat in restaurant foods by “July 1, 2007, with respect to cooking oils, shortening, and margarines containing artificial trans fat, and on July 1, 2008, with respect to all other foods containing artificial trans fat,” as proposed by New York City, will lead to substantial unintended consequences: potential for substantial increase in saturated fat, a key risk factor for cardiovascular disease; and significantly reduce food choices due to no available options.

The *2005 Dietary Guidelines for Americans* and other health authorities advise the public to focus on reducing overall intake of both saturated and trans fats as part of a nutritionally adequate diet and healthy lifestyle. This requires that all stakeholders—farmers, ingredient suppliers, food manufacturers, government officials, health professionals, and food advocates—work together to educate the public about dietary fats (including trans fats). At the same time, there is a need to continue to develop products with modified fat profiles, and increase the supply and availability of healthful fats and oils with potentially reduced or no trans fat. In addition, this must be combined with general public education about healthy diet, physical activity, and lifestyle. If restaurants or food companies are compelled to eliminate trans fat before acceptable alternatives are developed, it would be a major step back for public health and an enormous disservice to consumers.

Research conducted in 2003 by the International Food Information Council found that overemphasizing a particular type of fat, such as trans fat, led consumers to disregard other components of the nutrition label such as saturated fat, cholesterol, and total fat content. This means we must look at the total amount of fat and the total amount of saturated plus trans fat in the product, and not focus exclusively on trans fat content. The goal should be that dietary intake should reduce trans fat with no increase in the total of saturated plus prior trans fat level; preferably intake should reflect a decrease in the combination of saturated fat plus trans fat. This goal should apply to as many product categories as technologically feasible.

The food industry, working in tandem with the agriculture sector and fats and oil industry, has made considerable research and development (R&D)

investment toward finding alternative ingredients that can yield a reduction or no net change from prior saturated fat plus trans fat content. These R&D efforts seek to merge the health benefits of alternative ingredients with necessary functional characteristics such as taste, texture, structure, and shelf stability. Equally important is evaluation of product performance differences between existing and reformulated products, or functionality of ingredients for recipe use applications in the food service setting, as well as taste, appearance, stability, or other qualities.

The collaboration between agriculture and food manufacturing has led to significant reductions of trans fat in food products over the past several years. However, the pace of future reformulations depends in large part upon the commercial availability of alternative fats and oils as well as the time needed to make and test product reformulations. Planting, harvesting, and processing new crops for fats and oils will take several years to meet the production demand of the entire food and restaurant industries. Finding appropriate substitute ingredients to replace those that contain trans fat presents significant technological challenges as well. Change requires time, dedication, and patience.

At present, there are limited quantities of suitable vegetable oil based low trans, low saturated fat replacers for trans containing fats. In some cases, restaurant proprietors may find that trans fats may be more easily replaced with fats higher in saturated fat (e.g., butter or other saturated fat alternatives) that have been shown to raise serum cholesterol levels as high as or higher than trans fats. Therefore, we call upon New York City public health officials to adopt approaches that foster the development of healthier products over time through voluntary and collaborative efforts that will ultimately improve overall diet and health, and not by focusing on only one element of a food's nutrition profile.

There is no evidence that the New York City Department of Health and Mental Hygiene proposal will result in reduced prevalence of cardiovascular disease or reduced incidence of heart attacks. A more effective strategy will be for coordinated efforts among local government, restaurants, food manufacturers and suppliers, to work together to both educate the public and modify food service items. More time should be allowed for education of restaurant operators, introduction of new product preparation processes, and alternative frying and baking fats and oils that provide equivalent taste and performance. Moreover, hasty choices will not lead to the desired nutrition and health outcomes. Only with attention to diet, food choices, physical activity, and healthy lifestyles will heart disease risk be reduced in New York City.

GMA/FPA urges the New York City Department of Health and Mental Hygiene to return to voluntary and collaborative efforts that allow sufficient time for transition to new products and food preparation processes. Progress should be evaluated periodically, and education of the public and restaurant owners and personnel is required at every step along the way. The food industry must be an integral participant in these efforts.

Thank you for the opportunity to comment on this important issue.

Sincerely,



Mary Sophos
Senior Vice President,
Chief Government Affairs Officer
Grocery Manufacturers Association



Craig Henry, Ph.D.
Senior Vice President,
Chief Science Officer
Food Products Association

From: L Beth Dixon <beth.dixon@nyu.edu>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 4:33 PM
Subject: letter with more signatures Fwd: NYU Support for CalorieLabeling Amendment

Dear Secretary Bryant,

Please use this version with more signatures for our NYU support letter.

Thank you,
Beth

L Beth Dixon, PhD, MPH
Associate Professor and Director,
Public Health Nutrition
Dept of Nutrition, Food Studies, and Public Health
New York University
35 W. 4th Street, 10th Floor
New York, NY 10012
Phone: (212) 998-5584
Fax: (212) 995-4194
E-mail: beth.dixon@nyu.edu
www.nyu.edu/education/nutrition/



NEW YORK
UNIVERSITY

THE STEINHARDT
SCHOOL OF EDUCATION

Department of Nutrition, Food Studies, and Public Health
35 West 4th Street, 10th Floor
New York, NY 10012-1172
Telephone: 212.998.5580
Fax: 212.995.4194
Email: nutrition@nyu.edu
www.nyu.edu/education/nutrition

October 30, 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, NY 10013

Re: Support for Calorie Labeling Amendment

Dear Secretary Bryant,

Faculty members in the Nutrition and Dietetics Program in the Department of Nutrition, Food Studies, and Public Health in the Steinhardt School of Education at New York University strongly support the proposal to require posting of calorie content of standard menu items on menus and menu boards in New York City restaurants that already provide calorie and other nutrition information.

Obesity is likely to be the most pressing public health nutrition problem in the U.S. in the 21st century. In 2004, the Institute of Medicine identified the prevention of childhood obesity as a national priority. Several prominent researchers, including Dr. Marion Nestle from our Department, stress the contribution of excess calories as the most important factor for obesity. Increasingly, meals are being consumed away from home, or eaten as take-out in urban environments like New York City. Recent research highlights the contribution that beverages in particular make to excess calories. Consumers need to know, and have the right to know, how many calories these foods and beverages provide. We believe prominent display of calories for each item is critical for New Yorkers to clearly understand how many calories they will consume when they make a purchase.

Although we recognize this amendment would only affect 10% of New York food service establishments that already provide calorie and nutrition information, the majority of these food service establishments serve fast foods that are very high in calories. Research studies show consumption of fast foods to be directly associated with obesity. Although we hope future proposals will increase the percentage of New York food service establishments that need to provide calorie and nutrition information, we believe this amendment is a step in the right direction for the prevention of obesity.

Sincerely,

L. Beth Dixon, PhD, MPH

Lisa Sasson, MS, RD

Kristie Lancaster, PhD, RD

Domingo Pinero, PhD

Frederick Tripp, MS, RD

Laura L. Hayman, PhD, RN

Sharron Dalton, PhD, RD

Judith Gilbride, PhD, RD

Nutrition and Dietetics Program

Department of Nutrition, Food Studies and Public Health

The Steinhardt School of Education

New York University

www.nyu.edu/education/nutrition

From: Robert Sawyer <rwordplay@earthlink.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 30, 2006 4:21 PM
Subject: Ill-advised

We oppose this bid to restrict the use by restaurant and other food services companies of products artificial trans fat.

It is in my opinion a slight gesture that will accomplish little, except, perhaps, to lower the risk of heart disease. Unless, of course, the City next decides to regulate portion control and compel physical activity. This desire to reduce is symptomatic of a pathology for control. What's more, the trend, as the Department acknowledges, is toward healthier foods, so why not let the market push what right about this initiative forward, and avoid the sanctimony and self righteousness on the part of the City Agency.

There are more serious health issues that I wish the Department of Health to fix in its sights, for example, providing better access to quality health care, or compelling insurance companies doing business in New York City to pay for preventative procedures and care.

The City is not entirely composed of children and opportunists, there are countless media outlets that provide all, but the illiterate, with solid and actionable information about the relative merits of this or that fat or fat substitute. Advocate all you want<throw good money after bad, but stop trying to regulate peoples' behavior and choice.

Thank you,

Robert Sawyer
Charlotte Barnard

A truly insipid notion. More waste, more meaningless information all of which is predicated on the contempt you hold for the people of this City.

If Obesity is your concern, why not be bold and limit the hours people can television, or sit before their computers? Why not mandate an hour-paid walk, for every lost soul who spends their day in an airless office towers? Or be really bold and imaginative and don't allow fat parents to have children. Obesity could be genetic or it could be environmental. All I know is that fat parents have fat kids.

Also, if you're going to cite surveys, please also include the methodology, including the actual questions asked. If you fail to do this you're merely spreading misinformation. For example, I can create a survey that shows that 90% of New Yorkers would like to abolish the Department of Health. Stop treating us like children.

In closing we ask you to focus on education, not regulation. Focus on big substantive issues like access to quality health care. Here's an idea, subsidize membership in well-maintained and staffed gyms for lower-income New Yorkers.

Let's try to be more imaginative than creating lists of calories.

Thank you,

Robert Sawyer
Charlotte Barnard

From: "Riendeau, Brian" <Brian.Riendeau@yum.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 30, 2006 4:15 PM
Subject: Comments for today's hearing

At the request of Commissioner Frieden, KFC is submitting the following documents for the record of today's hearing on trans fatty acids. Please call me if you have any questions.

Brian Riendeau
Vice President
Government & Community Affairs
Yum! Brands
502-874-8434

<<What the Experts are Saying FINAL.doc>> <<Zero Trans Menu List_10-27.xls>> <<KFC White Paper 10-27-06 FNL.doc>> <<Media QA for Press Kit 10-27-06.doc>> <<Trans Fat release 10-27-06 FINAL.doc>> <<nyc health dept letter.doc>>

This communication is confidential and may be legally privileged. If you are not the intended recipient, (i) please do not read or disclose to others, (ii) please notify the sender by reply mail, and (iii) please delete this communication from your system. Failure to follow this process may be unlawful. Thank you for your cooperation.

CC: <wright@boltonstjohns.com>



What the Experts Are Saying

"I congratulate KFC on their decision to switch to a zero trans fat cooking oil. Trans fat has been shown to increase the risk for heart disease. The good news is that people can reduce their risk for heart disease through food choices and physical activity. I'm pleased that KFC is making significant changes to help Americans make healthier choices, and I encourage other companies to follow their lead." -- **Richard H. Carmona, M.D., M.P.H., FACS, the 17th Surgeon General of the United States.**

"On the 2005 Dietary Guidelines Advisory Committee for Americans, we reviewed the evidence for the relationship between fat consumption and health, our recommendations were to keep saturated fat intake below 10 percent of calories and trans fat intake below 1 percent of calories for greater cardiovascular benefit. For those who consume fried foods, the commitment of KFC to use oil with reduced saturated fat and zero grams trans fat is an important step toward improving the health of consumers." -- **Connie Weaver, Ph.D., department head and professor of foods and nutrition at Purdue University.**

"The American Heart Association believes that trans fat contributes to heart disease risk and recommends that Americans reduce trans fat in their diets. That's why we're pleased to know that KFC is making the switch to zero trans fat, giving Americans even more choice for great tasting food with zero trans fat. We hope other restaurant and food companies follow this important lead." -- **Robert Eckel, President, American Heart Association**



Zero Trans Fat Menu Items

KFC Conversion to Zero Trans Fat Cooking Oil

(After

	Serving Size (gms)	Trans Fat (g)	Revised Trans Fat (g)
--	--------------------	---------------	-----------------------

	Serving Size (gms)	Trans Fat (g)	Revised Trans Fat (g)
--	--------------------	---------------	-----------------------

Salads & More

Roasted Caesar Salad without Dressing & Croutons	301	0	0
Crispy Caesar Salad without Dressing & Croutons	315	3.5	0
Caesar Side Salad without Dressing & Croutons	76	0	0
Roasted BLT Salad without Dressing	347	0	0
Crispy BLT Salad without Dressing	360	3	0
House Side Salad without Dressing	83	0	0
Hidden Valley® The Original Ranch® Dressing (1)	57	0	0
Hidden Valley® The Original Ranch® Fat Free Dressing (1)	43	0	0
Hidden Valley® Golden Italian Light Dressing (1)	43	0	0
KFC® Creamy Parmesan Caesar Dressing (1)	57	0	0
KFC® Parmesan Garlic Croutons Pouch (1)	14	0	0

Sandwiches

KFC® Snacker	119	1.5	0
KFC® Snacker, Buffalo	118	1.5	0
KFC® Snacker, Fish	120	1	0
Honey BBQ KFC® Snacker	101	0	0
Honey BBQ Sandwich	147	0	0
Double Crunch Sandwich	213	3	0
Crispy Twister®	252	4	0
Oven Roasted Twister®	269	0	0
Tender Roast® Sandwich	236	0	0
Tender Roast® Sandwich without Sauce	217	0	0

Chicken

OR Chicken- Whole Wing	47	1	0
OR Chicken- Breast	161	2.5	0
OR Chicken-Breast without skin or breading	108	0	0
OR Chicken- Drumstick	59	1	0
OR Chicken- Thigh	126	1.5	0
EC Chicken- Whole Wing	52	2	0
EC Chicken- Breast	162	4.5	0
EC Chicken- Drumstick	60	1.5	0
EC Chicken- Thigh	114	3	0

Strips

Crispy Strips (3)	151	4.5	0
Crispy Strips (2)	102	3	0

Popcorn Chicken

Popcorn Chicken-Kids	85	3.5	0
Popcorn Chicken-Individual	114	4.5	0

Wings

HBBQ Wings (6)	157	4.5	0
Boneless HBBQ Wings (6)	213	4.5	0
Fiery Buffalo Wings (6)	171	3.5	0
Boneless Fiery Buffalo Wings (6)	211	4.5	0
Sweet & Spicy Wings (6)	158	3.5	0
Boneless Sweet & Spicy Wings (6)	203	4.5	0
Hot Wings™ (6)	134	4	0

Sides (Individual)

Green Beans	96	0	0
Seasoned Rice	99	0	0
Mashed Potatoes without Gravy	108	0	0
Mashed Potatoes with Gravy	151	0.5	0.5
Macaroni and Cheese	136	1	1
Corn on the Cob (5.5")	162	0	0
Baked Beans	136	0	0
Potato Salad	128	0	0
Cole Slaw	130	0	0
Baked! Cheetos®	25	0	0

Beverages

Tropicana® Fruit Punch	7 fl. oz.	0	0
Pepsi® (Small)	11 fl. oz.	0	0
Pepsi® (Medium)	14 fl. oz.	0	0
Pepsi® (Large)	22 fl. oz.	0	0
Diet Pepsi® (Small)	11 fl. oz.	0	0
Diet Pepsi® (Medium)	14 fl. oz.	0	0
Diet Pepsi® (Large)	22 fl. oz.	0	0
Mt. Dew® (Small)	11 fl. oz.	0	0
Mt. Dew® (Medium)	14 fl. oz.	0	0
Mt. Dew® (Large)	22 fl. oz.	0	0

Trans fat amounts calculated in accordance with FDA rules.

Nearly all KFC menu items will contain zero grams of trans fat. However, there are a few remaining products which will contain trans fat and KFC is committed to continuing to improve the nutritional quality of these items. These include Chicken Pot Pie, Biscuits, Macaroni and Cheese, Mashed Potatoes *with* gravy, the Ultimate Cheese Snacker, Famous Bowls and a few desserts. Trans Fat occurs naturally in dairy products, creating a challenge for those items containing natural cheese.



KFC BACKGROUNDER

October 2006

The Transition to Zero Grams Trans Fat Cooking Oil at KFC

Introduction

Since 1957, KFC has been committed to delivering consistent and quality food to all of its customers. KFC continually strives to innovate and adapt new technologies that can be used throughout all of its restaurants in the United States. As health concerns about trans fat in food grew over the past several years, KFC began the search for an alternative cooking oil that would substantially reduce the amount of trans fat in KFC's fried chicken. KFC wanted to offer its customers more choices in their efforts to reduce trans fat intake while continuing to enjoy delicious food.

In October 2006, following a two year review of alternative oils, KFC initiated a nationwide transition to zero trans fat cooking oil to reduce the amount of trans fat content in all of its fried food, including its signature Original Recipe and Extra Crispy chicken, and over 65 other menu items. This enormous change is the result of a dedicated effort among every level of the organization, and is a direct result of KFC's commitment to offer its customers what they want – in this case, the same delicious KFC fried chicken taste but with zero grams of trans fat.

What is Trans Fat?

Trans fatty acids are a type of unsaturated fat that occurs naturally in some meat and dairy products. Most of the trans fat consumed today, however, is produced through a process called "partial hydrogenation" of plant oils and animal fats. Recent studies have demonstrated that trans fat raises bad cholesterol (LDLs) and may lower good cholesterol (HDLs), which may increase the risk of coronary heart disease.

The process to artificially create trans fats was developed in the early 1900s and commercialized shortly thereafter. The use of ingredients containing trans fats increased steadily throughout the 1900s because of the functional benefits, availability and the view that they were thought to be healthier than saturated fats. For example, margarine became a popular replacement for butter during the World Wars as butter became scarce and more expensive. The benefits of hydrogenating plant-based food for manufacturers include an increased shelf life and decreased refrigeration requirements. Trans fats have displaced natural solid fats and liquid oils in many areas, including throughout the quick serve restaurant industry, as it appeared to be a beneficial alternative to the use of saturated fats.

The Changing Environment for Trans Fat

Governments worldwide have taken notice of the trans fat concerns, and consumers have begun making efforts to reduce their trans fat intake through their food choices. For KFC, the logistics of implementing a zero-trans oil have required a substantial commitment of resources and time to identify an oil that will provide the same great taste that KFC customers demand. Through a commitment to finding the “zero trans solution for its cooking oil,” KFC embarked on a two-year journey to identify and switch over to an oil that contained zero trans fat in all of its restaurants.

The Road to Zero Trans: A Two-Year Journey

The overarching goal in finding a new oil was to identify a product that was zero-trans fat and preserved the consistently great taste that KFC customers have come to expect. KFC worked with a number of companies that were offering zero-trans oil products to evaluate and extensively test options in an effort to find an oil product that met the goal. These included products made from traditional soybean based oil, as well as canola and corn based products.

The search proved to be a big challenge, and one by one, each oil failed on critical measures – standing up to use and preserving great taste. The effort involved a wide array of KFC personnel, including oil experts, nutritionists, research and development teams, public relations and top-level management. All were involved during the search, research, and testing phases.

Eventually, a new breed of soy bean was developed that delivered on its promise. The new soy bean, called Vistive™, was developed by the Monsanto Corporation, which had been working for some time towards developing low-linolenic soybeans that produce zero trans oils. Vistive™ soybeans contain less than 3% linolenic acid, compared to 8% for traditional soybeans, resulting in a more stable soybean oil with a better flavor profile and less need for hydrogenation. Because soybeans with less linolenic acid reduce or eliminate the need for partial hydrogenation, trans fats in processed soybean oil can be reduced or eliminated.

Initial testing for taste and quality was conducted in the KFC kitchens. These tests also explored whether changes in preparation or ingredients would be needed to introduce the new zero trans oil to the KFC restaurants.

The next phase in testing extended to restaurants, on a limited basis, in central, high volume locations. Eight stores in New York City, Chicago and Louisville, Kentucky were chosen to be the first to use the new oil. KFC initially conducted consumer insights groups, asking customers at the stores for their reaction to the food items cooked in the zero trans oil. The response was overwhelmingly positive, and the decision to move forward with the broader implementation of the zero trans fat oil was made.

The Production Challenge

A central challenge that was identified early on in the process of moving towards a zero trans fat oil were production and supply issues. How long would it take to get enough oil to meet the needs of all 5,500 KFC restaurants on an ongoing basis? The process included identifying the seeds, farmers planting and harvesting the beans, and finally pressing the beans into oil.

Introducing new soybeans to farmers must meet the farmer’s needs for yield potential, as well as having a customer for the special soybeans. Growers of soybeans demand an optimum yield, approximately enough soybeans to produce 450 to 500 pounds of oil per acre. The U.S. consumes 28 billion pounds of oil per year, 20 billion of which is soybean based. Any reduction in yield potential will have a detrimental effect on soybean growers.

Knowing this, Monsanto was able to demonstrate that the Vistive soybean would produce a zero trans oil without any loss in yield. This was a significant milestone in achieving agricultural industry acceptance of the seeds.

The normal adoption process for the introduction of a new breed of soybean takes several years. The growing cycle is such that the grower must decide what to plant a year ahead of the next cycle. Growers view planting different brands of seeds much like an investment portfolio, which diversifies the risk. Achieving market penetration on the scale necessary for the needs of KFC was not an instantaneous process. The soybean industry, by its nature, is not set up to shift quickly. Therefore, in order to ensure a supply of the low-linolenic oil to successfully transition all 5,500 KFC restaurants, KFC worked closely with agricultural partners to make early commitments for the oil, providing the incentive for more farmers to plant the seeds.

In 2004, 100,000 acres of Vistive soybeans were planted in the U.S. It is expected that 500,000 acres will be planted in 2006 and 1.5 million acres by 2007. Only recently have sufficient supplies of low-linolenic soybeans to produce a zero trans oil come close to being adequate for this transition. Traditional farming states are now growing the low-linolenic beans, including Iowa, Minnesota, South Dakota, Nebraska and Indiana.

The processing of the low-linolenic soybean is much the same as with other specialty breeds. Careful attention must be made in the crushing and refining techniques to ensure that the product remains pure.

The Conversion Process Within a KFC Restaurant

KFC is moving the new zero trans oil into restaurants as quickly as possible by acquiring supply as it becomes available and transitioning restaurants. The shortening management process at KFC is a refined technique that preserves the flavor of the oil through ongoing filtering and polishing. As the oil is used, it is topped off and replaced by additional oil. This preserves the "seasoning" of the oil, which adds to the distinctive flavor of the products that are cooked in the oil.

The process for converting the restaurants from using low-trans oil to zero-trans is similar to changing to any other oil. No equipment change is necessary in the restaurants and oil procedures will continue to be the same as they were before the conversion. It will take several weeks from the introduction of the zero-trans oil into the shortening management process for the oil to be zero grams trans.

The Colonel's Story: KFC History

KFC has been serving great tasting chicken to the American public for over fifty years. The first KFC store in South Salt Lake, Utah has grown into a global chain that spans eighty countries and serves over one billion chicken dinners annually. Based in Louisville, Kentucky, the heart of the KFC brand remains its founder, Colonel Harland Sanders, who started the company with little money but a passion for quality food. Colonel Sanders' recipe of eleven herbs and spices remains one of the best-kept secrets in business, and is the key to the great flavor of KFC chicken. Colonel Sanders' spirit of innovation and entrepreneurship continues to guide the company and is once again reflected in KFC's decision to use a zero trans fat oil in its restaurants across the country.

Harland David Sanders was born in Henryville, Indiana and began to cook for his family when his father died and mother was forced to return to work. Until his forties, Sanders worked at various times as a farm hand, a streetcar conductor, an army private and a blacksmith's helper. Eventually, in the midst of the Great Depression, he settled in as a gas station owner in tiny Corbin, Kentucky. It was here that Harland Sanders opened his first restaurant in the front room of the gas station and served chicken for people who stopped by. It was also through this enterprise that he was eventually recognized by the Governor of Kentucky, Ruby Laffoon, for his contributions to the state's cuisine and named an honorary Kentucky Colonel. Over the next several years, Sanders continued to perfect his secret recipe and experiment with using the newly invented pressure cooker to give his customers fresh chicken faster. This method of cooking is still in use throughout KFC restaurants to this day.

Fate intervened when the Colonel was forced to sell his properties in Corbin as the newly built Interstate 75 bypassed the town. The Colonel had just received his first social security check for \$105 and after paying his debts, was virtually broke. It was at this point

that the Colonel decided to actively franchise his chicken business by traveling from town to town and cook batches of chicken for restaurant owners and employees. He entered into handshake agreements with the owners that he would receive five cents for each piece of chicken sold. Those handshake agreements quickly turned into franchises, and by 1964, six hundred KFC restaurants dotted the U. S., Canada and England. It was at this point, at the age of 74, that Colonel Sanders sold his interest in the U.S. company for \$2 million to a group of investors headed by John Y. Brown Jr., the future governor of Kentucky. He decided to stay on as a public spokesman, where he remained until his death in 1980 at the age of ninety years old.

KFC continues to thrive as a business and has crossed the threshold into America's cultural heritage. Colonel Sanders remains one of the most recognizable icons in the world, and KFC's slogans and brand have been referenced countless times on television, in movies and throughout literature. A statue of Colonel Sanders stands in the Kentucky Capitol Building as a fitting tribute to a man who brought great tasting chicken to people across the globe.



General Questions and Answers

What is the change being made by KFC?

We are pleased to announce that KFC is switching to a zero trans fat cooking oil for all of our fried products, including fried chicken and potato wedges. The great news is that KFC products will have the same delicious taste our customers love, with zero grams of trans fat.

What is the new oil? How is it different?

The new oil is a low-linolenic soybean oil which has zero trans fat. Prior to this we used a partially hydrogenated soybean oil.

What is trans fat – and why is this change significant?

Trans fat occurs naturally in some meat and dairy products but is also produced when hydrogen is added to vegetable oil, through a process called hydrogenation. Trans fat can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils. Studies have shown that trans fat may raise bad cholesterol and lower good cholesterol and therefore may increase the risk of coronary heart disease.

The 2005 Dietary Guidelines for Americans, published jointly every five years by the Department of Health and Human Services and the Department of Agriculture, recommends that individuals keep trans fatty acid consumption low as part of a healthy diet. Now our customers can enjoy our delicious fried chicken with zero grams of trans fat.

Why is KFC making this change?

At KFC, the trust and confidence of our customers is our number one priority. That's why we've been working on reducing trans fats in our products for over 2 years. When health authorities identified trans fat as being of particular concern, our customers told us that they love our chicken, but they wish we could find a way to take the trans out. After two years of research and testing, we are pleased to announce that we are switching to a zero trans fat cooking oil in all of our restaurants.

Will the taste of KFC chicken change?

The great news is that KFC products will have the same delicious taste our customers love.

Is the original recipe changing?

We're cooking with the same 11 herbs and spices in the Colonel's Original Recipe – the only thing we took out is the trans fat.

Will this change affect all KFC restaurants? When?

After two years of testing, we are converting all of our 5,500 restaurants to zero grams trans fat cooking oil, and expect to complete the roll-out by April 2007.



FOR IMMEDIATE RELEASE

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KFC Announces Switch to Zero Trans Fat Cooking Oil Following Two-Year Test for Same Great Taste
All 5,500 KFC Restaurants in U.S. Expected to be Converted by April 2007

LOUISVILLE, Ky., October 30, 2006 – KFC Corporation announced today it is converting all of its 5,500 restaurants in the United States to a zero grams trans fat cooking oil. The new oil, a low linolenic soybean oil, will replace the partially hydrogenated soybean oil in current use in KFC restaurants. The conversion, which follows over two years of extensive testing of oil options to identify the same taste profile, has already begun in many KFC restaurants and is scheduled to be completed by the end of April 2007 nationwide.

Once the transition is complete, KFC's most popular signature products, including Original Recipe and Extra Crispy chicken, will contain zero grams of trans fat. Other products that will have zero grams of trans fat are: Crispy Strips, Wings, Boneless Wings, Honey BBQ, Buffalo and Crispy Snacker Sandwiches, Popcorn Chicken, Twisters and Potato Wedges. Many KFC menu items *today* already contain zero grams of trans fat, including: all Tender Roast Products, Honey BBQ Sandwich, Honey BBQ Snacker, and many side dishes such as Green Beans, Mashed Potatoes, Corn on the Cob and Coleslaw.

“We are pleased to announce KFC is switching to a zero trans fat cooking oil for all of our fried products,” said Gregg Dedrick, President of KFC Corporation. “This conversion follows more than two years of extensive testing to identify an oil that provides all the same delicious taste as our original recipes with zero grams of trans fat. The great news is that KFC’s Original Recipe and Extra Crispy chicken, along with the majority of our menu items at KFC, will have the same delicious taste with zero grams of trans fat. This is a win-win for our customers.”

Dietary Guidelines for Americans recommend minimizing the consumption of trans fat as part of a healthy diet. As a result, the announcement by KFC was praised by leading health officials, including Richard H. Carmona, M.D., M.P.H., FACS, the 17th Surgeon General of the United States. “I congratulate KFC on their decision to switch to a zero trans fat cooking oil,” said Dr. Carmona. Trans fat has been shown to increase the risk for heart disease. The good news is that people can reduce their risk for heart disease through food choices and physical activity. I’m pleased that KFC is making significant changes to help Americans make healthier choices, and I encourage other companies to follow their lead.”

Dedrick said that today's announcement is the culmination of a two-year effort that has involved extensive research, development and testing. "We've tested a number of different oils and we're pleased we have found one that keeps our chicken finger lickin' good -- with zero grams of trans fat. Today's announcement is a breakthrough because consumers are oftentimes asked to compromise by choosing between eliminating trans fat, and better taste. We think Colonel Sanders would be proud that we have found a solution that keeps all the delicious taste of KFC's Original Recipe chicken, while making the majority of our menu zero trans fat."

About KFC

KFC Corporation (www.kfc.com), based in Louisville, Ky., is the world's most popular chicken restaurant chain specializing in Original Recipe®, Extra Crispy™ and Colonel's Crispy Strips® with home-style sides, Honey BBQ Wings, and freshly made chicken sandwiches. Complete nutrition information is available at www.kfc.com and on restaurant brochures; these will be updated with the new trans fat information once the oil conversion is complete. KFC Corporation is a subsidiary of Yum! Brands, Inc., Louisville, Ky. (NYSE: YUM.)

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October 30, 2006

Dr. Thomas R. Frieden
Commissioner
New York City Department of Health and Mental Hygiene
125 Worth Street
New York, NY 10013

Dear Commissioner Frieden:

At 9:00am today, Kentucky Fried Chicken will announce its plan to convert all 5,500 KFC restaurants in the U.S. to a zero grams trans fat cooking oil for fried chicken products by April 2007. We are also pleased to announce that use of this new oil will not increase saturated fats. Further, we are working with our suppliers to eliminate trans fats from other prepared products, mixes, etc. in as timely a manner as possible.

Today's announcement is the culmination of over two years of consumer research, scientific testing and close work with oil producers to identify a zero grams trans fat oil that meets KFC's stringent requirements for taste and quality. Once we found an oil that had the same great taste as our original recipe, we then began to secure the quantity necessary to satisfy the large volumes used in our restaurants nationwide.

The result is a win-win for our customers: zero grams of trans fat products that maintain the great Kentucky Fried Chicken taste that Americans have come to expect. The intense effort that went into our revised products, along with breakthroughs in the availability of new oils, have made today's announcement possible.

Since New York is the nation's media capital, we're especially pleased to make this announcement in New York City. In fact, our City restaurants are already being converted to the new oil and we expect the changeover here to be complete by the end of November. I know that the Department of Health has expressed an interest in encouraging restaurants to eliminate trans fats from the City's restaurant kitchens and we're happy that our company can contribute to that goal. We also want you to know that we readily provide nutritional information on our website and in our restaurants so consumers can make informed choices prior to their purchases.

Given the progress KFC is making on this front, we would welcome the opportunity to meet and discuss proposed policies, regulations and legislation with you and your staff. Our recent experiences in product reformulation and our voluntary nutritional disclosure program may be helpful to your deliberations.

Thanks for your interest. I enclose a copy of the press kit from today's announcement which includes the complete list of KFC products that will contain zero grams of trans fat. It is our hope that you will comment favorably on our developments today.

Sincerely,

Gregg Dedrick
President, KFC Corporation

From: John Franco <jjfranco@mac.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 30, 2006 4:10 PM
Subject: Calorie count on Menu

To whom it may concern:

Suddenly the health department wants to increase my costs of living. This measure, the calorie count, and the trans-fat issue are examples of intrusive government that in reality affect no one and in fact just add to the cost of living. People who are obese (by the way NYC has the lowest per capita rate of obesity in the US) aren't going to be interested in reading the calorie count on what they eat and people who aren't are already conscious of what they eat. And the science of trans-fat vs. saturated fat where does this end? Eventually do we find the NYC health department actually telling us what oils and fats we can have in our diets? How about spending the money on education and let the market determine the demand?

Allowing a bunch of doctors to determine public policy is ridiculous. I'll tell you what, why don't you spend more time washing your hands and less time worrying about what and how I eat? " A multitude of medical studies have shown that hospital personnel wash or disinfect their hands in fewer than half the instances they should. And doctors are the worst offenders, more lax than either nurses or aides." NY Times 9/24/06

For reference,
http://www.nytimes.com/2006/09/24/magazine/24wwln_freak.html?ex=1162357200&en=cb8097f305855c51&ei=5070.

Also for the record I neither own a bar or a restaurant in this or any other city. I'm merely a citizen who is getting increasingly frustrated with the oversteps all governments and their agencies are taking in our city and across the country.

Sincerely
John Franco
One Morton Sq.
PHAW
NY NY 10014

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Christie Mattina <cmattinalmt@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 3:57 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Christie Mattina
Email cmattinalmt@aol.com
Address 3 Bovie Ct
City : Holbrook
State : NY

Resolution Comments - Letter of support

From: "Jill Pakulski" <jpak@nyc.rr.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/30/2006 3:45 PM
Subject: Letter of support

October 30, 2006

To: Rena Bryant
From: Jill Pakulski, Nutrition Educator
Re: Proposed Amendment of Article 81 of the New York City Health Code
Adding §§ 81.08 - Foods containing artificial trans fat and 81.50 –
Calorie Labeling

Dear Ms. Bryant:

Consumers cannot have a Registered Dietitian in their pocket to explain all the hidden calories and heart stopping fat unknowingly found in a restaurant's offerings. By disclosing the calories and removing trans fats, we are making healthy an option. We require labels for foods consumed inside the home, but very little information available for foods away from home. The ready-to-eat industry is growing extraordinarily, with almost half of meals consumed outside the home. Shouldn't people be able to know exactly what they are eating? I am writing to express my support, as a member of the New York City Nutrition Education Network (NYCNEN), for the proposed amendment of Article 81 of the New York City Health Code (Health Code). 81.08 would require New York City (NYC) food service establishments that already provide nutritional information for standardized menu items to make calorie information available on menu boards and menus. Section 81.50 would restrict NYC food service establishments from using artificial trans fats, with the exception of foods served in the manufacturers' original sealed packages. NYCNEN supports these proposed changes which will greatly benefit the health and well-being of New Yorkers and its many visitors who consume meals prepared outside the home.

I applaud your efforts to make health a priority and look forward to hearing more ground-breaking changes to our food system.

Sincerely,

Jill Pakulski

Jill Pakulski
BS Nutrition, Penn State
RD/MS Candidate Nutrition Education Columbia University
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Jumping Jacks with Jill
Learning about healthy bodies while developing healthy bodies

www.jumpingjill.com

From: <Dick.Crawford@us.mcd.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 30, 2006 8:14 AM

Dear Ms Bryant: it is my pleasure to transmit to you my company's comments regarding the Board's pending notice of intention to require caloric labeling at certain restaurants.

McDonald's Corporation's submission, Successful Nutritional Communications, contains the insights and learnings we have gained with three decades experience in providing nutritional information to our guests. Hopefully, the Board will find it relevant their present work.

If there are questions or concerns, please do not hesitate to contact me.

(See attached file: Final.pdf)

Regards,

Dick Crawford
Corporate Vice President, Government Relations

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CC: <Jim_Heininger/nonemp/mcd/us@smtp1.mcd.atl-messaging.equant.net>, <richard.ellis@us.mcd.com>, <william.whitman@us.mcd.com>, <walt.riker@us.mcd.com>

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, NY 10013

Re: Comment Regarding Notice of Intention to Require Calorie Labeling at
Certain Restaurants

Dear Ms. Bryant:

Successful Nutrition Communications
A Position Paper by McDonald's Corporation
Presented to the New York City Department of Health and Mental Hygiene
Board of Health

McDonald's is a familiar brand that offers great tasting, quality and nutritious food and beverage choices that our customers love. Every day, customers visit a New York City McDonald's or another of our restaurants across the country to enjoy one of their long-time favorites or a tasty new nutritious offering.

McDonald's has provided nutrition information about our menu for 30 years and is always looking for ways to further enhance our longtime commitment to our customers by providing a clear, consistent approach to communicating nutrition information.

Understanding Consumer Behavior When It Comes to Nutrition Information

Interacting with visitors every day, we have a good understanding of how our customers think and act when it comes to making menu selections. As part of our commitment to menu transparency, the company also has invested significantly in original research among consumers to understand their need and desire for nutrition information, the vehicles which most successfully convey that information, and how they use that information.

Many research studies can anticipate what customers "might like" or "might do" with information or how they "might" behave. We've found that ethnographic research, observing consumer behavior in a real restaurant setting, is far more insightful and leads to better solutions. When we wanted to gain insight into how consumers want to use nutrition information in an informal eating out setting, we went to the experts. We engaged The Hartman Group, a leading ethnographic research firm which specializes in wellness related research, to gain greater insight on why consumers think what they think, and do what they do.

Industry studies show that an overwhelming majority of customers believe that nutrition information should be readily accessible in a restaurant (for example, Yankelovich "Food For Life" March 2006), but few seem to use it in their every day decision making ("Consumers May Not Use or Understand Calorie Labeling In Restaurants", Rebecca A. Krukowski, et. Al, Journal of the American Dietetic Association, June 2006), a finding confirmed by the proprietary research conducted for McDonald's by The Hartman Group.

Further, our proprietary research has also shown most Americans do not actively ask for nutritional information or nutritious food options when eating at a restaurant.

The observed limited impact and usage of nutrition information can be attributed to several barriers related to use of nutrition labels in general: ¹

- A lack of background knowledge about nutrients and their effects on the body
- A lack of suitable framework for interpreting nutritional information
- A lack of continuity in the information provided as it varies from one product to another, one item to another, one company to another and often the nutrients provided differ as well.

Our research confirms too that consumers feel that the availability of the information will not necessarily change their immediate meal choice, since eating out is a special occasion. It might however guide future meal choices, as consumers often balance their meals over time. Or, they might want the information for later use if a need arises.

Looking For Customer Identified Options

The perceived complexity of nutrition information and desired improvements in nutritious eating raised the opportunity for McDonald's to identify a more universal solution that might better engage the customer in interpreting and utilizing nutrition information. In our evaluation of all nutrition communications vehicles – brochures, posters, printed napkins, table top tents, menu boards, websites – we learned that on-package information was most preferred by customers worldwide.

Consumers indicated that they preferred simple, easy to understand nutrition information, especially if it is easy to find and well presented. However, consumers also feel there is a fine balance between enough and too much information, particularly in a restaurant setting. Ideally, consumers want information that provides the means for balancing their diet. Key nutrients should be displayed clearly to make it possible to easily evaluate the current meal choice against meals for the rest of the day or week.

In short, consumers felt that accessible and easy-to-use information on package labeling which provides a dietary context could help eliminate the guesswork from balanced eating.

On Package Labeling Initiative

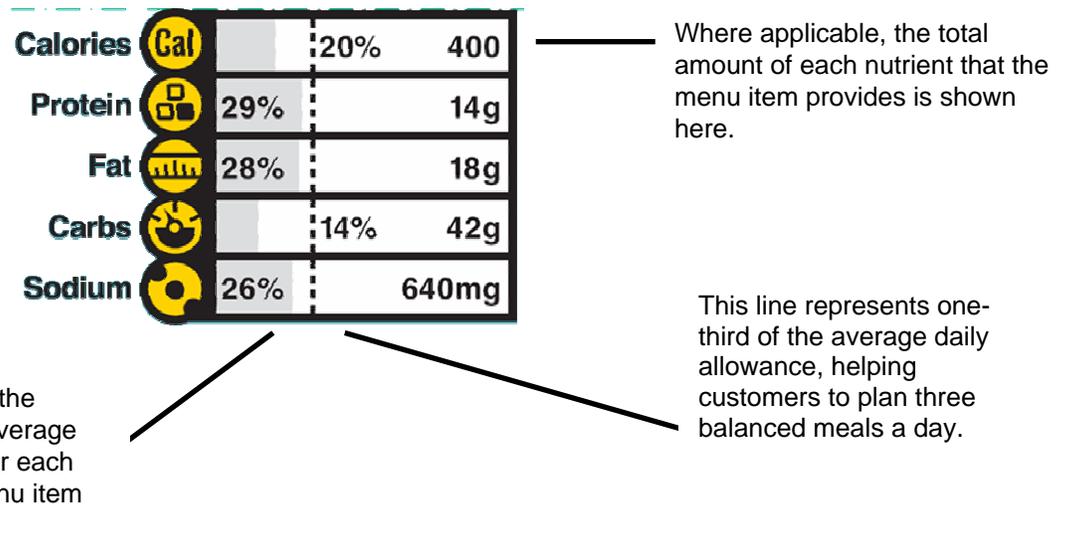
Following this research-proven direction, McDonald's embarked on an unprecedented approach to nutrition communications with the launch of its global nutrition initiative in 2005. In addition to the FDA Nutrition Facts Panel, nutrition information is displayed on the product packaging using an easy to understand icon and bar chart format. Non-language dependent icons were developed to represent the five elements experts agree

are most relevant to consumer understanding of nutrition – calories, protein, fat, carbohydrates and sodium.

¹ Source: “Nutrition Information and Food Labelling”, EUFIC Forum No. 2, February 2005

The unique bar chart system was created to convert the language of science into a more easily understood picture that shows customers how food choices apply to their recommended daily requirements. Consumer research confirmed that the bar chart was easier to understand than other formats in use around the world. Customers can now quickly view the amount of protein, fat, carbohydrates and sodium contained in the food item, as well as how these amounts compare to the average recommended daily intake. In fact, the US Department of Agriculture uses a similar format in its online education on how to interpret the Facts Panel required by the National Label and Education Act.

Percentages are based on a 2,000 calorie diet.



The views of key opinion-leaders, including input from members of the World Health Organization and the European Nutritionists Steering Group, were sought throughout the process. McDonald’s met with the Food and Drug Administration (FDA) to ensure the new nutrition information reflects their Recommended Daily Values (DV’s). The project was further endorsed by McDonald’s Global Advisory Council on Balanced Active Lifestyles, a group of independent advisors in the areas of nutrition, public health and physical activity.

McDonald’s nutrition information initiative is now being rolled out around the world. By January 2007, 18 of our menu items in the US will be served with the nutrition labeled package, with the balance of core menu item packages in place by late 2007.

This is a simple holistic approach which has gained tremendous consumer support. In our regular tracking research, 75% of customers aware of the program said they like the nutrition information on package.

This nutritional information initiative is a great example of how the industry can voluntarily devise more creative, consumer accepted successful ways to address understanding and use of nutrition information than through mandates.

Menu Board Labeling Doesn't Appeal To Customers

The Hartman Group's ethnographic research also addressed the effectiveness of menu board labeling, confirming that consumers do not want to see nutrition information on menu boards, either in the store or in the drive through lanes. The specific feedback among customers in regards to menu board labeling demonstrates several key points:

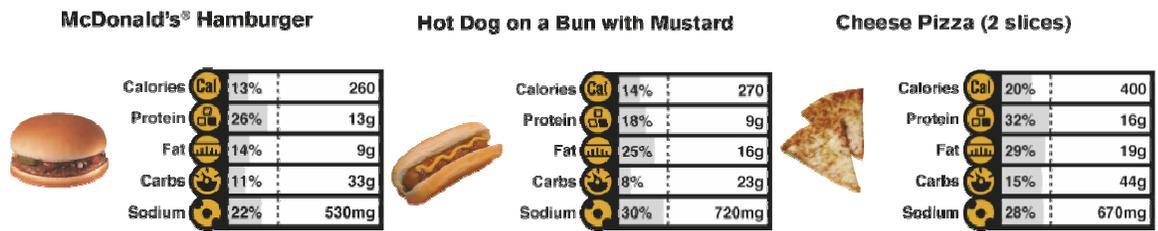
- Customers say that the boards would be hard to read which makes them uncomfortable in the lines and drive up windows. The added information tends to clutter the menus, slowing down the customer decision process.
- Consumers want an effortless dining experience when they visit a restaurant. We know from long experience that customers expect quick service and will not tolerate waits.
- Customers do want choice and enjoy learning about those choices, but they do not prefer to agonize, ponder or learn while standing in line and/or being asked for their order. Instead they prefer to learn about choices from a multiplicity of sources depending upon the amount of details they need and they tend to learn nutrition information over time.
- Most importantly, a sufficient number of consumers noted that they either would ignore or resent the presence of the calorie information on the menu board, or would be confused by it, to be a cause for concern. For example, a representative verbatim comment from one customer participating in the research shared: "Although this option puts the information right out there for everyone to see, it makes the menu board look too cluttered to me. I think a lot of people will be turned off by it initially and may not take the time to understand what all those new numbers mean." For this reason, proposed menu board labeling may cause consumers to tune out the information or to even resent that the calorie listings are posted, thereby alienating the dining-out public -- just the opposite effect the New York City Department of Health hopes to achieve.

MENU	Calorie	Price
HAMBURGER	280 Cal	.89
CHEESEBURGER	330 Cal	.99
FISH FILET	470 Cal	1.99
CRUNCHY CHICKEN	550 Cal	2.79
4 OZ HAMBURGER	430 Cal	2.29
EXTRA BIG HAMBURGER	540 Cal	2.29
BIG BIG BURGER	590 Cal	2.39
GRILLED CHICKEN	450 Cal	2.89
8 OZ BURGER	760 Cal	2.99



One thing that we do know in any event is that the most accurate and current information is usually meaningless to a customer without context. Understanding and applying nutrient numbers requires an understanding of nutrition principles, how to use recommended daily requirements and how to achieve balance. Calorie listings on a menu board are meaningless without context.²

When it comes to making a food service meal choice, New Yorkers will still not have the benefit of consistently presented facts. Ninety percent of the city’s restaurants will not be obligated to post calorie numbers on menu boards while the remaining 10% already provide more than sufficient nutrition information. As a result, citizens will have no point of comparison to understand nutritional differences when choosing between a restaurant hamburger, a hot dog from a street vendor or their favorite slice from the neighborhood pizzeria. (As evidence, nutritional information for all three choices is presented below using McDonald’s comprehensive reporting format.)



McDonald’s opposes the New York City Department of Health and Mental Hygiene’s proposal to require menu board labeling in food service establishments, as we do not think it is a successful approach to achieve the stated objectives of reducing obesity and chronic illness. As a global leader in the informal-eating out market and, in view of the intensifying debate about nutrition, McDonald’s has leveraged its expertise in consumer insight to develop a consumer-driven and preferred approach to the provision of nutrition information. A solution that is preferred by its intended audience is more likely to achieve success.

We’re very proud of our menu. And we’ll continue to be the leader in providing nutrition information, relevant food facts, and offer a wide variety of great-tasting menu options that can fit into any balanced, active lifestyle.

² Sources: Food For Life Study, Yankelovich, 2006; "Patient Understanding of Food Labels," R.L. Rothman, et Al., The American Journal of Preventive Medicine, November 2006

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Resolution Comments - Love the idea of requiring calories.

From: "Voegel, Katherine M." <KVogele@Cahill.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/30/2006 3:44 PM
Subject: Love the idea of requiring calories.

Particularly places like Hale and Hearty and other places that serve regular items on their menu in regular sizes -- calorie counts and nutritional information should be available.

Katherine M. Voegel
Associate
Cahill Gordon & Reindel LLP
80 Pine Street, Rm. 1445
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Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Judith Deutsch <Judithesther@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 3:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It is time to stop using trans fats in all of our restaurants. There are plenty of other truly healthy and tasty alternatives available today. .

Sincerely,

Name : Judith Deutsch
Email Judithesther@aol.com
Address 142 Rupert Avenue
City : Staten Island
State : New York

Resolution Comments - Proposal to amend Article 81

From: "claudia hitchcock" <claudiahitchcock@hotmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/30/2006 3:30 PM
Subject: Proposal to amend Article 81

There were many compelling and well presented testimonies today, and I wish to add mine in support.

Attached please find my brief comments.

Thank you.

Claudia Hitchcock

October 30, 2006

Rena Bryant
Secretary to the Board of Health
Department of Health and Mental Hygiene

RE: Comments to NYC Proposal to amend
Article 81 of the New York City Health Code
restricting the service of products containing
artificial trans fats at all FSEs

To the Board:

For the past twenty years, the medical community has conducted numerous studies on the relationship of fat content in the body to disease. As the body of evidence has grown which support the elimination of trans fats, as well as some saturated fats, the US population health crises has escalated exponentially, to the degree that 2/3 of Americans suffer from heart disease and diabetes, with more than 30,000 deaths per year with fat intake as a contributing factor.

For the past several years, as a business consultant in healthcare, my career has focused on medical diagnostics related to these two disorders, as well as digestive diseases, many of which are closely associated or linked to heart disease and diabetes. While the overwhelming evidence has been reported regarding the negative influence and uptake of fat in the diet and dietary absorption of nutrients, industry has not responded with change. Our stomachs can no longer tolerate the food, or fuel, that we give it when absorbed with these toxic substances, which leads to disease states and escalating health care costs.

Rarely has volunteer action preceded government action. Only consumer demand, coupled with government action, will such change happen within industry.

Public health policy is concerned with safety. Evidence shows trans fats to be the most toxic of fats used in food, and now, after years of study, government must modify the regulation of this substance and the food industry will respond.

I support the efforts of the board, and hope the message will be carried to other cities and states in the future. May we always be open to safety information, and correcting the defects within our system.

From: <Michele.Bonan@cancer.org>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: Mon, Oct 30, 2006 3:30 PM
Subject: Testimony re: proposed §81.50 to Article 81

Dear Rena Bryant;

Attached please find Testimony and supporting documents from the American Cancer Society, Eastern Division, NY and NJ on addition of §81.50 to Article 81 of the New York City Health Code, a proposal to require calorie labeling in food service establishments.

Thank you,
Michele Bonan
(See attached file: CalorieLabelingTestimonyFinal.pdf)(See attached file: NutritionGuidelines.pdf)

Michele Bonan
Regional Advocacy Director
American Cancer Society, Eastern Division
19 West 56 Street New York, NY 10019
ph: 212.492.8404 cell: 917-439-0026 fax: 212.237.3855

CC: <Michele.Bonan@cancer.org>



To: Rena Bryant
Department of Health and Mental Hygiene, Board of Health

Via Fax: 212-788-4315

Via Email: RESOLUTIONCOMMENTS@HEALTH.NYC.GOV

Re: Testimony of the American Cancer Society, Eastern Division (NY and NJ)
In Support of Proposed Amendment (§81.50) to the New York City Health Code
Requiring Calorie Labeling in Food Service Establishments

Date: October 30, 2006

The American Cancer Society, Eastern Division applauds the efforts of the New York City Board of Health in proposing this important policy initiative to help address the urgent problem of obesity. The following comments are focused on the proposal to require calorie labeling in food service establishments.

Obesity is a major epidemic with serious implications for the health and economic status of our country and New York City. While most know that excess pounds raise the risk of heart disease, hypertension, diabetes, stroke, and other fatal health problems, few are aware of the linkage between obesity and cancer. It is currently estimated that 14% of cancer deaths among males and 20% of deaths among females are attributed to obesity (Calle et al., 2003). Consequently, more than 2250 New York City residents die each year from preventable obesity-related cancers. National health care expenditures are estimated at \$70 to \$100 billion per year and are expected to grow with the increasing rates of overweight and obesity (Olshansky, 2005). Healthcare costs are 56% higher for obese persons compared to normal weight persons. This puts significant financial pressure on Medicaid and the New York City budget since obesity is approximately twice as high in low-income populations compared to higher income groups (Willet and Domolky, 2003). CDC's Pediatric Nutrition Surveillance Study of 2002 found that New York State has the 3rd highest rate of low-income overweight children in the country.

Every five years the American Cancer Society issues Nutrition and Physical Activity Guidelines for Cancer Prevention. A national panel of experts in cancer research, prevention, epidemiology,

public health, and policy develops the Guidelines, and as such, they represent the most current scientific evidence related to dietary and activity patterns and cancer risk. Given the evidence regarding obesity, the current Guidelines released September 28, 2006 (listed below), reflect an increased emphasis on weight control.

ACS Recommendations for Individual Choices

1. Maintain a healthy weight throughout life.
 - Balance caloric intake with physical activity.
 - Avoid excessive weight gain throughout the life cycle.
 - Achieve and maintain a healthy weight if currently overweight or obese.
2. Adopt a physically active lifestyle.
3. Consume a healthy diet, with an emphasis on plant sources.
4. If you drink alcoholic beverages, limit consumption.

Community efforts are essential to create a social environment that promotes healthy food choices and physical activity. Therefore, the ACS Guidelines also include a key recommendation for community action to accompany the four recommendations for individual choices to reduce cancer risk. This recommendation for community action recognizes that a supportive social environment is indispensable if individuals at all levels of society are to have genuine opportunities to choose healthy behaviors.

ACS Recommendations for Community Action

Public, private, and community organizations should work to create social and physical environments that support the adoption and maintenance of healthful nutrition and physical activity behaviors.

- Increase access to healthful foods in schools, worksites, and communities.

The American Cancer Society strongly supports the addition of Article §81.50 to the New York City Health Code. This proposal to require calorie labeling is consistent with the ACS guidelines and would help create the environmental changes needed to impact the current trend in obesity.

Like other voluntary health organizations, ACS disseminates nutrition guidelines in order to empower individuals with information to make informed decisions. However, the information must be readily available when the purchase decision is being made. People have grown accustomed to having nutrition information on packaged foods in supermarkets (3/4 of people report using labels) and they want it on menus as well. A recent, industry-sponsored poll showed that 83% of Americans want restaurants to provide nutrition information. Menu labeling legislation has been introduced in 17 states and cities across the country, as well as in the U.S. Congress.

In addition to providing consumers with information to help them make informed decisions, menu labeling would provide an incentive for restaurants to add new menu items and reformulate existing options to reduce the calories. We saw this happen when Nutrition Facts labels went on packaged foods in 1994 and we see it now with companies lowering or eliminating trans fats in response to the FDA requiring trans fat labeling.

With approximately half of the food dollar now being spent away from home (almost doubling since 1970), it is appropriate to make caloric information visible in restaurants where foods are typically higher in fat, calories, and larger portion sizes prevail (Finkelstein et al, 2004). Since the proposed labeling amendment applies to restaurants with standard menus that already make nutrition information available, most fast food chains will need to post the caloric content of foods. This is a desirable change since one study found that children who ate fast food obtained from 29 percent to 38 percent of their total energy intake from that source and ate more total fat, more saturated fat, more total carbohydrate, more added sugars, more sweetened beverages, less fluid milk, and fewer fruits and non-starchy vegetables than those who did not. The same study estimated that on a typical day nearly one third of children in the U.S. eat fast food (adolescents visit a fast-food outlet twice per week on average) and that these extra calories pack on an extra six pounds per child per year. Parents especially deserve to have more easily viewed caloric information to compare menu items and inform their food purchases outside the home.

Further, people need calorie labeling information because it is difficult to estimate the calories in restaurant meals. A study conducted by the Center for Science in the Public Interest and New York University found that even well-trained nutrition professionals couldn't estimate the calorie

content of typical restaurant meals. They consistently underestimated calorie amounts and the underestimates were substantial – by 200 to 600 calories. For example, when shown a display of a typical dinner-house hamburger and onion rings, the dietitians estimated that it had 865 calories, when it actually contained about 1,500 calories. If trained nutrition professionals can't estimate the calories in restaurant meals, an average consumer doesn't stand a chance.

The current provision of nutrition information, although inadequate, does show that providing nutrition information for restaurant foods is feasible, practical, and affordable. If a company can provide nutrition information on a website, or behind a counter, it should be able to put calorie numbers on their menus, where people can see them and use them when ordering.

We have seen in the fight against tobacco the substantial benefits of taking an aggressive policy-based approach that makes it easier to pursue healthier behaviors while creating barriers to unhealthy practices. In the early years of tobacco control, some states such as California and Massachusetts implemented a variety of population-based interventions although the efficacy was not clear. It was only these initial “real-world” efforts, evaluated and proven successful, that led to best practices being disseminated to other states. Like lessons learned in tobacco, strategies such as the proposed labeling provision, should be part of a comprehensive approach to address obesity and the many factors contributing to the problem. Fortunately, New York City has already implemented other citywide changes such as improving the school lunch program.

Finally, the National Academies' Institute of Medicine recommends that restaurant chains “provide calorie content and other key nutrition information on menus and packaging that is prominently visible at point of choice and use” (2006). The Food and Drug Administration, Surgeon General, and U.S. Department of Health and Human Services also recommend providing nutrition information at restaurants.

The American Cancer Society supports the significant step proposed by the City of New York as part of a comprehensive approach to addressing obesity, and we believe it is likely to promote reductions in obesity and cancer. We urge the adoption of Proposed Amendment §81.50 to the New York City Health Code.

EMBARGOED UNTIL 12:01 AM ET THURSDAY, September 28, 2006

American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention: Reducing the Risk of Cancer With Healthy Food Choices and Physical Activity*

Dr. Kushi is Associate Director for Etiology and Prevention Research, Kaiser Permanente, Oakland, CA.

Dr. Byers is Professor, Department of Preventive Medicine and Biometrics; and Deputy Director, University of Colorado Cancer Center, Aurora, CO.

Ms. Doyle is Director, Nutrition and Physical Activity, Cancer Control Science, American Cancer Society, Atlanta, GA.

Dr. Bandera is Assistant Professor, The Cancer Institute of New Jersey, New Brunswick, NJ.

Dr. McCullough is Nutritional Epidemiologist, American Cancer Society, Atlanta, GA.

Dr. Gansler is Director of Medical Content, Health Promotions, American Cancer Society, Atlanta, GA.

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Dr. Thun is Vice President, Epidemiology and Surveillance Research, American Cancer Society, Atlanta, GA.

This article is available online at <http://CAonline.AmCancerSoc.org>

Lawrence H. Kushi, ScD; Tim Byers, MD, MPH; Colleen Doyle, MS, RD; Elisa V. Bandera, MD, PhD; Marji McCullough, ScD, RD; Ted Gansler, MD, MBA; Kimberly S. Andrews; Michael J. Thun, MD, MS; and The American Cancer Society 2006 Nutrition and Physical Activity Guidelines Advisory Committee

ABSTRACT The American Cancer Society (ACS) publishes Nutrition and Physical Activity Guidelines to serve as a foundation for its communication, policy, and community strategies and ultimately, to affect dietary and physical activity patterns among Americans. These Guidelines, published every 5 years, are developed by a national panel of experts in cancer research, prevention, epidemiology, public health, and policy, and as such, they represent the most current scientific evidence related to dietary and activity patterns and cancer risk. The ACS Guidelines include recommendations for individual choices regarding diet and physical activity patterns, but those choices occur within a community context that either facilitates or interferes with healthy behaviors. Community efforts are essential to create a social environment that promotes healthy food choices and physical activity. Therefore, this committee presents one key recommendation for community action to accompany the four recommendations for individual choices to reduce cancer risk. This recommendation for community action recognizes that a supportive social environment is indispensable if individuals at all levels of society are to have genuine opportunities to choose healthy behaviors. The ACS Guidelines are consistent with guidelines from the American Heart Association and the American Diabetes Association for the prevention of coronary heart disease and diabetes, as well as for general health promotion, as defined by the Department of Health and Human Services' 2005 *Dietary Guidelines for Americans*. (*CA Cancer J Clin* 2006;56:254–281.) © American Cancer Society, Inc., 2006.

THE IMPORTANCE OF WEIGHT CONTROL, PHYSICAL ACTIVITY, AND DIET IN CANCER PREVENTION

For the great majority of Americans who do not use tobacco, weight control, dietary choices, and levels of physical activity are the most important modifiable determinants of cancer risk.^{1–3} Evidence suggests that one-third of the more than 500,000 cancer deaths that occur in the United States each year can be attributed to diet and physical activity habits, including overweight and obesity, while another third is caused by exposure to tobacco products. Although genetic inheritance influences the risk of cancer, and cancer arises from genetic mutations in cells, most of the variation in cancer risk across populations and among individuals is due to factors that are not inherited.⁴ Behaviors

*The following report was approved by the American Cancer Society National Board of Directors on May 19, 2006.

such as avoiding exposure to tobacco products, maintaining a healthy weight, staying physically active throughout life, and consuming a healthy diet can substantially reduce one's lifetime risk of developing cancer.⁵⁻⁸ These same behaviors are also associated with decreased risk of developing cardiovascular disease. Although these healthy choices are made by individuals, they may be facilitated or impeded by the social and physical environment in which people live.

OVERVIEW OF THE GUIDELINES

The ACS publishes Nutrition and Physical Activity Guidelines to advise health care professionals and the general public about dietary and other lifestyle practices that reduce cancer risk.^{9,10} These Guidelines, updated in 2006 by the ACS Nutrition and Physical Activity Guidelines Advisory Committee, are based on synthesis of the current scientific evidence on diet and physical activity in relation to cancer risk. The Committee reviewed evidence from human population studies and laboratory experiments published since the last release of the Guidelines in 2001. The Committee also considered other comprehensive reviews of diet, obesity, and physical inactivity in relation to cancer. For some aspects of nutrition, the most thorough review was the 1997 World Cancer Research Fund/American Institute for Cancer Research monograph; for others, such as physical activity, obesity, and fruit and vegetable consumption, there have been more recent comprehensive reviews.^{3,11,12} In weighing the evidence from randomized controlled trials (RCTs), the Committee considered the findings in relation to the design of the trial, the specific question being addressed, and the importance of the trial results in the context of other evidence from human populations. Prospective cohort studies were weighted more heavily than case-control studies, especially when results were available from several cohorts. Population-based case-control studies with at least 200 cases of cancer were considered more informative than smaller or hospital-based case-control studies. Studies that adjusted for total energy intake, considered other dietary factors, and controlled for other known risk

factors were considered more credible than those that failed to meet these criteria.

For many issues concerning nutrition and cancer, the evidence is not definitive, either because the published results are inconsistent, and/or because the methods of studying nutrition and chronic disease in human populations are still in evolution. Part of the uncertainty has resulted from studies that focus on specific nutrients or foods in isolation, thereby oversimplifying the complexity of foods and dietary patterns; the importance of dose, timing, and duration of exposure; and the large variations in nutritional status among human populations. Nutritional research is equally challenging in RCTs, generally considered the gold standard for scientific conclusions. Studies may fail to find an effect if the intervention begins too late in life, is too small, or if the follow up is too short for a benefit to appear. No single trial can resolve all of the questions that are relevant to the potential effects of nutrition throughout the lifespan. Moreover, many important questions about how diet, physical activity, and obesity relate to cancer cannot presently be addressed in RCTs. For example, randomized trials of weight loss in relation to cancer risk are severely constrained by the current lack of effective behavioral or pharmacologic approaches to help people lose weight and sustain a healthy weight. The cost and difficulty of randomized trials to determine the long-term consequences of interventions that begin in infancy and extend for many years preclude long-term experimental interventions. Interventions are ethical only if they can plausibly improve the health of the participants. Although it might be easier to motivate people to increase their weight by consuming more calories and/or fat and by decreasing their physical activity, such studies are clearly unethical.

Inferences about the many complex interrelationships among body weight, physical activity, diet, and cancer risk are therefore based, for the most part, on a combination of clinical trials and observational studies coupled with advancing understanding of the biology of cancer. These Guidelines are based on the totality of evidence from all sources, taking into account both the potential health benefits and possible risks from the intervention. No diet or lifestyle pattern can

TABLE 1 American Cancer Society (ACS) Guidelines on Nutrition and Physical Activity for Cancer Prevention

ACS Recommendations for Individual Choices

Maintain a healthy weight throughout life.

- Balance caloric intake with physical activity.
- Avoid excessive weight gain throughout the life cycle.
- Achieve and maintain a healthy weight if currently overweight or obese.

Adopt a physically active lifestyle.

- Adults: engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week. Forty-five to 60 minutes of intentional physical activity are preferable.
- Children and adolescents: engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

Consume a healthy diet, with an emphasis on plant sources.

- Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grains in preference to processed (refined) grains.
- Limit consumption of processed and red meats.

If you drink alcoholic beverages, limit consumption.

- Drink no more than one drink per day for women or two per day for men.

ACS Recommendations for Community Action

Public, private, and community organizations should work to create social and physical environments that support the adoption and maintenance of healthful nutrition and physical activity behaviors.

- Increase access to healthful foods in schools, worksites, and communities.
- Provide safe, enjoyable, and accessible environments for physical activity in schools, and for transportation and recreation in communities.

guarantee full protection against any disease; the potential health benefit represents a decreased likelihood that the disease will occur, not a guarantee of total protection. These Guidelines provide a concise and understandable summary of the existing scientific information about weight control, physical activity, and nutrition in relation to cancer. The ACS Guidelines are consistent with guidelines established for cancer prevention by other countries⁸; those from the American Heart Association and American Diabetes Association for the prevention of coronary heart disease and diabetes^{13,14}; as well as for general health promotion, as defined by the *2005 Dietary Guidelines for Americans*.¹⁵

In addition to recommendations regarding individual choices related to weight control, physical activity, and diet, the ACS Guidelines underscore what communities can and should do to facilitate healthy eating and physical activity behaviors (Table 1). Community efforts are essential to create a social environment that promotes healthy food choices and physical activity. Thus, the recommendation for community action recognizes that a supportive social environment is indispensable if individuals at all

levels of society are to have genuine opportunities to choose healthy behaviors.

 AMERICAN CANCER SOCIETY GUIDELINES
FOR NUTRITION AND PHYSICAL ACTIVITY
Recommendations for Community Action

Social, economic, and cultural factors strongly influence individual choices about diet and physical activity. Although many Americans would like to adopt a healthy lifestyle, many encounter substantial barriers that make it difficult to follow diet and activity guidelines. Indeed, current trends toward increasing portion sizes,^{16–19} as well as the consumption of high-calorie convenience foods, beverages, and restaurant meals, and declining levels of physical activity are contributing to an obesity epidemic among Americans of all ages and across all population segments.^{15,20,21} Longer workdays and more households with multiple wage earners reduce the amount of time available for preparation of meals, with a resulting shift toward increased consumption of high-calorie food outside the home—frequently less nutritious than foods prepared at home.²² Large

portion sizes and calorie-dense foods are used extensively in marketing by restaurants, supermarkets, and food companies.¹⁶⁻¹⁹ Reduced leisure time, increased reliance on automobiles for transportation, and increased availability of electronic entertainment and communications media all contribute to reduced physical activity.^{20,21} Increasing evidence indicates associations between the built environment and obesity and physical activity levels.^{23,24} Poor access to sidewalks, parks, and recreation facilities is associated with greater obesity risk,²⁵ whereas neighborhoods that facilitate walking and safe physical recreation have lower obesity prevalence.²³

The increase in obesity and physical inactivity is of particular concern for a number of population groups, including children, who are establishing lifetime behavioral patterns that affect health, and lower-income populations, who face additional problems because nearby stores often lack affordable and attractive healthy foods, and safety concerns limit opportunities for physical activity.

Facilitating improved diet and increased physical activity patterns in communities will require multiple strategies and bold action, ranging from the implementation of community, worksite, and other health promotion programs to policies that affect community planning, transportation, school-based physical education, and food services. Particular efforts will be needed to ensure that all population groups have access to healthy food choices and opportunities for physical activity. Public and private organizations at local, state, and national levels will need to develop new policies and to reallocate or expand resources to facilitate necessary changes. Health care professionals and community leaders, in particular, have new opportunities to provide leadership and to promote policy changes in their communities.

Lessons learned from the tobacco epidemic exemplify the power of social context in changing health behaviors. Adult per-capita cigarette consumption increased steeply from 1910 until 1964, when the first US Surgeon General Report publicized the health hazards of smoking. However, public education alone produced only a gradual decrease in cigarette consumption from 1964 through the early 1980s. It was the subsequent introduction of community-wide policy

approaches that produced much larger reductions in cigarette smoking among children and adults, beginning in the mid-1980s. These included restrictions on cigarette advertising, increases in the price of tobacco products through taxation, laws preventing exposure to secondhand smoke in public places, and restrictions on the access of children to tobacco products. Only recently have communities begun to consider policy approaches that might promote better nutrition and physical activity at the population level. Public, private, and community organizations are now considering policy measures and strategies that could help individuals choose healthier patterns of nutrition and physical activity (Table 1).

Recommendations for Individual Choices

Approximately two-thirds of Americans are overweight or obese. The percentage of children, adolescents, and adult men who are overweight or obese has continued to increase through 2004, although the trend has now stabilized in adult women.²⁶ In addition, many Americans are less physically active than is optimal for health. There is no longer serious medical debate about whether obesity, the prevalence of which has doubled in the last 25 years, constitutes a major health problem in the United States, increasing the risk of several cancers as well as of coronary heart disease, type 2 diabetes, and other medical problems. For most people in the United States, weight gain results from a combination of excessive caloric intake and inadequate physical activity. Thus, while there continues to be genuine scientific uncertainty about how specific aspects of excess adiposity, excessive energy intake, and physical inactivity relate to cancer, there is no debate about whether these constitute a serious and growing health problem. These Guidelines therefore emphasize the importance of maintaining a healthy body weight, adopting a physically active lifestyle, and consuming a healthy diet, particularly within the context of weight management.

1. Maintain a Healthy Weight Throughout Life.

- Balance caloric intake with physical activity.
- Avoid excessive weight gain throughout the life cycle.

TABLE 2 Adult BMI Chart

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

Source: US Department of Health and Human Services, National Institutes of Health, National Health, Lung, and Blood Institute. The Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: Evidence Report. September 1998 [NIH pub. No. 98-4083].

- Achieve and maintain a healthy weight if currently overweight or obese.

Body Weight and Cancer Risk

In the United States, overweight and obesity contribute to 14% to 20% of all cancer-related mortality.²⁷ Overweight and obesity are clearly associated with increased risk for developing many cancers, including cancers of the breast in postmenopausal women,^{3,27-33} colon, endometrium, adenocarcinoma of the esophagus, and kidney. Evidence is highly suggestive that obesity also increases risk for cancers of the pancreas, gallbladder, thyroid, ovary, and cervix, and for multiple myeloma, Hodgkin lymphoma, and aggressive prostate cancer.^{3,27-33} These findings are supported by both epidemiologic studies in humans and other research.^{3,27-33} Overweight and obesity are thought to affect risk of these cancers through a variety of mechanisms, some of which are specific to particular cancer types. These mechanisms include effects on fat and sugar metabolism; immune function; levels of several hormones, including insulin and estradiol; factors that regulate cell proliferation and

growth, such as insulin-like growth factor-1; and proteins that make hormones more or less available to tissues, such as sex hormone-binding globulin.³ Overweight and obesity may increase risk of adenocarcinoma of the esophagus by increasing risk of gastroesophageal reflux disease and Barrett's esophagus.³

Most research on energy imbalance and cancer focuses on increased risks associated with overweight and obesity. Recently, studies exploring intentional weight loss suggest that losing weight may reduce the risk of breast cancer.³⁴⁻³⁸ Surgery to treat morbid obesity and short-term intentional weight loss have been shown to improve insulin sensitivity and biochemical measures of hormone metabolism, which have been postulated to contribute to the relationship between obesity and certain cancers. The surgical removal of intra-abdominal fat has also been shown to reduce the metabolic syndrome. Even though our knowledge about the relationship between weight loss and cancer risk is incomplete, individuals who are overweight or obese should be encouraged and supported in their efforts to reduce weight.

Achieving and Maintaining a Healthy Weight

A healthy weight depends on a person's height, so recommendations for a healthy weight are often expressed in terms of a body mass index (BMI) (Table 2). BMI is calculated as body weight in kilograms divided by height in meters, squared.² Exact cutoffs for a healthy weight are somewhat arbitrary, but for most Americans, experts consider a BMI within the range of 18.5 to 25.0 kg/m² to be healthy, a BMI between 25.0 and 29.9 to be overweight, and a BMI of 30.0 and over to be obese. Individuals should strive to maintain healthy weights as illustrated in Table 2.

The way to achieve a healthy body weight is to balance energy intake (food and beverage intake) with energy expenditure (physical activity).^{3,15} Excess body fat can be reduced by reducing caloric intake and increasing physical activity. For most adults a reduction of 50 to 100 calories per day may prevent gradual weight gain, whereas a reduction of 500 calories or more per day is a common initial goal in weight loss programs. Similarly, up to 60 minutes of moderate to vigorous intensity physical activity per day may be needed to prevent weight gain, but as much as 60 to 90 minutes of moderate intensity physical activity per day may help to sustain weight loss for previously overweight

people.¹⁵ The healthiest way to reduce caloric intake is to reduce intake of added sugars, saturated and trans fats, and alcohol, which all provide substantial calories, but few or no essential nutrients. Caloric intake can be reduced by decreasing the size of food portions (see standard serving sizes [Table 3]) and limiting the intake of foods and beverages that are high in calories, fat, and/or refined sugars, and which provide few nutrients (eg, fried foods, cookies, cakes, candy, ice cream, and soft drinks). Such foods and beverages should be replaced with choices like vegetables and fruits, whole grains, beans, and lower-calorie beverages.³⁹ People should be aware that meals served in fast-food establishments and restaurants typically exceed the portion sizes needed to meet recommended daily caloric intake and are often high in hidden fats.³⁹ They also are often low in vegetables, fruits, whole grains, and beans.²² Monitoring food intake and physical activity has been shown to be effective in weight management.^{19,39,40}

The health of young people, and the adults they will become, is critically linked to the establishment of healthy behaviors in childhood.⁴¹ Risk factors such as excess weight gain, unhealthy dietary patterns, and physical inactivity during childhood and adolescence can result in increased risk of developing cancer, cardiovascular disease, diabetes, hypertension, and osteoporosis later in life.⁴¹ Children who adopt healthy lifestyle habits at an early age are more likely to continue these behaviors throughout life. About half of youngsters who are overweight as children will remain overweight in adulthood⁴²; 70% of those who are overweight by adolescence will remain overweight as adults.¹⁸ For these reasons, efforts to establish healthy weight and patterns of weight gain should begin in childhood.

2. Adopt a Physically Active Lifestyle.

- Adults: engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week. Forty-five to 60 minutes of intentional physical activity are preferable.
- Children and adolescents: engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

TABLE 3 What Counts as a Serving

Fruits	<ul style="list-style-type: none"> • 1 medium apple, banana, orange • 1/2 cup of chopped, cooked, or canned fruit • 1/2 cup of 100% fruit juice
Vegetables	<ul style="list-style-type: none"> • 1 cup of raw leafy vegetables • 1/2 cup of other cooked or raw vegetables, chopped • 1/2 cup of 100% vegetable juice
Grains	<ul style="list-style-type: none"> • 1 slice bread • 1 ounce ready-to-eat cereal • 1/2 cup of cooked cereal, rice, pasta
Beans and nuts	<ul style="list-style-type: none"> • 1/2 cup cooked dry beans • 2 tablespoons peanut butter • 1/3 cup nuts
Dairy foods and eggs	<ul style="list-style-type: none"> • 1 cup milk or yogurt • 1 1/2 ounces of natural cheese • 2 ounces processed cheese • 1 egg
Meats	2-3 ounces of cooked lean meat, poultry, fish

Benefits of Physical Activity

Scientific evidence indicates that physical activity may reduce the risk of several types of cancer, including cancers of the breast, colon, prostate, and endometrium.^{3,29,43} Although scientific evidence for many other cancers is lacking, associations may exist. Physical activity acts in a variety of ways to impact cancer risk.⁴⁴ Regular and intentional physical activity helps maintain a healthy body weight by balancing caloric intake with energy expenditure.⁴⁵ Other mechanisms by which physical activity may help to prevent certain cancers may involve both direct and indirect effects, including regulating sex hormones, insulin, prostaglandins, and various beneficial effects on the immune system.^{3,46,47} The benefits of a physically active lifestyle far exceed reducing the risk of cancer and provide other important health benefits,³ including associations with reduced risk of other chronic diseases, such as heart disease, diabetes, osteoporosis, and hypertension.⁴⁸

Types of Activity

Usual activities are those that are performed on a regular basis as part of one's daily routine. These activities include those performed at work (such as walking from the parking garage to the office), at home (such as climbing a flight of stairs), as well as those considered activities of daily living (such as dressing and bathing). They are typically of low intensity and short duration. Intentional activities are those that are done in addition to these usual activities. These activities are often planned and often done at leisure, for exercise, for fitness, or transportation to intentionally supplement other routine activities. These activities range from a bike ride or a run to including more purposeful physical activity into the day, such as walking to use public transportation instead of driving. Moderate activities are those that require effort equivalent to a brisk walk.⁴⁹ Vigorous activities generally engage large muscle groups and cause a noticeable increase in heart rate, breathing depth and frequency, and sweating.⁴⁹ These activities can be performed in a variety of settings: occupational, recreational, in the home or garden, and with friends or family.⁴⁹

Recommended Amount of Total and Intentional Activity

Although the optimal intensity, duration, and frequency of physical activity needed to reduce cancer risk are unknown, evidence suggests that at least 30 minutes of moderate to vigorous activity, in addition to usual activities done throughout the day, can help reduce cancer risk. Evidence is accumulating that 45 to 60 minutes on 5 or more days of the week may be optimal to reduce risk of cancers of the colon and breast.³ There is limited evidence regarding whether physical activity is most protective if done in a single session or in increments throughout the day, but it is reasonable to assume that benefit can be accumulated in separate sessions of 20 to 30 minutes each.

Data suggest that 60 minutes of moderate to vigorous activity on 5 or more days per week helps to prevent weight gain and obesity.^{15,50} By helping to maintain weight, physical activity for 60 minutes on 5 or more days of the week may have an indirect effect on reducing the risk of developing obesity-related cancers.⁵¹⁻⁵⁵ Apart from effects on obesity, physical activity appears to have other effects on reducing the risk of cancers of the colon and breast, even when activity is not initiated until later in life.⁵⁵

For people who are largely inactive or just beginning a physical activity program, a gradual increase to 30 minutes per day of moderate intensity physical activity on at least 5 days per week will provide substantial cardiovascular benefits.^{56,57} After this duration is achieved, increasing intensity to vigorous levels may further improve health benefits for those individuals who are able to exercise at this intensity. Most children and young adults can safely engage in moderate physical activity without consulting their physicians. However, men older than 40 years, women older than 50 years, and people with chronic illnesses and/or established cardiovascular risk factors should consult their physicians before beginning a vigorous physical activity program. Stretching and warm-up periods before and after activity can reduce the risk of musculoskeletal injuries and muscle soreness.

Individuals who are already active at least 30 minutes on most days of the week should strive

TABLE 4 Examples of Moderate and Vigorous Intensity Physical Activities

	Moderate Intensity Activities	Vigorous Intensity Activities
Exercise and leisure	Walking, dancing, leisurely bicycling, ice and roller skating, horseback riding, canoeing, yoga	Jogging or running, fast bicycling, circuit weight training, aerobic dance, martial arts, jumping rope, swimming
Sports	Volleyball, golfing, softball, baseball, badminton, doubles tennis, downhill skiing	Soccer, field or ice hockey, lacrosse, singles tennis, racquetball, basketball, cross-country skiing
Home activities	Mowing the lawn, general yard and garden maintenance	Digging, carrying and hauling, masonry, carpentry
Occupational activity	Walking and lifting as part of the job (custodial work, farming, auto or machine repair)	Heavy manual labor (forestry, construction, firefighting)

to accumulate 60 minutes of moderate or greater intensity activity on most days of the week. Selected examples of moderate and vigorous activities are provided in Table 4.

Adopting a physically active lifestyle involves making deliberate decisions and changing lifestyle behaviors to select active rather than sedentary behavior. To enhance the ability of individuals to adopt a more active lifestyle, both communities and individuals need to implement changes (see *Recommendation for Community Action*). Ideas to reduce sedentary behavior are suggested in Table 5.

Physical activity plays an important role in children's and adolescents' health and well-being and has important physical, mental, and social benefits.^{15,58,59} Because one of the best predictors of adult physical activity is activity level during childhood and adolescence, and because physical activity plays a critical role in weight maintenance, children and adolescents should be encouraged to be physically active at moderate

to vigorous intensities for at least 60 minutes per day on 5 or more days per week.^{60,61} Activities should be developmentally appropriate, enjoyable, and varied,⁵⁹ including sports and fitness activities in school, at home, and in the community.⁶² Because children and adolescents spend a significant portion of their days in schools, the availability of routine, high-quality physical education programs is a critically important and recognized way of increasing physical activity among youth.⁶² To help achieve activity goals, daily physical education programs and activity breaks should be provided for children at school, and television viewing and computer game time should be minimized at home.

Although the health benefits of physical activity in preventing cancer and other chronic diseases are facilitated by the development of healthy activity patterns in childhood, benefit seems to accumulate over the course of a lifetime.⁶ Therefore, increasing the level of physical activity at any age can provide important health benefits and may reduce the risk of some cancers.

TABLE 5 Suggested Ways to Reduce Sedentary Behavior

<ul style="list-style-type: none"> • Use stairs rather than an elevator. • If you can, walk or bike to your destination. • Exercise at lunch with your coworkers, family, or friends. • Take an exercise break at work to stretch or take a quick walk. • Walk to visit coworkers instead of sending an e-mail. • Go dancing with your spouse or friends. • Plan active vacations rather than only driving trips. • Wear a pedometer every day and increase your daily steps. • Join a sports team. • Use a stationary bicycle or treadmill while watching TV. • Plan your exercise routine to gradually increase the days per week and minutes per session. • Spend time playing with your kids.

3. Consume a Healthy Diet, with an Emphasis on Plant Sources.

Choose foods and beverages in amounts that help achieve and maintain a healthy weight.

- Become familiar with standard serving sizes, and read food labels to become more aware of actual servings consumed.
- Eat smaller portions of high-calorie foods. Be aware that “low-fat” or “nonfat” does not mean “low-calorie,” and that low-fat cakes, cookies, and similar foods are often high in calories.
- Substitute vegetables, fruits, and other low-calorie foods and beverages for calorie-dense

foods and beverages such as French fries, cheeseburgers, pizza, ice cream, doughnuts and other sweets, and regular sodas.

- When you eat away from home, choose food low in calories, fat, and sugar, and avoid large portion sizes.

Eat five or more servings of vegetables and fruits each day.

- Include vegetables and fruits at every meal and for snacks.
- Eat a variety of vegetables and fruits each day.
- Limit French fries, chips, and other fried vegetable products.
- Choose 100% juice if you drink vegetable or fruit juices.

Choose whole grains in preferences to processed (refined) grains and sugars.

- Choose whole grain rice, bread, pasta, and cereals.
- Limit consumption of refined carbohydrates, including pastries, sweetened cereals, and other high-sugar foods.

Limit consumption of processed and red meats.

- Choose fish, poultry, or beans as an alternative to beef, pork, and lamb.
- When you eat meat, select lean cuts and eat smaller portions.
- Prepare meat by baking, broiling, or poaching rather than by frying or charbroiling.

The scientific study of nutrition and cancer is highly complex, and many important questions remain unanswered. For example, it is not presently completely understood how energy imbalance or how single or combined nutrients or foods affect one's risk of specific cancers. In addition, many dietary factors and lifestyle practices tend to correlate with each other; for example, people who consume a diet high in vegetables and fruits also tend to eat less meat and be more physically active.⁶³ Foods and nutrients may have additive or synergistic effects on health and need to be considered in the context of the total diet. Studies have shown that individuals whose diets are very low in vegetables and fruits and whole grains, and high in processed and red meats, tend to have an increased risk of some of the most common types of cancers.^{64,65} Until more is known about the specific components of diet that influence cancer risk, the best advice is to consume whole foods following an overall healthy

dietary pattern as outlined, with special emphasis placed on controlling total caloric intake to help achieve and maintain a healthy weight.

Choosing Foods and Beverages in Amounts That Achieve and Maintain a Healthy Weight

Most people cannot maintain a healthy weight without limiting caloric intake while maintaining regular physical activity. Unfortunately, current trends indicate that the largest percentage of calories in the American diet comes from foods high in fat, sugar, and refined carbohydrates.⁶⁶ Consuming a varied diet that emphasizes plant foods may help to displace these calorie-dense foods. Limiting portion sizes, especially of these types of foods, is another important strategy to reduce total caloric intake.

Replacing dietary fat with foods that are high in calories from added sugar and other refined carbohydrates does not protect against overweight or obesity. The decrease in fat intake and increase in refined carbohydrates that occurred in the United States between 1977 and 1995 coincided with an 8% increase in the prevalence of obesity.^{67,68} Many processed foods, including soft drinks and fruit drinks, presweetened cereals, pastries, candies, and syrups, contain large amounts of added sugars. These added sugars come in many forms, such as glucose, high-fructose corn syrup, fruit juice concentrates, and honey. Consuming products high in these added sugars adds little nutrient value to the diet, contributes to excess energy intake, and may contribute to insulin resistance, alterations in the amount and distribution of body fat, and increased concentrations of growth factors that may promote the growth of cancers.

Vegetables and Fruits

Vegetables (including legumes) and fruits are complex foods, each containing numerous potentially beneficial vitamins, minerals, fiber, carotenoids, and other bioactive substances, such as flavonoids, terpenes, sterols, indoles, and phenols that may help prevent cancer.¹¹ Greater consumption of vegetables and fruits is associated with decreased risk of lung, esophageal, stomach, and colorectal cancer.¹¹ For other cancers, evidence is either limited or inconsistent, although the role of vegetables and fruits may indirectly

influence cancer risk via their effects on energy intake. Intervention studies of dietary patterns, including high consumption of vegetables and fruits, have not been associated with a reduced risk of developing adenomatous polyps⁶⁹ or colon cancer,⁷⁰ but the degree of adherence to and achievement of study goals over several years among free-living individuals may limit interpretability. Although the strength of the cumulative evidence that total intake of vegetables and/or fruits decreases cancer risk has weakened in recent years, the totality of the evidence remains strong for a risk reduction associated with vegetable and fruit consumption at a variety of cancer sites.¹¹ There is ongoing research on the potential benefits of particular vegetables and fruits, or groups of these, including dark green and orange vegetables, cruciferous vegetables (eg, cabbage, broccoli, cauliflower, Brussels sprouts), soy products, legumes, *Allium* vegetables (onions and garlic), and tomato products.

In addition to providing nutrients that may be beneficial in reducing cancer risk, vegetables and fruits may also contribute to weight maintenance, although the epidemiologic evidence supporting such an association is limited.⁷¹ Some evidence suggests that individuals who eat more vegetables and fruits have less weight gain and lower risk of developing obesity over time.⁷² Intake of vegetables and fruits may be particularly important if their consumption replaces other, more calorically dense foods as a strategy for maintaining a healthy weight. For that reason, consumption of low-calorie, whole vegetables and fruits should be encouraged. Consumption of vegetables and fruits that are fried (eg, French fries) or consumed with calorically dense sauces (eg, broccoli with cheese sauce), or high-calorie fruit juices and/or drinks does not help achieve this objective.

Evidence that vegetable and fruit consumption reduces cancer risk has led to attempts to isolate specific nutrients and administer them as supplements, sometimes in very high doses.⁷³ Most of these attempts have been unsuccessful in preventing cancer or its precursor lesions, and in some cases, have had adverse effects.⁷³ Some of this may be due to the methodologic challenges of studying nutrients in RCTs for cancer; investigators must often select exact doses,

duration, and timing of a single nutrient intervention, based on evidence derived from broader observational data on whole foods, like vegetables and fruits. Notable examples are the four randomized trials of beta carotene for the prevention of lung cancer, which were initiated because many observational epidemiologic studies had indicated a lower risk of lung cancer in persons eating foods high in beta carotene.^{74,75} In two of these trials, the individuals taking high-dose beta carotene supplements developed lung cancer at higher rates than those taking a placebo.⁷⁶⁻⁷⁸ Although there has been considerable evidence from observational studies that people consuming more beta carotene from foods were at reduced risk for lung cancer, these findings support the idea that beta carotene may be only a proxy for other single nutrients or combinations of nutrients found in whole foods, and that taking a single nutrient in large amounts can be harmful, at least for some subgroups of the population.

A number of different recommendations have been made to encourage Americans to increase the number of servings of vegetables and fruits they consume.^{13,15,79} Despite these recommendations, intake of these foods remains low among adults and children.^{80,81} This may be due to several reasons, including lack of access to affordable produce, preparation time, and taste preferences.⁸²⁻⁸⁵

Eating a diet rich in vegetables and fruits may reduce cancer risk both directly and indirectly by contributing to maintenance of a healthy weight.^{11,71} Vegetable and fruit consumption has also been found to be associated with reduced risk of other chronic diseases, particularly cardiovascular disease, an important contributor to overall morbidity and mortality in the United States.^{13,86-88} For cancer risk reduction, the recommendation is to consume at least five servings of a variety of vegetables and fruits each day; however, for overall health, the ACS supports the recommendation to consume higher levels, depending on calorie needs, as stated in the US Department of Health and Human Services' *Dietary Guidelines for Americans*.¹⁵

Whole Grains

Grains such as wheat, rice, oats, and barley, and the foods made from them, are an important

part of an overall healthful diet. Whole grain foods, which are those made from the entire grain seed, are relatively low in caloric density and can contribute to maintaining energy balance.^{15,89} In addition, whole grains are higher in fiber, certain vitamins, and minerals than processed (refined) flour products. Some of these vitamins and minerals have been associated with lower risk of cancer.⁹⁰ The association between whole grain foods and different types of cancer has been inconsistent, however, possibly because the questionnaires used in these studies to assess dietary intake were generally not specifically designed to assess whole grain consumption, which in most cases resulted in incomplete assessments.

Consumption of high-fiber foods is associated with a lower risk of several chronic diseases, including diabetes, cardiovascular disease, and diverticulitis.¹⁵ Consuming high-fiber foods, such as legumes and whole grain breads, cereals, rice, and pasta, is therefore highly recommended, even though data for an association between fiber and cancer risk are limited.^{69,91,92} Because the benefits of whole grain foods may derive from their other nutrients as well as fiber, it is preferable to consume whole grain foods rather than fiber supplements.

Processed and Red Meats

Many epidemiologic studies have examined the association between cancer and the consumption of red meats (defined as beef, pork, or lamb) and processed meats (cold cuts, bacon, hot dogs, etc.). Current evidence supports an increased risk of cancers of the colon and/or rectum⁹³⁻⁹⁶ and prostate.^{97,98} More limited evidence exists for other sites. Studies that have examined red meat and processed meat separately suggest that risks associated with processed meat may be slightly greater than red meat,^{93-95,98} but the consumption of both should be limited.

Meat contains several constituents that could increase the risk of cancer.^{97,99} Mutagens and carcinogens (heterocyclic amines and polycyclic aromatic hydrocarbons) are produced by cooking meat at high temperatures and/or by charcoal grilling. The iron content (heme) in red meat may generate free radicals in the colon that damage DNA. Substances used to process meat (nitrates/nitrites and salt) contribute to the

formation of nitrosamines that can damage DNA. It is also possible that the fat content in meat contributes to risk. For example, foods that are high in fat increase the concentration of secondary bile acids and other compounds in the stool that could be carcinogens or promoters of carcinogenesis.

Although meats are good sources of high-quality protein and can supply many important vitamins and minerals, they remain major contributors of total fat, saturated fat, and cholesterol in the American diet.¹⁰⁰ The recommendation is to limit consumption of processed and red meats. To accomplish this, choose lean meats and smaller portions, and use meat as a side dish rather than as the focus of a meal. Legumes are especially rich in nutrients that may protect against cancer and can be a healthier source of protein than red meats. Although cooking meat at high temperatures, such as in grilling or frying, can produce potential carcinogens, care should be taken to cook meat thoroughly to destroy harmful bacteria and parasites, but to avoid charring.

4. If You Drink Alcoholic Beverages, Limit Consumption

People who drink alcohol should limit their intake to no more than two drinks per day for men and one drink a day for women.¹⁵ The recommended limit is lower for women because of their smaller body size and slower metabolism of alcohol. A drink of alcohol is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits. Alcohol consumption is an established cause of cancers of the mouth, pharynx, larynx, esophagus, and liver.^{5,101} For each of these cancers, risk increases substantially with intake of more than two drinks per day.^{5,101} Alcohol consumption combined with tobacco increases the risk of cancers of the mouth, larynx, and esophagus far more than the independent effect of either drinking or smoking.⁵ Extensive evidence also implicates alcohol consumption as a cause of cancer of the breast,¹⁰²⁻¹⁰⁴ and probably colon and rectum cancer.^{5,105} Regular consumption of more than one drink per day has been associated with an increased risk of breast cancer in women.¹⁰³ The mechanism by which alcohol is related to breast cancer is not known, but it may be due to alcohol-induced

increases in circulating estrogens or other hormones in the blood, reduction of folate levels, or to a direct effect of alcohol or its metabolites on breast tissue. Reducing alcohol consumption may be an important way for many women to reduce their risk of breast cancer. In particular, women with a low intake of folate may be more susceptible to the increase in breast cancer risk from alcohol.¹⁰⁶⁻¹⁰⁹ Overall, the evidence seems to indicate that total alcohol consumption is the important factor, not the type of alcoholic beverage consumed.¹¹⁰

Complicating the recommendation for alcohol and cancer risk reduction is the fact that low to moderate intake of alcoholic beverages has been associated with decreased risk of coronary heart disease.¹⁰² Even though drinking moderate levels of alcohol is associated with reduced risk of coronary heart disease in women, those women who are at high risk of breast cancer might reasonably consider abstaining from alcohol. There is no compelling reason for adults who currently do not consume alcoholic beverages to start consuming alcohol to reduce their risk for heart disease, as cardiovascular risk can be reduced by other means, such as avoiding smoking, consuming a diet low in saturated and trans fats, maintaining a healthy weight, staying physically active on a regular basis, and controlling blood pressure and lipids. Furthermore, there is convincing evidence that cardiovascular risk increases with heavy alcohol consumption.¹⁰² Some groups of people should not drink alcoholic beverages at all. These include children and adolescents; individuals of any age who cannot restrict their drinking to moderate levels or who have a family history of alcoholism; women who are or may become pregnant; individuals who plan to drive or operate machinery or who take part in other activities that require attention, skill, or coordination; and individuals taking prescriptions or over-the-counter medications that can interact with alcohol.

DIET AND PHYSICAL ACTIVITY FACTORS THAT AFFECT RISKS FOR SELECT CANCERS

Bladder Cancer

The major risk factors for bladder cancer are tobacco smoking and exposure to certain industrial

chemicals. Limited evidence suggests that drinking more fluids may lower the risk of bladder cancer, as may eating more vegetables.¹¹¹

Brain Tumors

There are no known nutritional risk factors for brain tumors at this time.

Breast Cancer

Breast cancer is the most common cancer diagnosed among American women and is second only to lung cancer as a cause of cancer deaths in women.¹³⁴ The risk of breast cancer is increased by several reproductive and other factors that are not easily modified: menarche before age 12, nulliparity or first birth at age greater than 30 years, late age at menopause, and a family history of breast cancer. Risk factors may differ for breast cancer that is diagnosed before or after menopause. New evidence indicates that exposures throughout life including in utero may have an effect on breast cancer risk. That breast cancer risk is increased with increasing adult height strongly points to early-life nutritional factors in breast cancer.

There is consistent evidence that increased body weight and weight gain during adulthood are associated with increased risk for breast cancer among postmenopausal (but not premenopausal) women.^{34,37,112-117} This increased risk is likely due to the higher levels of estrogens produced by extra adipose tissue after menopause; the adverse effect of weight gain is not seen as readily among women taking postmenopausal hormone therapy (hormone replacement therapy), since it may be masked by higher levels of exogenous estrogens. Alcohol intake is also associated with an increase in risk,^{103,104,118} particularly for women whose intake of folate is low.¹⁰⁶⁻¹⁰⁹ Moderate to vigorous physical activity has been shown to be associated with decreased breast cancer risk among both premenopausal and postmenopausal women.³ Although reduction of fat intake to very low levels may reduce breast cancer risk, results from the recent intervention trial found that lowering fat intake to 29% of calories had only a very small effect on risk among postmenopausal

women.¹¹⁹ At the present time, the best nutritional advice to reduce the risk of breast cancer is to engage in moderate to vigorous physical activity 45 to 60 minutes on 5 or more days per week, minimize lifetime weight gain through the combination of caloric restriction and regular physical activity, and avoid or limit intake of alcoholic beverages.^{6,104,115,120,121}

Colorectal Cancer

Colorectal cancer is the second leading cause of cancer death among American men and women combined.¹³⁴ The risk of colorectal cancer is increased in those with a family history of colorectal cancer. Long-term tobacco use and possibly excessive alcohol consumption increase risk, whereas use of aspirin or other nonsteroidal anti-inflammatory drugs, postmenopausal hormone therapy, and possibly increased calcium intake may decrease risk. Currently, however, neither aspirin-like drugs nor postmenopausal hormones are recommended to prevent colorectal cancer because of their potential adverse effects. Studies demonstrate a lower risk of colon cancer among those who are moderately active on a regular basis, and increasing evidence suggests that more vigorous activity may have an even greater benefit in reducing the risk of colon cancer.^{53,122} Obesity increases the risk of colon cancer among both men and women, but the association seems to be stronger in men.^{3,27} Diets high in vegetables and fruits have been associated with decreased risk,¹¹ and diets high in processed and/or red meat have been associated with increased risk of colon cancer.^{123–125} A growing number of studies support a protective role of calcium^{126,127} for colorectal cancer or its precursor, colorectal adenomas. Several studies also suggest that vitamin D^{128,129} or a combination of vitamin D and calcium¹³⁰ may prevent this cancer. However, because of a potential increase in risk of prostate cancer associated with calcium intake,¹³¹ it would be prudent to limit calcium intake in men to less than 1,500 mg/day until further studies are conducted. The best nutritional advice to reduce the risk of colon cancer is to increase the intensity and duration of physical activity; limit intake of red and processed meat; consume recommended levels of

calcium; eat more vegetables and fruits; avoid obesity; and avoid excess alcohol consumption (eg, no more than one drink/day in women, two drinks/day in men).^{53,54,122,132} In addition, it is very important to follow the ACS guidelines for regular colorectal screening, as identifying and removing precursor polyps in the colon can prevent colorectal cancer.¹³³

Endometrial Cancer

Endometrial cancer is the most common female reproductive cancer in the United States, ranking fourth among all cancers in women in age-adjusted incidence.¹³⁴ Although endometrial cancer has been traditionally considered as a single entity, epidemiologic and clinicopathologic evidence points to two separate types. Type I endometrial cancer (low grade, the most common type) is hormonally related, associated with hyperplasia, and tends to have a better prognosis. Type II endometrial cancer (high grade, approximately 10% of endometrial cancers) is not hormonally related, is associated with endometrial atrophy, and tends to have a worse prognosis.¹³⁵ Most of the established risk factors for endometrial cancer, summarized here, refer to type I; the causes of type II endometrial are largely unknown.

Most of the major known risk factors for type I endometrial cancer have in common a prolonged and excessive exposure of the endometrium to estrogens unopposed by progesterone, such as postmenopausal estrogen therapy, sequential oral contraceptive formulations, a history of polycystic ovarian syndrome, and obesity.

There is strong evidence of a relationship between obesity and endometrial cancer.³ In premenopausal women, the increased risk has been attributed to insulin resistance, elevation in ovarian androgens, anovulation, and chronic progesterone deficiency associated with overweight.¹³⁵ In postmenopausal women, the increased risk has been attributed to the higher circulating concentration of bioavailable estrogens created from the conversion of androstenedione to estrone in adipose tissue.³ Studies examining physical activity, which has also been shown to affect endogenous hormone levels, have suggested a decrease in endometrial cancer risk for the highest level of physical activity.³

Vegetable and fiber intakes may decrease risk, whereas red meat, saturated fat, and animal fat may increase risk.¹³⁶ At the present time, the best advice to reduce the risk of endometrial cancer is to maintain a healthy weight through diet and regular physical activity, and eat a predominantly plant-based diet rich in vegetables, whole grains, and beans.

Kidney Cancer

In the United States, kidney cancer accounts for 3% of both incident and fatal cancers in men and 2% of cancer cases and deaths in women.¹³⁴ The incidence of kidney cancer has been steadily rising by nearly 2% annually since 1975.¹³⁷ Approximately 80% to 85% of kidney cancers are renal cell cancers. The etiology of renal cell cancer is largely unknown; however, the most established modifiable risk factors include obesity and tobacco smoking. In 2002, the International Agency for Research on Cancer concluded that there is sufficient evidence for excessive weight as a cause of renal cell cancer.³ Results for associations between dietary factors and renal cell cancer risk have been limited or inconsistent. At the present time, the best advice to reduce the risk of kidney cancer is to maintain a healthy weight and avoid tobacco use.

Leukemias and Lymphomas

There are no known nutritional risk factors for leukemias or lymphomas at this time.

Lung Cancer

Lung cancer is the leading cause of cancer death among Americans.^{11,134} More than 85% of lung cancers occur because of tobacco smoking, and 10% to 14% are attributed to radon exposure. Many studies have found that the risk of lung cancer is lower among smokers and non-smokers who consume at least five servings of vegetables and fruits a day. A recent review found significantly lower risk of lung cancer with higher consumption of fruit.¹¹ Although healthful eating may reduce the risk of lung cancer, the risks posed by tobacco remain substantial. Nutritional supplementation with high doses of beta carotene and/or vitamin A has increased (not decreased)

lung cancer risk among smokers (see *Beta Carotene*).^{76,77} At the present time, the best advice to reduce the risk of lung cancer is to avoid tobacco use and environmental tobacco smoke and to avoid radon exposure. Eating at least five servings of vegetables and fruits every day is also advised.^{7,138}

Ovarian Cancer

Cancer of the ovary is the second most common gynecologic cancer and the leading cause of death from gynecologic malignancies.¹³⁴ Although the etiology of ovarian cancer is not well understood, hormonal, environmental, and genetic factors have been implicated. Family history of ovarian cancer is a risk factor, but fewer than 10% of ovarian cancers are hereditary.

At the present time there are no established nutritional risk factors for ovarian cancer. In the Pooling Project of Diet and Cancer Cohorts, a study combining the data from 12 cohort studies,¹³⁹ there was no indication of an association of risk with total fruit, total vegetable, total fruit and vegetable, or any botanically defined subgroup, and in the European Investigation into Cancer and Nutrition (EPIC) study,¹⁴⁰ a very large cohort study of women in Europe, total fruit, total vegetables, or total fruit and vegetables were unrelated to ovarian cancer risk. The association with milk/dairy products and galactose metabolism has been widely explored with inconsistent results.^{141,142} There was no indication of an association with milk/dairy product or calcium consumption in a recent study pooling data from 12 cohort studies,¹⁴³ whereas there was some indication of a weak association with lactose intake at a level equivalent to three or more glasses of milk per day. The overall evidence seems to indicate that alcohol consumption at moderate levels may reduce the risk of ovarian cancer.^{110,144,145} The role of obesity and physical activity in ovarian cancer risk is unclear.^{3,5,146}

Pancreatic Cancer

Pancreatic cancer is the fourth leading cause of cancer death in the United States.¹³⁴ Substantial evidence indicates that tobacco smoking, adult-onset diabetes, and impaired glucose tolerance

increase the risk for pancreatic cancer.¹⁴⁷ Some studies have also shown that obesity and physical inactivity (both factors strongly linked to abnormal glucose metabolism) and higher consumption of red and processed meat are associated with elevated pancreatic cancer risk, and that fruit and vegetable intake is associated with reduced risk,¹⁴⁸ but none of these relationships is yet firmly established. At the present time, the best advice to reduce the risk of pancreatic cancer is to avoid tobacco use, maintain a healthful weight, remain physically active, and eat five or more servings of vegetables and fruits each day.

Prostate Cancer

Prostate cancer is the most common cancer among American men.¹³⁴ Although prostate cancer is related to male sex hormones, just how nutritional factors might influence risk remains uncertain.¹⁴⁹ Several studies suggest that diets high in certain vegetables (including tomatoes/tomato products, cruciferous vegetables, soy, beans, or other legumes) or fish are associated with decreased risk. There is some evidence that food or supplements containing specific antioxidant nutrients, such as vitamin E, selenium, beta carotene, and lycopene, may reduce prostate cancer risk. Whether vitamin E and/or selenium reduce prostate cancer incidence is currently being tested in a large clinical trial. Most epidemiologic studies have not consistently distinguished between specific nutrients and the foods in which they occur. The biological plausibility that certain nutrients may affect prostate cancer risk has been strengthened by recent reports of gene-diet interactions for these nutrients and specific genes involved in antioxidant function and DNA repair.¹⁴⁹ Some of the genotypes were fairly common in the predominantly Caucasian populations studied (eg, 25%), and men with the specific genotype who had higher versus lower levels of these circulating nutrients were greatly protected against prostate cancer.¹⁵⁰ Several studies have observed that greater consumption of red meat or dairy products may be associated with increased risk of prostate cancer.^{97,98,151} There is also evidence that a high calcium intake, primarily through supplements, is associated with increased risk for more aggressive types of

prostate cancer.^{131,152} Although obesity has been inconsistently related to prostate cancer development, recent data suggest that being overweight is associated with worse prognosis after diagnosis and treatment among men with prostate cancer.^{31,153} Evidence suggests that exercise, in particular vigorous exercise, may impart some benefit for prostate cancer.³ At the present time, the best advice to reduce the risk of prostate cancer is to eat five or more servings of a wide variety of vegetables and fruits each day, limit intake of red meats and dairy products, and maintain an active lifestyle and healthy weight.

Stomach Cancer

Stomach cancer is the fourth most common cancer worldwide and the number two cause of death from cancer.¹³⁴ This cancer, however, is relatively uncommon in the United States. Many studies have found that high intake of fresh fruits and vegetables is associated with reduced risk of stomach cancer, whereas high intake of salt-preserved foods is associated with increased risk.^{154,155} There is also convincing evidence that chronic stomach infection by the bacterium *Helicobacter pylori* increases the risk of stomach cancer.^{154,155} Although the overall incidence of stomach cancer continues to decrease in most parts of the world, the incidence of this cancer in the gastric cardia has increased recently in the United States and several European countries.¹⁵⁶ The reasons for the increase are under active investigation but may be tied to increases in lower esophageal cancers caused by gastric reflux from abdominal obesity.¹⁵⁶ At the present time, the best advice for reducing the risk of stomach cancer is to eat at least five servings of vegetables and fruits daily, reduce salt-preserved food consumption, and maintain a healthy weight.

Upper Aerodigestive Tract Cancers

In the United States, upper digestive tract cancers are significantly more common among men than women. Tobacco (including cigarettes, chewing tobacco, and snuff) and alcohol, alone, but especially when used together, increase the risk for cancers of the mouth, larynx, pharynx, and esophagus; these exposures contribute

substantially to the gender disparities for these cancers. Obesity increases the incidence of adenocarcinoma in the lower esophagus and at the junction of the esophagus and stomach, likely as a result of epithelial damage, metaplasia, and dysplasia associated with acid reflux. There is some evidence to suggest that consuming beverages and foods that are very hot in temperature may increase risk for oral and esophageal cancers, likely as a result of thermal damage to exposed tissue. Eating recommended amounts of vegetables and fruits probably reduces the risk of oral and esophageal cancers. At the present time, the best advice to reduce the risk of cancers of the upper digestive and respiratory tracts is to avoid all forms of tobacco, restrict alcohol consumption, avoid obesity, and eat at least five servings of a variety of vegetables and fruits each day.¹⁵⁷⁻¹⁵⁹

COMMON QUESTIONS ABOUT DIET, PHYSICAL ACTIVITY, AND CANCER

Because people are interested in the relationship that specific foods, nutrients, or lifestyle factors have to specific cancers, research on health behaviors and cancer risk is often widely publicized. Health professionals who counsel patients should emphasize that no one study provides the last word on any subject, and that individual news reports may overemphasize what appear to be contradictory or conflicting results. In brief news stories, reporters cannot always put new research findings in their proper context. The best advice about diet and physical activity is that it is rarely, if ever, advisable to change diet or activity levels based on a single study or news report. The following questions and answers address common concerns about diet and physical activity in relation to cancer.

Alcohol

Does alcohol increase cancer risk? Yes. Alcohol increases the risk of cancers of the mouth, pharynx, larynx, esophagus, liver, colorectum, and breast.^{5,101} People who drink alcohol should limit their intake to no more than two drinks per day for men and one drink per day for women.¹⁵ A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof

distilled spirits. The combination of alcohol and tobacco increases the risk of some cancers far more than the independent effects of either drinking or smoking.⁵ Regular consumption of even a few drinks per week is associated with an increased risk of breast cancer in women—a risk that is particularly high in women who do not get enough folate.^{103,104,109} Women at high risk of breast cancer may consider abstaining from alcohol.

Antioxidants

What are antioxidants, and what do they have to do with cancer? Along with a number of other defense systems, the body appears to use certain nutrients in vegetables and fruits to protect the body against damage to tissues that occurs constantly as a result of normal metabolism (oxidation). Because such damage is associated with increased cancer risk, the so-called antioxidant nutrients are thought to protect against cancer.¹⁶⁰ Antioxidants include vitamin C, vitamin E, carotenoids, and many other phytochemicals. Studies suggest that people who eat more vegetables and fruits, which are rich sources of antioxidants, may have a lower risk for some types of cancer.¹¹ Clinical studies of antioxidant supplements are currently under way, but studies have not yet demonstrated a reduction in cancer risk from vitamin or mineral supplements⁷³ (see also *Beta Carotene, Lycopene, Vitamin E, Supplements*). To reduce cancer risk, the best advice presently is to consume antioxidants through food sources rather than supplements.

Aspartame

Does aspartame cause cancer? No. Aspartame is a low-calorie artificial sweetener that is about 200 times sweeter than sugar. Current evidence does not demonstrate any link between aspartame ingestion and increased cancer risk.^{161,162} People with the genetic disorder phenylketonuria should avoid aspartame in their diets.

Beta Carotene

Does beta carotene reduce cancer risk? Because beta carotene, an antioxidant chemically related to vitamin A, is found in vegetables and fruits,

and because eating vegetables and fruits is associated with a reduced risk of cancer, it seemed plausible that taking high doses of beta carotene supplements might reduce cancer risk. However, the results of three major clinical trials show this is not the case. In two studies in which people were given high doses of beta carotene supplements in an attempt to prevent lung cancer and other cancers, the supplements were found to increase the risk of lung cancer in cigarette smokers, and a third study found neither benefit nor harm from them.⁷⁶⁻⁷⁸ Therefore, consuming vegetables and fruits that contain beta carotene may be helpful, but high-dose beta carotene supplements should be avoided.

Bioengineered Foods

What are bioengineered foods, and are they safe? Bioengineered foods are made by adding genes from other plants or organisms to increase a plant's resistance to insect pests, retard spoilage, or improve transportability, flavor, nutrient composition, or other desired qualities. In theory, these added genes might create substances that could cause adverse reactions among sensitized or allergic individuals. However, there is currently no evidence that the substances found in bioengineered foods now on the market are harmful or that they would either increase or decrease cancer risk because of the added genes.

Calcium

Is calcium related to cancer? Several studies have suggested that foods high in calcium might help reduce the risk for colorectal cancer,¹⁶³ and calcium supplementation modestly reduces the formation of colorectal adenomas.^{126,127} There is also evidence, however, that a high calcium intake, primarily through supplements, is associated with increased risk for prostate cancer, especially for prostate cancers that are more aggressive.¹³¹ In light of this, both men and women should strive to consume recommended levels of calcium, primarily through food sources. Recommended intake levels of calcium are 1,000 mg/day for people aged 19 to 50 and 1,200 mg/day for people older than 50 years.¹⁶⁴ Dairy products are

excellent sources of calcium, as are some leafy vegetables and greens. People who obtain much of their calcium from dairy products should select low-fat or nonfat choices to reduce intake of saturated fat.

Cholesterol

Does cholesterol in the diet increase cancer risk? Cholesterol in the diet comes only from foods derived from animal sources—meat, dairy products, eggs, and animal fats such as butter or lard. Although some of these foods (eg, processed and red meats) are associated with higher risk of certain types of cancer, at present, there is little evidence that this increased risk is specifically related to cholesterol. Lowering blood cholesterol lowers cardiovascular disease risk, but there is no evidence that lowering blood cholesterol has an effect on cancer risk.

Coffee

Does drinking coffee cause cancer? No. Caffeine may heighten symptoms of fibrocystic breast lumps (a type of benign breast disease) in some women, but there is no evidence that it increases the risk of breast cancer or other types of cancer. The association between coffee and pancreatic cancer, widely publicized in the past, has not been confirmed by recent studies; there does not appear to be any connection between coffee drinking and cancer risk.¹⁶⁵

Fat

Will eating less fat lower cancer risk? There is little evidence that the total amount of fat consumed increases cancer risk. However, diets high in fat tend to be high in calories and may contribute to obesity, which in turn is associated with increased risk of cancers at several sites. There is evidence that certain types of fat, such as saturated fats, may have an effect on increasing cancer risk.⁹⁷ There is little evidence that other types of fat (omega-3 fatty acids, found primarily in fish), monounsaturated fatty acids (found in olive and canola oils), or other polyunsaturated fats reduce cancer risk.

Fiber

What is dietary fiber, and can it prevent cancer?

Dietary fiber includes a wide variety of plant carbohydrates that are not digestible by humans. Specific categories of fiber are “soluble” (like oat bran) or “insoluble” (like wheat bran and cellulose). Soluble fiber helps to reduce blood cholesterol and, therefore, helps lower the risk of coronary heart disease. Good sources of fiber are beans, vegetables, whole grains, and fruits. Associations between fiber and cancer risk are weak, but consumption of these foods is still recommended because they contain other nutrients that may help reduce cancer risk and because of their other health benefits.¹⁵

Fish

Does eating fish protect against cancer? Fish is a rich source of omega-3 fatty acids. Studies in animals have found that these fatty acids suppress cancer formation or hinder cancer progression, but there is limited suggestive evidence of a possible benefit in humans.¹⁶⁶ While consuming fish rich in omega-3 fatty acids is associated with reduced risk of cardiovascular disease, some types of fish may contain high levels of mercury, polychlorinated biphenyls (PCBs), dioxins, and other environmental pollutants. Levels of these substances are generally highest in older, larger, predatory fish such as swordfish, tilefish, shark, and king mackerel. (In addition, some studies have shown that farm-raised fish may carry more of these toxins than fish caught in the wild.) Women who are pregnant, planning to become pregnant, or who are nursing, and young children should not eat these fish.¹⁶⁷ Consumers should be advised to vary the types of fish consumed to reduce the likelihood of exposure to excessive levels of toxins.

Research has not yet demonstrated whether the possible benefits of fish consumption may be reproducible by taking omega-3 or fish oil supplements.

Fluorides

Do fluorides cause cancer? No. Extensive research has examined the effects of fluorides given as dental treatments, or added to toothpaste,

public water supplies, or foods on cancer risk. Fluorides have not been found to increase cancer risk.¹⁶⁸

Folate

What is folate, and can it prevent cancer? Folate is a B vitamin found in many vegetables, beans, fruits, whole grains, and fortified breakfast cereals. Since 1998, all grain products have been fortified with folate. Folate deficiency may increase the risk of cancers of the colorectum and breast, especially in people who consume alcoholic beverages.^{106-108,169} Current evidence suggests that to reduce cancer risk, folate is best obtained through consumption of vegetables, fruits, and enriched grain products.

Food Additives

Do food additives cause cancer? Many substances are added to foods to preserve them and to enhance color, flavor, and texture. New additives must be cleared by the Federal Drug Administration before being incorporated into the food supply, and rigorous testing in animal models to determine any effects on cancer is undertaken as part of this process.¹⁷⁰ Additives are usually present in very small quantities in food, and no convincing evidence exists that any additive consumed at these levels causes human cancers.

Garlic

Can garlic prevent cancer? The health benefits of the *Allium* compounds contained in garlic and other vegetables in the onion family have been publicized widely. Garlic is currently under study for its ability to reduce cancer risk. Insufficient evidence exists at this point to support a specific role for this vegetable in cancer prevention.^{171,172}

Genetics

If our genes determine cancer risk, how can diet help prevent cancer? Damage to the genes that control cell growth and maturation can either be inherited or acquired during one's lifetime. Certain types of mutations or genetic damage can increase the risk of cancer. Nutrients in the

diet can protect DNA from being damaged. Physical activity, weight control, and diet might delay or prevent the development of cancer in people with an increased genetic risk for cancer. The many interactions between diet and genetic factors are an important and complex topic of widespread current research interest.

Irradiated Foods

Do irradiated foods cause cancer? No. Radiation is increasingly used to kill harmful organisms on foods to extend their “shelf life.” Radiation does not remain in the foods after treatment, however, and at the present time, there is no evidence that consuming irradiated foods increases cancer risk.^{173,174}

Lycopene

Will lycopene reduce cancer risk? Lycopene is the red-orange carotene pigment found primarily in tomatoes and tomato-based foods, and to a lesser extent, in pink grapefruit and watermelon. Several studies have reported that consumption of tomato products reduces the risk of some cancers.^{149,175} It is uncertain, however, whether lycopene is the micronutrient responsible for this association. It is important to note that even if lycopene in foods is associated with lower risk for cancer, the conclusion cannot be made that high doses taken as supplements would be either more effective or safe.

Meat: Cooking and Preserving

Should I avoid processed meats? Some epidemiologic studies have linked high consumption of processed meats with increased risk of colorectal and stomach cancers.^{93–95,154} This association may or may not be due to nitrites, which are added to many luncheon meats, hams, and hot dogs to maintain color and to prevent contamination with bacteria. Consumption of processed meats and meats preserved by methods involving smoke or salt increases exposure to potentially carcinogenic chemicals, and so should be minimized.

How does cooking meat affect cancer risk? Adequate cooking is necessary to kill harmful microorganisms within meat. However, some research suggests that frying, broiling, or grilling meats

at very high temperatures creates chemicals that might increase cancer risk. Although studies show that these chemicals can damage DNA and cause cancer in animals, it is not clear how much they, rather than other components of meat, contribute to the increase in colorectal cancer risk associated with heavier meat consumption in epidemiologic studies. Techniques such as braising, steaming, poaching, stewing, and microwaving meats minimize the production of these chemicals.

Obesity

Does being overweight increase cancer risk? Yes. Overweight and obesity are associated with increased risk for cancers of the breast among postmenopausal women, colon, endometrium, gallbladder, adenocarcinoma of the esophagus, pancreas, renal cell (kidney) carcinoma, and possibly other sites as well.^{3,27–30,33,176} Although there is limited research on whether losing weight reduces cancer risk, some research suggests that weight loss does reduce the risk of breast cancer.^{36,38} Because of other proven health benefits to losing weight, people who are overweight are encouraged to stop gaining weight, then to lose weight and prevent regaining it. The avoidance of excessive weight gain during adulthood is important not only to reduce cancer risk, but the risk of other chronic diseases as well.^{13,14}

Olive Oil

Does olive oil affect cancer risk? Consumption of olive oil is associated with a reduced risk of cardiovascular disease, but it is not associated with any increased risk of cancer and is most likely neutral with respect to cancer risk. Although olive oil is a healthy alternative to butter and margarine, it is a significant source of calories and should be used in moderation.

Organic Foods

Are foods labeled organic more effective in lowering cancer risk? The term *organic* is popularly used to designate plant foods grown without pesticides and genetic modifications. At present, no research exists to demonstrate whether such foods are more effective in reducing cancer risk

than are similar foods produced by other farming methods.

Pesticides and Herbicides

Do pesticides in foods cause cancer? Pesticides and herbicides can be toxic when used improperly in industrial, agricultural, or other occupational settings. Although vegetables and fruits sometimes contain low levels of these chemicals, overwhelming scientific evidence supports the overall health benefits and cancer-protective effects of eating vegetables and fruits.¹¹ At present, there is no evidence that residues of pesticides and herbicides at the low doses found in foods increase the risk of cancer. However, produce should be thoroughly washed before consumption.

Physical Activity

Will increasing physical activity lower cancer risk? Yes. People who engage in moderate to vigorous levels of physical activity are at lower risk of developing colon and breast cancer than those who do not.^{3,53,122} For some cancers, this risk reduction is independent of the impact of activity on weight. Data for a direct effect on the risk of developing other cancers are more limited. Nonetheless, overweight and obesity have been associated with many types of cancer,³ and physical activity is a key component of maintaining or achieving a healthy body weight. In addition, physical activity has a beneficial impact on cardiovascular disease and diabetes.¹⁵

Phytochemicals

What are phytochemicals, and do they reduce cancer risk? The term *phytochemicals* refers to a wide variety of compounds produced by plants. Some of these compounds protect plants against insects or have other biologically important functions. Some have either antioxidant or hormone-like actions both in plants and in people who eat them.¹⁷⁷ Because consumption of vegetables and fruits reduces cancer risk, researchers are searching for specific components that might account for the beneficial effects. There is no evidence that phytochemicals taken as supplements are as beneficial as the vegetables, fruits, beans, and grains from which they are extracted.

Saccharin

Does saccharin cause cancer? No. High doses of the artificial sweetener saccharin cause the formation of bladder stones that can lead to bladder cancer in rats. Saccharin consumption does not cause the formation of bladder stones in humans, though. Saccharin has been removed from the list of established human carcinogens by the US National Toxicology Program.¹⁷⁸

Salt

Do high levels of salt in the diet increase cancer risk? Studies in other countries link diets containing large amounts of foods preserved by salting (ie, salt-curing) and pickling with an increased risk of stomach, nasopharyngeal, and throat cancer. No evidence suggests that moderate levels of salt used in cooking or in flavoring foods affect cancer risk.

Selenium

What is selenium, and can it reduce cancer risk? Selenium is a mineral that contributes to the antioxidant defense mechanisms. Animal studies suggest that selenium protects against cancer, and one experimental trial has shown selenium supplements might reduce the risk of cancers of the lung, colon, and prostate.¹⁷⁹ However, repeated and well-controlled studies are needed to confirm whether selenium is helpful in preventing these cancers. High-dose selenium supplements are not recommended, as there is only a narrow margin between safe and toxic dosages. The maximum dose in a supplement should not exceed 200 micrograms per day.

Soy Products

Can soy-based foods reduce cancer risk? Soy-derived foods are an excellent source of protein and a good alternative to meat. Soy contains several phytochemicals, some of which have weak estrogenic activity and appear to protect against hormone-dependent cancers in animal studies. Presently, there are limited data to support a potential beneficial effect of soy supplements on reducing cancer risk.¹⁸⁰ Furthermore, adverse effects of high doses of soy supplements on the

risk of estrogen-responsive cancers, such as breast or endometrial cancer, are possible.¹⁸¹ Breast cancer survivors should consume only moderate amounts of soy foods as part of a healthy plant-based diet, and they should not intentionally ingest very high levels of soy products in their diet or more concentrated sources of soy, such as soy-containing pills, powders, or supplements containing isolated or concentrated isoflavones.

Sugar

Does sugar increase cancer risk? Sugar increases caloric intake without providing any of the nutrients that reduce cancer risk. By promoting obesity and elevating insulin levels, high sugar intake may indirectly increase cancer risk. White (refined) sugar is no different from brown (unrefined) sugar or honey with regard to these effects on body weight or insulin. Limiting foods such as cakes, candy, cookies, and sweetened cereals, as well as high-sugar beverages such as soda, can help reduce sugar intake.

Supplements

Can nutritional supplements lower cancer risk? There is strong evidence that a diet rich in vegetables, fruits, and other plant-based foods may reduce the risk of cancer, but there is no evidence at this time that supplements can reduce cancer risk, and some evidence exists that indicates that high-dose supplements can increase cancer risk.^{182,183}

Can I get the nutritional equivalent of vegetables and fruits in a pill? No. Many healthful compounds are found in vegetables and fruits, and it is likely that these compounds work synergistically to exert their beneficial effect. There are likely to be important, but as yet unidentified, components of whole food that are not included in supplements. The small amount of dried powder in the pills that are represented as being equivalent to vegetables and fruits frequently contains only a small fraction of the levels contained in the whole foods. Food is the best source of vitamins and minerals. Supplements, however, may be beneficial for some people, such as pregnant women, women of childbearing age, and people with restricted dietary intakes. If a supplement is taken, the best choice is a balanced multivitamin/

mineral supplement containing no more than 100% of the “Daily Value” of most nutrients.

Tea

Can drinking tea reduce cancer risk? Some researchers have proposed that tea might protect against cancer because of its antioxidant content. In animal studies, some teas (including green tea) have been shown to reduce cancer risk,^{184,185} but epidemiologic studies have had mixed findings.^{186,187} Presently, tea has not been proven to reduce cancer risk in humans.

Trans-saturated Fats

Do trans-saturated fats increase cancer risk? Trans-saturated fats are produced during the manufacture of hydrogenated oils such as margarine or shortening to make them solid at room temperature. Recent evidence demonstrates that trans-fats have adverse cardiovascular effects, such as raising blood cholesterol levels.^{13,188} Their relationship to cancer risk, however, has not been determined. Regardless, it is recommended to consume as few trans-fats as possible.

Vegetables and Fruits

Will eating vegetables and fruits lower cancer risk? Yes. Greater consumption of vegetables and fruits has been associated in the majority of epidemiologic studies with a lower risk of lung, oral, esophageal, stomach, and colon cancer.¹¹ Because it is not known which of the many compounds in vegetables and fruits are most protective, the best advice is to consume five or more servings of a variety of colorful vegetables and fruits each day.

What are cruciferous vegetables, and are they important in cancer prevention? Cruciferous vegetables belong to the cabbage family, and include broccoli, cauliflower, Brussels sprouts, and kale. These vegetables contain certain chemicals thought to reduce the risk for colorectal cancer. The best evidence suggests that consumption of a wide variety of vegetables, including cruciferous and other vegetables, reduces cancer risk.^{11,12}

Is there a difference in the nutritional value of fresh, frozen, and canned vegetables and fruits? Yes, but they can all be good choices. Fresh foods are usually considered to have the most nutritional

value. Often, however, frozen foods can be more nutritious than fresh foods because they are often picked ripe and quickly frozen; nutrients can be lost in the time between harvest and consumption for fresh foods. Canning is more likely to reduce the heat-sensitive and water-soluble nutrients because of the high heat temperatures necessary in the canning process. Be aware that some fruits are packed in heavy syrup, and some canned vegetables are high in sodium. Choose vegetables and fruits in a variety of forms.

Does cooking affect the nutritional value of vegetables? Boiling vegetables, especially for long periods, can leach their content of water-soluble vitamins. Microwaving and steaming are the best ways to preserve the nutritional content in vegetables.

Should I be juicing my vegetables and fruits? Juicing can add variety to the diet, and it can be a good way to consume vegetables and fruits, especially for those who have difficulty chewing or swallowing. Juicing also improves the body's absorption of some of the nutrients in vegetables and fruits. However, juices may be less filling than whole vegetables and fruits and contain less fiber. Fruit juice, in particular, can contribute quite a few calories to one's diet if large amounts are consumed. Commercially juiced products should be 100% vegetable or fruit juices and should be pasteurized to eliminate harmful microorganisms.

Vegetarian Diets

Do vegetarian diets reduce cancer risk? Vegetarian diets include many health-promoting features; they tend to be low in saturated fat and high in fiber, vitamins, and phytochemicals.¹⁸⁹ It is not possible to conclude at this time, however, that a vegetarian diet has any special benefits for the prevention of cancer. Diets including lean meats in small to moderate amounts can also be healthful. Strict vegetarian diets that avoid all animal products, including milk and eggs, should be supplemented with vitamin B₁₂, zinc, and iron (especially for children and premenopausal women).¹⁸⁹

Vitamin A

Does vitamin A lower cancer risk? Vitamin A (retinol) is obtained from foods in two ways:

preformed from animal food sources, and derived from beta carotene in plant-based foods. Vitamin A is needed to maintain healthy tissues. Vitamin A supplements, whether in the form of beta carotene or retinol, have not been shown to lower cancer risk, and high-dose supplements may, in fact, increase the risk for lung cancer in current and former smokers.^{76,77}

Vitamin C

Does vitamin C lower cancer risk? Vitamin C is found in many vegetables and fruits, particularly oranges, grapefruit, and peppers. Many studies have linked consumption of vitamin C-rich foods with a reduced risk for cancer.¹¹ The few studies in which vitamin C has been given as a supplement, however, have not shown a reduced risk for cancer.

Vitamin D

Does vitamin D lower cancer risk? There is a growing body of evidence from epidemiologic studies (not yet tested in RCTs) that vitamin D may have beneficial effects on some types of cancer, including cancers of the colon, prostate, and breast.¹⁹⁰ Vitamin D is obtained through skin exposure to ultraviolet (UV) radiation, and through diet, particularly products fortified with vitamin D such as milk and cereals, and supplements. Many Americans, however, do not consume sufficient amounts of vitamin D.¹⁹¹ The current national recommended levels of intake of vitamin D of 200 to 600 IU¹⁶⁴ may be inadequate to meet needs, especially among those with little sun exposure, the elderly, individuals with dark skin, and exclusively breast-fed babies. More research is needed to define optimal blood and intake levels for cancer risk reduction, but recommended intake is likely to fall between 200 and 2000 IU, depending on age and other factors that modify vitamin D status. To minimize the health risks associated with UVB radiation exposure while maximizing the potential benefits of optimum vitamin D levels, a balanced diet, supplementation, and limiting sun exposure to small amounts are the preferred methods of obtaining vitamin D.

Vitamin E

Does vitamin E lower cancer risk? Alpha-tocopherol is recognized as the most active form of vitamin E in humans and is a powerful biological antioxidant. A reduction in prostate cancer incidence was observed among men randomly assigned to receive alpha-tocopherol in the Alpha-Tocopherol Beta Carotene (ATBC) trial, a study that included only male smokers.⁷⁶ However, this association was not observed in the HOPE-TOO trial,¹⁹² in postintervention follow up of the ATBC trial,¹⁹³ or in two large prospective observational studies,^{194,195} and may have been a result of chance. While ongoing randomized trials^{196,197} will eventually provide further information, the promise of alpha-tocopherol as a cancer prevention agent appears to be dimming.

Water and Other Fluids

How much water and other fluids should I drink? Consumption of water and other liquids may reduce the risk of bladder cancer, as water dilutes the concentration of carcinogens and shortens the time in which they are in contact with the bladder lining.¹¹¹ Some studies suggest that adequate fluid consumption may also reduce the risk of colon cancer.¹⁹⁸ Drinking at least 8 cups of liquid a day is usually recommended, and some studies indicate that even more may be beneficial.

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Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Erin Moreland <Foleyerin@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 3:28 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Erin Moreland
Email Foleyerin@yahoo.com
Address 68 Kinderkamack Road
City : Park Ridge
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Billy Polihronakis <billyp3@optonline.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 3:28 PM
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i am glad finally something is being done. .

Sincerely,

Name : Billy Polihronakis
Email billyp3@optonline.net
Address 116 E 12th st
City : huntington sta
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: veronica Hilas <vhilas13@optonline.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 3:27 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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We need to eliminate trans fat from not only restaurants but i would love to see it gone from all products. We have to start some where and any steps we make in helping americans from slowly killing themselves is a start. We have to stop looking the other way. .

Sincerely,

Name : veronica Hilas
Email vhilas13@optonline.net
Address 116 E 12th st
City : huntington station
State : ny

Resolution Comments

From: "Beverly Grossman" <bgrossman@CHCANYS.ORG>
To: <Resolutioncomments@Health.NYC.GOV>
Date: 10/30/2006 3:23 PM
CC: "Beverly Grossman" <bgrossman@CHCANYS.ORG>

Dear Ms. Bryan-

Please find attached to this email submitted comments from Elizabeth Swain on behalf of the Community Health Care Association of New York State in regards to the Trans fats and additional calorie information public hearings.

Thank you,
Beverly

Beverly Grossman, MSW
Policy and Planning Analyst
Community Health Care Association of NYS (CHCANYS)
PH: (518) 434-0767 ext. 2
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bgrossman@chcanys.org

New York City Department of Health and Mental Hygiene

October 30, 2006

Testimony of the Community Health Care Association of New York State CHCANYS

The Community Health Care Association of New York State (CHCANYS) applauds the Department's efforts to significantly limit the amount of trans fat consumed by New Yorkers. Trans fat is the most dangerous fat, increasing LDL ("bad") cholesterol and lowering HDL ("good") cholesterol. Conservatively, trans fat is responsible for at least 500 deaths from heart disease in New York City every year, and has no known health benefits and no safe level of consumption exists. This effort to save lives, and greatly improve the quality of life by reducing the number of people suffering from obesity and reducing the number of heart disease related deaths is a necessary public health protection. CHCANYS believes the draft proposals to restrict the use of products containing artificial trans fat at all restaurants and to make calorie content information available to consumers at the time of ordering are important steps in addressing this epidemic.

The Community Health Care Association of New York State (CHCANYS) is the statewide association of New York's non-profit health care providers located in medically underserved areas – urban and rural -- throughout the state. These community health centers care for a diverse patient population that is:

- 35 percent Hispanic or Latino;
- 33 percent African-American;
- 26 percent White; and
- 5 percent Asian.

Most patients - 74 percent – have family incomes below the federal poverty level. Community health centers place special emphasis on eliminating racial and ethnic disparities in health care and serving all persons, regardless of his or her ability to pay. This year, our centers will serve as “family doctor” for more than a million New Yorkers.

By law, federally qualified health centers are located in medically underserved areas and serve medically underserved populations. Many of these communities also have high rates of obesity and there are disparities in rates of chronic diseases related to obesity.¹ For example, in 2000, the death rate from heart disease among African Americans was 29% higher than among non-Hispanic whites. Similarly, African Americans are twice as likely as non-Hispanic whites to be diagnosed with diabetes.²

Obesity has been called one of the greatest public health challenges of our time. Obesity rates among adults and children have doubled in the last twelve years, while in teens rates have tripled. Unhealthy eating is a major cause of obesity, heart disease, cancer, stroke, diabetes, high blood cholesterol, high blood pressure, osteoporosis, tooth decay and other health problems.³

Americans increasingly rely upon restaurants, rather than food prepared at home. In light of the burgeoning problems associated with obesity, the US Surgeon General called, in 2001, for increased availability of nutrition information for foods eaten and prepared away from home.⁴

Without access to better food choices obesity rates will continue to rise. Providing additional caloric information and restricting the use of artificial trans fat at restaurants is a positive step toward better food choices for New Yorkers. This is especially important for communities of color and lower income communities with less access to healthy food choices.⁵

While we applaud the efforts of the New York City Department of Health and Mental Hygiene's efforts to encourage better food choices, it is only one piece of a larger puzzle. CHCANYS believes that equal investment in education, provision of nutritional information, improving availability of healthy foods and increasing access to primary health care services is essential to a healthier New York. Persons of color are disproportionately uninsured, and face increased obstacles to obtaining necessary primary and preventive care. Many community health centers provide a range of obesity prevention services and interventions including nutrition counseling. However, since providers are not reimbursed for these services, they are difficult to support, which limits our ability to thoroughly address the problems of obesity at the primary care level.

Making better food choices is crucial to reducing obesity, chronic diseases associated with obesity and the cost of treating those conditions.⁶ We hope to continue to work with the Department to create and support healthy families and communities in New York.

¹ Roberts M, Kerker B, Mostashari F, Van Wye G, Thorpe L. Obesity and Health: Risks and Behaviors. NYC Vital Signs, November 2005, 4(2): 1-4.

² Baker EA, Schootman M, Barnidge E, Kelly C. The Role of Race and Poverty in Access to Foods that Enable Individuals to Adhere to Dietary Guidelines. Preventing Chronic Disease, v.3, n.3, July 2006.

³ Anyone's Guess: The Need for Nutrition Labeling at Fast Food and Other Chain Restaurants, Center for Science in the Public Interest, 2003 (www.cpsinet.org/restaurantreport).

⁴ Anyone's Guess: The Need for Nutrition Labeling at Fast Food and Other Chain Restaurants, Center for Science in the Public Interest, 2003 (www.cpsinet.org/restaurantreport).

⁵ Baker EA, Schootman M, Barnidge E, Kelly C. The Role of Race and Poverty in Access to Foods that Enable Individuals to Adhere to Dietary Guidelines. Preventing Chronic Disease, v.3, n.3, July 2006.

⁶ Baker EA, Schootman M, Barnidge E, Kelly C. The Role of Race and Poverty in Access to Foods that Enable Individuals to Adhere to Dietary Guidelines. Preventing Chronic Disease, v.3, n.3, July 2006.

Elizabeth Swain, Chief Executive Officer
Community Health Care Association of New York State
254 W. 31st St., 9th Fl.
New York, NY 10001
212-710-3802 phone

eswain@chcanys.org

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "Mary A. Fitzpatrick " <fsd@ssjoachim.org>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 3:22 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Mary A. Fitzpatrick
Email fsd@ssjoachim.org
Address 2720 Surf Avenue
City : Brooklyn
State : New York

Resolution Comments - NCCR Comments regarding Trans Fat and Calorie Labeling

From: "Whipple, John" <WhippleJ@nccr.net>
To: <resolutioncomments@health.nyc.gov>
Date: 10/30/2006 3:01 PM
Subject: NCCR Comments regarding Trans Fat and Calorie Labeling

Rena Bryant
Secretary to the Board of Health

Dear Ms. Bryant:

Please find the attached comments from the National Council of Chain Restaurants with regard to the above proposals. Please feel free to contact me at 202-626-8183 or whipplej@nrf.com, should you have questions.

John R. Whipple
President
National Council of Chain Restaurants
325 7th Street, NW, Suite 1100
Washington, DC 20004
202-626-8183
202-626-8185 (fax)
www.nccr.net



NATIONAL COUNCIL OF CHAIN RESTAURANTS
of the > National Retail Federation

October 30, 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, NY 10013

**Re: Comments Regarding Notice of Intention to Require Calorie Labeling
at Certain Restaurants**

Dear Ms. Bryant:

The National Council of Chain Restaurants (NCCR) appreciates this opportunity to comment on the proposal to amend the New York City Health Code to require that certain restaurants include prominent calorie statements on menus (the Proposal). The NCCR is the national trade association exclusively representing the chain restaurant industry. NCCR members own and operate in excess of 50,000 restaurant facilities. Additionally, through franchise and licensing agreements, another 70,000 facilities are operated under their trademarks. In the aggregate, NCCR's member companies and their franchisees employ in excess of 2.8 million individuals. Many of these member companies and franchisees operate establishments in New York City and, because of the nature of their businesses, they are likely to be significantly impacted by the Proposal.

Most NCCR members have been providing nutritional information to consumers for years. These efforts have been substantial and are continuing to evolve. Pursuant to the Proposal, however, these efforts to make nutritional information publicly available will trigger new legal duties to provide prominent calorie statements on menus and menu boards. The usefulness of this new presentation of information remains unclear, yet compliance with the requirements will undoubtedly impose significant costs on the affected restaurants—both in terms of compliance costs and in terms of potential lost business. This set of circumstances provides a disincentive for companies to continue providing any type of nutritional information to consumers. Restaurants should be encouraged in their health education efforts, not dissuaded from such effort by misplaced regulatory policies.

Further, the Proposal must be reconsidered because of the disparate impact it will have on the restaurant industry. The Proposal will only apply to “standardized” foods, which the Department hypothesizes will limit the reach of the Proposal to those 10% of New York City restaurants that are primarily “high volume” establishments. It is apparent that our membership, and not the other restaurants serving similar fare, is

being targeted. Moreover, no public health justification is given for singling out one type of establishment. This type of discrimination is not just unfair, but it triggers constitutional scrutiny, as it runs afoul of the principles embodied in the Commerce Clause of the U.S. Constitution. We, therefore, urge the Board to reject the Proposal.

Current Flexible Policies Allow a Diverse Industry to Meet Consumer Demands in Appropriate Ways

For years, NCCR members have been providing consumers with complete nutritional information about their products. The range of vehicles used by restaurants to convey this information reflects the diversity within the restaurant sector. Our efforts are constantly evolving, tailored to the consumer expectations and format of the particular chain restaurant. Among our members, there is great diversity in operations, formats, demographics of customers served, and the types of food provided. Accordingly, the methods of providing nutritional information varies; sometimes, for example, it is available through in-store brochures, while often is also available on restaurant websites.

While implementing the Nutrition Labeling and Education Act of 1990 (NLEA), the Food and Drug Administration (FDA) considered whether the nutritional labeling requirements being applied to packaged foods should be extended to cover foods served in restaurants, and it declined to do so. FDA acknowledged that “there are variations unique to restaurant foods” that make such requirements impracticable. ^{1/} The Board, too, should recognize the unique nature of the restaurant industry and permit restaurants to continue meeting the consumer demand for nutritional information in appropriately tailored ways.

The Proposal Fails to Recognize the Significant Costs It Would Impose

In its Proposal, the Department ignores two significant categories of costs that mandatory calorie labeling will impose. The first category includes all actual compliance costs, and the second includes the very real costs associated with competitive disadvantage.

The Proposal would require that affected restaurants provide accurate caloric values for each item on the menu. To do this, restaurants would need to invest in the analytical tests necessary to verify such values. Then, the restaurants would have to invest in new versions of all of their menus, including print menus, menu boards, and drive-thru menus. The mandated font size for the calorie statements is likely to make mere additions to these materials impossible, without rendering all printed information unreadable or inaccessible. The size and layout of all menus, therefore, will need to be reconsidered. And, of course, each time a menu item is reformulated in a manner that affects the caloric value, all menus and menu boards will need to be reworked. These costs add up and may be substantial. These costs will be imposed by New York City restaurants that will effect menu prices and may well effect the sustainability of residents' jobs.

^{1/} 58 Fed. Reg. 2387 (Jan. 6, 1993).

Moreover, there may be significant impact to the bottom lines of those businesses that begin providing the required calorie menu statements. As discussed further below, consumers may turn away from those restaurants that prominently display calorie statements, taking their business to establishments that do not display such information. Such behavior may be irrational, particularly when a consumer forgoes a hamburger at a national chain restaurant only to consume a hamburger at a local establishment of comparable caloric value not providing calorie statements, yet such misguided purchasing decisions are a likely result of the Proposal. And, indeed, this will impose added costs on the affected restaurants.

The Burdens Associated with the Proposal are a Disincentive to Offer Nutritional Information

Already, many restaurants are providing complete nutritional information to consumers, and they have invested significant amounts in doing so. Under the Proposal, however, the cost of providing this information becomes much greater. The compliance costs and the potential competitive disadvantage may persuade many restaurants to discontinue providing nutritional information altogether. This paradoxical result obviously does not help to address the Department's stated public health concern; in fact, it works in the opposite direction.

The Proposal Unjustly Targets Only One Segment of the Restaurant Industry

By limiting the reach of the Proposal to those restaurants serving "standardized" fare and already providing nutritional information to consumers, the Department unreasonably targets a small segment of the restaurant industry. The Department acknowledges that the Proposal is intended to reach approximately 10% of the City's restaurants, particularly those that are "high volume" establishments. In other words, the precise target of the Proposal seems to be the NCCR membership.

The public health justification for the Proposal, however, is not at all narrowly tailored to this segment of the industry. There is no reason to view the calories consumed at this 10% of restaurants any differently from the calories consumed at the remaining 90% of restaurants. A calorie is a calorie. If, as the Proposal implies, a consumer should know the precise caloric value of his meal, presumably he should know this value regardless of where he consumes it. The answer is not to impose costly, unworkable requirements on all restaurants. At the same time there is not justification for singling out chain restaurants for disparate treatment.

The inherent and blatant discrimination in the Proposal yields no public health justification. It is, therefore, suspect, and because the majority of the restaurants that will suffer the Proposal's disparate impact will be businesses with headquarters outside the City limits, the Proposal violates the principles of the dormant Commerce Clause, rendering it unconstitutional.

The Actual Public Health Benefit Related to the Proposal is Unclear

The assumptions upon which the Proposal is based are speculative and flawed. Consumers are unlikely to use the required calorie statements, and when they do, they are likely to use the statements inappropriately, minimizing any potential health benefit. We encourage the Board to test the Department's assumptions against the administrative record that reflects actual consumer behavior and the dubious value of mandatory calorie menu labeling.

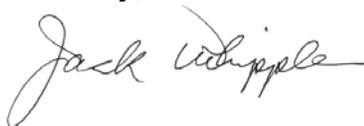
Moreover, if consumers do refer to the calorie statements when making purchasing decisions, they will be making such decisions based on estimates and outside of the important nutritional context. Due to frequent customization, consumers will still need to estimate the caloric value of an ordered meal. For example, after holding the cheese and adding mayonnaise to a particular standard menu item, the calorie statement will no longer reflect the actual purchased item. Customer customization is extremely common, yet there is no way that restaurants can provide values for all possible combinations of a particular menu item on a menu or menu board. Ironically, an increasing amount of customization reflects consumer efforts to make incremental dietary changes (e.g., substitute mayo with mustard). Many chain restaurants offer such healthier-eating tips. We question the merit of a proposal that impinges on this or any other type of customization.

Even when a calorie statement does accurately reflect the caloric value of a consumer's purchase, it may not guide the consumer to make the "healthiest" purchasing decision. Calories should not be taken out of context. Other nutrients, too, are important. For example, deciding based on calories alone, a consumer may select a 200-calorie hamburger, instead of a 350-calorie salad, when in fact, the calories in the salad may have come from so-called heart healthy nutrients, whereas the calories in the hamburger may have come largely from fat. It is important for consumers to understand the entire nutritional picture. The Proposal, however, does not facilitate reaching consumers with such a complete nutritional message; instead, it places the sole focus on calories, and perhaps, through its disincentive effect, places complete nutritional information even further out of consumers' reach.

* * *

For the foregoing reasons, NCCR urges the Board to reject the Proposal. There is a great deal that stakeholders can and must do to support informed, wise choices by consumers with respect to both diet and lifestyle. The Department's proposal falls well-short of the mark.

Sincerely,



John R. Whipple
President



NATIONAL COUNCIL OF CHAIN RESTAURANTS
of the > National Retail Federation

October 30, 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, NY 10013

Re: Comments Regarding Notice of Intention to Ban Trans Fat

Dear Ms. Bryant:

The National Council of Chain Restaurants (NCCR) appreciates this opportunity to comment on the proposal to amend the New York City Health Code to ban trans fat in restaurants (the Proposal). The NCCR is the national trade association exclusively representing the chain restaurant industry. NCCR members own and operate in excess of 50,000 restaurant facilities. Additionally, through franchise and licensing agreements, another 70,000 facilities are operated under their trademarks. In the aggregate, NCCR's member companies and their franchisees employ in excess of 2.8 million individuals. Many of these member companies and franchisees operate establishments in New York City and, therefore, would be significantly impacted by the Proposal.

NCCR members share the concerns of the Health Department about the link between certain fats and coronary heart disease (CHD), and accordingly, they have been making great strides over the past few decades to alter their menu offerings in response to consumers' growing interest in diet and health. In fact, many members have embraced plans to reformulate their trans fat-containing products, and already some have had success. We expect further innovation and progress will rise but the Proposal's timeframes are unrealistic and will inflict substantial unintended costs.

More fundamentally, NCCR strongly disagrees with the notion that only a ban will change industry practices. The food industry generally, and restaurants in particular, thrive based on our ability to meet ever-changing consumer preferences. The knowledge and consumer concern over the dietary impact of saturated fat produced fundamental shifts in the use of shortenings and oils common to chain restaurants and virtually every other sector of the food industry.

The move to the cooking oils that prompted the Proposal arose in response to the effectiveness of our industry to remove saturated fat. The move to partially hydrogenated vegetable oils came about from our listening to our customers. Our

success of just a few decades ago is traced to our innovation and technological advances. A similar transition is underway now. Any suggestion that a ban is necessary to advance the public health ignores the track-record and current efforts of our industry.

A constructive approach to addressing trans fat concerns must be considered in the context of the existing body of scientific evidence and the practical effect of the Proposal. Trans fat cannot be considered independently of saturated fat, nor the other risk factors for CHD. Because the Proposal fails to address these other risk factors and, in fact, will encourage a shift to oils containing elevated levels of saturated fat, it is not apparent how the Proposal will affect any true public health benefit.

Even if such a ban would benefit the public health, the switch in all restaurants from trans fat-containing oils to replacement oils is simply not practicable. There is a limited supply of replacement oils, and many of these oils are, in fact, higher in saturated fat—thus, the public health benefit of the ban becomes even more unclear. Moreover, we believe that, in its Proposal, the Department underestimates the far-reaching costs and burdens associated with a trans fat ban—a ban that will impact not only restaurants, but also oil and food suppliers, food manufacturers, oil processors, seed companies, and farmers.

This extensive burden cannot be justified by an illusory public health benefit. This fact highlights the importance of reviewing some potentially critical legal concerns, namely the Proposal's potential to violate the doctrines embodied in the Commerce Clause and the Supremacy Clause of the United States Constitution. The NCCR, therefore, urges the Board to reject the Proposal.

The Proposal is Unlikely to Have the Purported Public Health Benefit

Despite implications to the contrary in the Proposal, effectively addressing CHD risk is a complex issue. It would be wonderful if a simple ban of a nutrient would somehow save thousands of lives, yet science simply does not support such a simplistic theory.

The Proposal portrays trans fat as a “dangerous” nutrient that has “no safe level” in foods, and it attributes these findings to reputable governmental and public health authorities. These statements, however, are exaggerated, and a review of the cited authorities shows that important public health findings have been taken out of context. The Institute of Medicine and USDA's 2005 Dietary Guidelines for Americans, for example, both say that trans fat consumption should be reduced, but neither says that the nutrient is “dangerous” or has “no safe level.” These mischaracterizations are misleading to consumers seeking reliable nutritional guidance, and they cannot justify a rash governmental action.

Moreover, the Proposal fails to acknowledge that trans fat cannot be considered independently of saturated fat. Again, the Proposal takes statements from public health

authorities out of context. The Proposal says that “trans fat appears to be even worse than saturated fat.” The Dietary Guidelines, however, say, “Because dietary intake of saturated fat is much higher than that of trans fat and cholesterol, it is most important to decrease one’s intake of saturated fat. However, intake of all three should be decreased.”^{1/} This guidance comports with the findings of a preponderance of scientific studies, which show the importance of an overall dietary perspective, not a singular focus on one type of fat.

The Proposal Fails to Take Account of the Impracticability of An Abrupt Switch to “Healthier” Oils

Even if a ban of trans fats were deemed to serve a significant public health goal, an abrupt switch from partially hydrogenated oils to replacement oils is not feasible. In its Proposal, the Health Department assumes that restaurants will easily be able to replace their trans fat-containing oils and foods with a readily available supply of trans fat-free products. This is simply not so.

There is a very limited supply of replacement oils that have the same functional purpose as partially hydrogenated oils. It cannot be forgotten that the particular oil used in a food affects product taste, appearance, mouth feel, performance, and stability. Supplies of those replacement oils found to have similar properties have already been largely cornered by large packaged food manufacturers, seeking to reformulate products in response to FDA’s new trans fat labeling rules. It will take years for the supply of these new oils to meet demand, particularly if cities, such as New York, seek to force “overnight” switches in the restaurant sector. Crop production simply cannot be increased “overnight” to meet this demand.

This reality coupled with an arbitrary compliance deadline in the Proposal will likely result in many restaurants resorting to oils that contain elevated levels of saturated fat. Without a critical review of the practicality of a mandated trans fat ban in the City, the Board may unwittingly be endorsing this type of nutritional trade-off. This runs afoul of the lofty public health goal of the Proposal.

The Proposal Ignores the Far-Reaching Costs and Burdens it Will Impose

In response to consumer demand, many NCCR members have been working for years to reduce their use of trans fat-containing oils, and they can attest to the costly and time consuming processes involved. To reformulate products, these companies have undertaken years of intensive research and development and trial-and-error testing. The innovation and hard-work necessary to bring about these changes takes time and the artificial deadlines imposed by the Proposal will prove insufficient.

^{1/} Dietary Guidelines Advisory Committee Report, *Nutrition and Your Health: Dietary Guidelines for Americans*, Part E, p. 12 (2004).

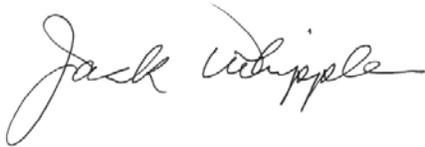
Once a new oil is found, restaurants must renegotiate contracts with suppliers or find new suppliers. Contract prices rise as the market for appropriate replacement oils tightens. Further, there are costs involved with training employees to use the new oils and with adjusting to the altered stability of reformulated products.

In short, even if a supply of appropriate replacement oils becomes available, the high costs associated with attaining these oils and with implementing the necessary changes throughout the supply chain and within the restaurant cannot be ignored. Some chain restaurants, indeed, have invested the time and money to switch oils. These changes, however, have been years in the making, and are proof that voluntary programs do work and consumer- or market-driven switches are happening. Eradicating the flexibility for each restaurant to invest the time and resources necessary to research and develop an approach appropriate for its unique business simply is not sound public policy.

* * *

For the foregoing reasons, NCCR urges the Board to carefully examine the illusive nature of the purported public health benefits and the impracticality and significant costs and burdens associated with compliance. Failure to do so may result in an arbitrary and capricious action. We believe that a critical review of these issues will dictate that the Board reject the Proposal.

Sincerely,

A handwritten signature in cursive script that reads "John R. Whipple". The signature is written in black ink and is positioned above the typed name and title.

John R. Whipple
President

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lisa Reinschmidt <LBrianne34@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:13 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

This is the most fantastic idea...I truly hope this spread to the rest of the nation! .

Sincerely,

Name : Lisa Reinschmidt
Email LBrianne34@yahoo.com
Address 606 Palisade Ave #1
City : Jersey City
State : NJ

Resolution Comments - Alternative to Trans Fats

From: "raymason@juno.com" <raymason@juno.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/30/2006 2:59 PM
Subject: Alternative to Trans Fats

Dear Ms. Rena Bryant,

This public hearing on trans fats is a noble undertaking. I am delighted to see the Department of Health and Mental Hygiene look into this threat to the health the citizens of New York City and the many people who visit the city.

I can only hope that if successful with the ban of trans fats in FSE's that the ban would extend to Day Care Centers and Nursing Homes under the City of New York's jurisdiction.

I am writing the Board of Health to assure that this ban is not mis-directed and eliminates Partially Hydrogenated Fatty Oils and substitutes another harmful unhealthy Polyunsaturated oil, mainly Soy Bean Oil. (Read Oiling of America attached!)

History is most qualified to reward all research. Therefore, I have attached some documentation from some dedicated people of Science who have been on this case for many years. Please make yourself and your staff familiar with this data so that the Board of Health can achieve the desired results of this noble undertaking.

The more I learn about the health benefits of Coconut Oil the more I am convinced that it is the key to changing the health of New Yorkers and people all over the planet. I have been using it for several years now and have been satisfied with the results.

Ray Mason

Home
Research by Dr. Mary Enig
Research on Coconut Oil
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Research on Saturated Fats
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The Oiling of America

by Mary Enig, PhD, and Sally Fallon

In 1954 a young researcher from Russia named David Kritchevsky published a paper describing the effects of feeding cholesterol to rabbits.¹ Cholesterol added to vegetarian rabbit chow caused the formation of atheromas—plaques that block arteries and contribute to heart disease. Cholesterol is a heavy weight molecule—an alcohol or a sterol—found only in animal foods such as meat, fish, cheese, eggs and butter. In the same year, according to the American Oil Chemists Society, Kritchevsky published a paper describing the beneficial effects of polyunsaturated fatty acids for lowering cholesterol levels.² Polyunsaturated fatty acids are the kind of fats found in large amounts in highly liquid vegetable oils made from corn, soybeans, safflower seeds and sunflower seeds. (Monounsaturated fatty acids are found in large amounts in olive oil, palm oil and lard; saturated fatty acids are found in large amounts in fats and oils that are solid at room temperature, such as butter, tallows and coconut oil.)

Rise of Coronary Heart Disease in the 20th Century

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Rise of Coronary Heart Disease in the 20th Century

Scientists of the period were grappling with a new threat to public health—a steep rise in heart disease. While turn-of-the-century mortality statistics are unreliable, they consistently indicate that heart disease caused no more than ten percent of all deaths, considerably less than infectious diseases such as pneumonia and tuberculosis. By 1950, coronary heart disease, or CHD, was the leading source of mortality in the United States, causing more than 30% of all deaths. The greatest increase came under the rubric of myocardial infarction (MI)—a massive blood clot leading to obstruction of a coronary artery and consequent death to the heart muscle. MI was almost nonexistent in 1910 and caused no more than three thousand deaths per year in 1930. By 1960, there were at least 500,000 MI deaths per year in the US. What life-style changes had caused this increase?

One change was a decrease in infectious disease, following the decline of the horse as a means of transport, the installation of more sanitary water supplies and the advent of better housing, all of which allowed more people to reach adulthood and the heart attack age. The other was a dietary change. Since the early part of the century, when the Department of Agriculture had begun to keep track of food “disappearance” data—the amount of various foods going into the food supply—a number of researchers had noticed a change in the kind of fats Americans were eating. Butter consumption was declining while the use of vegetable oils, especially oils that had been hardened to resemble butter by a process called hydrogenation, was increasing—dramatically increasing. By 1950 butter

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consumption had dropped from eighteen pounds per person per year to just over ten. Margarine filled in the gap, rising from about two pounds per person at the turn of the century to about eight. Consumption of vegetable shortening—used in crackers and baked goods—remained relatively steady at about twelve pounds per person per year but vegetable oil consumption had more than tripled—from just under three pounds per person per year to more than ten.³

The statistics pointed to one obvious conclusion—Americans should eat the traditional foods that nourished their ancestors, including meat, eggs, butter and cheese, and avoid the newfangled vegetable-oil-based foods that were flooding the grocers' shelves; but the Kritchevsky articles attracted immediate attention because they lent support to another theory—one that militated against the consumption of meat and dairy products. This was the lipid hypothesis, namely that saturated fat and cholesterol from animal sources raise cholesterol levels in the blood, leading to deposition of cholesterol and fatty material as pathogenic plaques in the arteries. Kritchevsky's rabbit trials were actually a repeat of studies carried out four decades earlier in St. Petersburg, in which rabbits fed saturated fats and cholesterol developed fatty deposits in their skin and other tissues—and in their arteries. By showing that feeding polyunsaturated oils from vegetable sources lowered serum cholesterol in humans, at least temporarily, Kritchevsky appeared to show that animals findings were relevant to the CHD problem, that the lipid hypothesis was a valid explanation for the new epidemic and that by reducing animal products in the diet Americans could avoid heart disease.

The "evidence" for the lipid hypothesis

In the years that followed, a number of population studies demonstrated that the animal model—especially one derived from vegetarian animals—was not a valid approach for the problem of heart disease in human omnivores. A much publicized 1955 report on artery plaques in soldiers killed during the Korean War showed high levels of atherosclerosis, but another report—one that did not make it to the front pages—found that Japanese natives had almost as much pathogenic plaque—65% versus 75%—even though the Japanese diet at the time was lower in animal products and fat.⁴ A 1957 study of the largely vegetarian Bantu found that they had as much atheroma—occlusions or plaque buildup in the arteries—as other races from South Africa who ate more meat.⁵ A 1958 report noted that Jamaican Blacks showed a degree of atherosclerosis comparable to that found in the United States, although they suffered from lower rates of heart disease.⁶ A 1960 report noted that the severity of atherosclerotic lesions in Japan approached that of the United States.⁷ The 1968 International Atherosclerosis Project, in which over 22,000 corpses in 14 nations were cut open and examined for plaques in the arteries, showed the same degree of atheroma in all parts of the world—in populations that consumed large amounts of fatty animal products and those that were largely vegetarian, and in populations that suffered from a great deal of heart disease and in populations that had very little or none at all.⁸ All of these studies pointed to the fact that the thickening of the arterial walls is a natural, unavoidable process. The lipid

.....

hypothesis did not hold up to these population studies, nor did it explain the tendency to fatal clots that caused myocardial infarction.

In 1956, an American Heart Association (AHA) fund-raiser aired on all three major networks. The MC interviewed, among others, Irving Page and Jeremiah Stamler of the AHA, and researcher Ancel Keys. Panelists presented the lipid hypothesis as the cause of the heart disease epidemic and launched the Prudent Diet, one in which corn oil, margarine, chicken and cold cereal replaced butter, lard, beef and eggs. But the television campaign was not an unqualified success because one of the panelists, Dr. Dudley White, disputed his colleagues at the AHA. Dr. White noted that heart disease in the form of myocardial infarction was nonexistent in 1900 when egg consumption was three times what it was in 1956 and when corn oil was unavailable. When pressed to support the Prudent Diet, Dr. White replied: "See here, I began my practice as a cardiologist in 1921 and I never saw an MI patent until 1928. Back in the MI free days before 1920, the fats were butter and lard and I think that we would all benefit from the kind of diet that we had at a time when no one had ever heard the word corn oil."

But the lipid hypothesis had already gained enough momentum to keep it rolling, in spite of Dr. White's nationally televised plea for common sense in matters of diet and in spite of the contradictory studies that were showing up in the scientific literature. In 1957, Dr. Norman Jolliffe, Director of the Nutrition Bureau of the New York Health Department initiated the Anti-Coronary Club, in which a group of businessmen, ranging in age from 40 to 59 years, were placed on the Prudent Diet. Club members used corn oil and margarine instead of butter, cold

breakfast cereals instead of eggs and chicken and fish instead of beef. Anti-Coronary Club members were to be compared with a “matched” group of the same age who ate eggs for breakfast and had meat three times a day. Jolliffe, an overweight diabetic confined to a wheel chair, was confident that the Prudent Diet would save lives, including his own.

In the same year, the food industry initiated advertising campaigns that touted the health benefits of their products—low in fat or made with vegetable oils. A typical ad read: “Wheaties may help you live longer.” Wesson recommended its cooking oil “for your heart’s sake” a *Journal of the American Medical Association* ad described Wesson oil as a “cholesterol depressant.” Mazola advertisements assured the public that “science finds corn oil important to your health.” Medical journal ads recommended Fleishmann’s unsalted margarine for patients with high blood pressure.

Dr. Frederick Stare, head of Harvard University’s Nutrition Department, encouraged the consumption of corn oil—up to one cup a day—in his syndicated column. In a promotional piece specifically for Procter and Gamble’s Puritan oil, he cited two experiments and one clinical trial as showing that high blood cholesterol is associated with CHD. However, both experiments had nothing to do with CHD, and the clinical trial did not find that reducing blood cholesterol had any effect on CHD events. Later, Dr. William Castelli, Director of the Framingham Study was one of several specialists to endorse Puritan. Dr. Antonio Gotto, Jr., former AHA president, sent a letter promoting Puritan Oil to practicing physicians—printed on Baylor College of Medicine, The De Bakey Heart Center letterhead.⁹ The irony of Gotto’s letter is that De Bakey, the famous heart surgeon, coauthored a

1964 study involving 1700 patients which also showed no definite correlation between serum cholesterol levels and the nature and extent of coronary artery disease.¹⁰ In other words, those with low cholesterol levels were just as likely to have blocked arteries as those with high cholesterol levels. But while studies like De Bakey's moldered in the basements of university libraries, the vegetable oil campaign took on increased bravado and audacity.

The American Medical Association at first opposed the commercialization of the lipid hypothesis and warned that "the anti-fat, anti-cholesterol fad is not just foolish and futile. . . it also carries some risk." The American Heart Association, however, was committed. In 1961 the AHA published its first dietary guidelines aimed at the public. The authors, Irving Page, Ancel Keys, Jeremiah Stamler and Frederick Stare, called for the substitution of polyunsaturates for saturated fat, even though Keys, Stare and Page had all previously noted in published papers that the increase in CHD was paralleled by increasing consumption of vegetable oils. In fact, in a 1956 paper, Keys had suggested that the increasing use of hydrogenated vegetable oils might be the underlying cause of the CHD epidemic.¹¹

Stamler shows up again in 1966 as an author of *Your Heart Has Nine Lives*, a little self-help book advocating the substitution of vegetable oils for butter and other so-called "artery clogging" saturated fats. The book was sponsored by makers of Mazola Corn Oil and Mazola Margarine. Stamler did not believe that lack of evidence should deter Americans from changing their eating habits. The evidence, he stated, ". . . was compelling enough to call for altering some habits even before the final

proof is nailed down. . . the definitive proof that middle-aged men who reduce their blood cholesterol will actually have far fewer heart attacks waits upon diet studies now in progress.” His version of the Prudent Diet called for substituting low-fat milk products such as skim milk and low-fat cheeses for cream, butter and whole cheeses, reducing egg consumption and cutting the fat off red meats. Heart disease, he lectured, was a disease of rich countries, striking rich people who ate rich food. . . including “hard” fats like butter.

It was in the same year, 1966, that the results of Dr. Jolliffe’s Anti-Coronary Club experiment were published in the *Journal of the American Medical Association*.¹² Those on the Prudent Diet of corn oil, margarine, fish, chicken and cold cereal had an average serum cholesterol of 220, compared to 250 in the meat-and-potatoes control group. However, the study authors were obliged to note that there were eight deaths from heart disease among Dr. Jolliffe’s Prudent Diet group, and none among those who ate meat three times a day. Dr. Jolliffe was dead by this time. He succumbed in 1961 from a vascular thrombosis, although the obituaries listed the cause of death as complications from diabetes. The “compelling proof” that Stamler and others were sure would vindicate wholesale tampering with American eating habits had not yet been “nailed down.”

The problem, said the insiders promoting the lipid hypothesis, was that the numbers involved in the Anti-Coronary Club experiment were too small. Dr. Irving Page urged a National Diet-Heart Study involving one million men, in which the results of the Prudent Diet could be compared on a large scale with the those on a diet high in meat and fat. With great media attention,

the National Heart Lung and Blood Institute organized the stocking of food warehouses in six major cities, where men on the Prudent Diet could get tasty polyunsaturated donuts and other fabricated food items free of charge. But a pilot study involving 2,000 men resulted in exactly the same number of deaths in both the Prudent Diet and the control group. A brief report in *Circulation*, March 1968, stated that the study was a milestone “in mass environmental experimentation” that would have “an important effect on the food industry and the attitude of the public toward its eating habits.” But the million-man Diet Heart Study was abandoned in utter silence “for reasons of cost.” Its chairman, Dr. Irving Page, died of a heart attack.

Hydrogenation and *trans* fats

Most animal fats—like butter, lard and tallow—have a large proportion of saturated fatty acids. Saturated fats are straight chains of carbon and hydrogen that pack together easily so that they are relatively solid at room temperature. Oils from seeds are composed mostly of polyunsaturated fatty acids. These molecules have kinks in them at the point of the unsaturated double bonds. They do not pack together easily and therefore tend to be liquid at room temperature. Judging from both food data and turn-of-the-century cookbooks, the American diet in 1900 was a rich one—with at least 35 to 40 percent of calories coming from fats, mostly dairy fats in the form of butter, cream, whole milk and eggs. Salad dressing recipes usually called for egg yolks or cream; only occasionally for olive oil. Lard or tallow served for frying; rich dishes like head cheese and scrapple contributed additional saturated fats during an era when cancer

and heart disease were rare. Butter substitutes made up only a small portion of the American diet, and these margarines were blended from coconut oil, animal tallow and lard, all rich in natural saturates.

The technology by which liquid vegetable oils could be hardened to make margarine was first discovered by a French chemist named Sabatier. He found that a nickel catalyst would cause the hydrogenation—the addition of hydrogen to unsaturated bonds to make them saturated—of ethylene gas to ethane. Subsequently the British chemist Norman developed the first application of hydrogenation to food oils and took out a patent. In 1909, Procter & Gamble acquired the US rights to the British patent that made liquid vegetable oils solid at room temperature. The process was used on both cottonseed oil and lard to give “better physical properties”—to create shortenings that did not melt as easily on hot days.

The hydrogenation process transforms unsaturated oils into straight “packable” molecules, by rearranging the hydrogen atoms at the double bonds. In nature, most double bonds occur in the *cis* configuration, that is with both hydrogen atoms on the same side of the carbon chain at the point of the double bond. It is the *cis* isomers of fatty acids that have a bend or kink at the double bond, preventing them from packing together easily. Hydrogenation creates *trans* double bonds by moving one hydrogen atom across to the other side of the carbon chain at the point of the double bond. In effect, the two hydrogen atoms then balance each other and the fatty acid straightens, creating a packable “plastic” fat with a much higher melting temperature. Although *trans* fatty acids are technically unsaturated, they are configured in such a way that the benefits of unsaturation are

lost. The presence of several unpaired electrons presented by contiguous hydrogen atoms in their *cis* form allows many vital chemical reactions to occur at the site of the double bond. When one hydrogen atom is moved to the other side of the fatty acid molecule during hydrogenation, the ability of living cells to make reactions at the site is compromised or altogether lost. *Trans* fatty acids are sufficiently similar to natural fats that the body readily incorporates them into the cell membrane; once there their altered chemical structure creates havoc with thousands of necessary chemical reactions—everything from energy provision to prostaglandin production.

After the second world war, “improvements” made it possible to plasticize highly unsaturated oils from corn and soybeans. New catalysts allowed processors to “selectively hydrogenate” the kinds of fatty acids with three double bonds found in soy and canola oils. Called “partial hydrogenation,” the new method allowed processors to replace cottonseed oil with more unsaturated corn and soy bean oils in margarines and shortenings. This spurred a meteoric rise in soybean production, from virtually nothing in 1900 to 70 million tons in 1970, surpassing corn production. Today soy oil dominates the market and is used in almost eighty percent of all hydrogenated oils. The particular mix of fatty acids in soy oil results in shortenings containing about 40% trans fats, an increase of about 5% over cottonseed oil, and 15% over corn oil. Canola oil, processed from a hybrid form of rape seed, is particularly rich in fatty acids containing three double bonds and the shortening can contain as much as 50% *trans* fats. *Trans* fats of a particularly problematical form are also formed during the deodorization of canola oil, although they are not indicated on labels for the liquid

oil.[12a](#)

Certain forms of *trans* fatty acids occur naturally in dairy fats. Trans-vaccenic acid makes up about 4% of the fatty acids in butter. It is an interim product which the ruminant animal then converts to conjugated linoleic acid, a highly beneficial anti-carcinogenic component of animal fat. Humans seem to utilize the small amounts of *trans*-vaccenic acid in butter fat without ill effects.

But most of the *trans* isomers in modern hydrogenated fats are new to the human physiology and by the early 1970's a number of researchers had expressed concern about their presence in the American diet, noting that their increasing use had paralleled the increase in both heart disease and cancer. The unstated solution was one that could be easily presented to the public: Eat natural, traditional fats; avoid newfangled foods made from vegetable oils; use butter, not margarine. But medical research and public consciousness took a different tack, one that accelerated the decline of traditional foods like meat, eggs and butter, and fueled continued dramatic increases in vegetable oil consumption.

Shenanigans at the AHA

Although the AHA had committed itself to the lipid hypothesis and the unproven theory that polyunsaturated oils afforded protection against heart disease, concerns about hydrogenated vegetable oils were sufficiently great to warrant the inclusion of the following statement in the organization's 1968 diet heart statement: "Partial hydrogenation of polyunsaturated fats results in the formation of *trans* forms which are less effective than *cis*,

cis forms in lowering cholesterol concentrations. It should be noted that many currently available shortening and margarines are partially hydrogenated and may contain little polyunsaturated fat of the natural *cis, cis* form.” 150,000 copies of the statement were printed but never distributed. The shortening industry objected strongly and a researcher named Fred Mattson of Procter and Gamble convinced Campbell Moses, medical director of the AHA, to remove it.¹³ The final recommendations for the public contained three major points—restrict calories, substitute polyunsaturates for saturates and reduce cholesterol in the diet.

Other organizations fell in behind the AHA in pushing vegetable oils instead of animal fats. By the early 1970’s the National Heart Lung and Blood Institute, the AMA, the American Dietetic Association and the National Academy of Science had all endorsed the lipid hypotheses and the avoidance of animal fats for those Americans in the “at risk” category.

Since Kritchevsky’s early studies, many other trials had shown that serum cholesterol can be lowered by increasing ingestion of polyunsaturates. The physiological explanation for this is that when excess polyunsaturates are built into the cell membranes, resulting in reduced structural integrity or “limpness,” cholesterol is sequestered from the blood into the cell membranes to give them “stiffness.” The problem was that there was no proof that lowering serum cholesterol levels could stave off CHD. That did not prevent the American Heart Association from calling for “modified and ordinary foods” useful for the purpose of facilitating dietary changes to newfangled oils and away from traditional fats. These foods, said the AHA literature, should be made available to the consumer, “reasonably priced and easily

identified by appropriate labeling. Any existing legal and regulatory barriers to the marketing of such foods should be removed.”

Shenanigans at the FDA

The man who made it possible to remove any “existing legal and regulatory barriers” was Peter Barton Hutt, a food lawyer for the prestigious Washington, DC law firm of Covington and Burling. Hutt once stated that “Food law is the most wonderful field of law that you can possibly enter.” After representing the edible oil industry, he temporarily left his law firm to become the FDA’s general council in 1971. The regulatory barrier to foods useful to the purpose of changing American consumption patterns was the Food, Drug and Cosmetic Act of 1938, which stated that “. . . there are certain traditional foods that everyone knows, such as bread, milk and cheese, and that when consumers buy these foods, they should get the foods that they are expecting. . . [and] if a food resembles a standardized food but does not comply with the standard, that food must be labeled as an ‘imitation’”. The 1938 Food, Drug and Cosmetic Act had been signed into law partly in response to consumer concerns about the adulteration of ordinary foodstuffs. Chief among the products with a tradition of suffering competition from imitation products were fats and oils. In *Life on the Mississippi*, Mark Twain reports on a conversation overheard between a New Orleans cottonseed oil purveyor and a Cincinnati margarine drummer. New Orleans boasts of selling deodorized cottonseed oil as olive oil in bottles with European labels. “We turn out the whole thing—clean from the word go—in our factory in New Orleans. . .

When the margarine drummer asks, “What is it?” the cottonseed oil purveyor replies, “It’s the best.”

. We are doing a ripping trade, too.” The man from Cincinnati reports that his factories are turning out oleomargarine by the thousands of tons, an imitation that “you can’t tell from butter.” He gloats at the thought of market domination. “You are going to see the day, pretty soon, when you won’t find an ounce of butter to bless yourself with, in any hotel in the Mississippi and Ohio Valleys, outside of the biggest cities. . . And we can sell it so dirt cheap that the whole country has got to take it. . . butter don’t stand any show—there ain’t any chance for competition. Butter’s had its *day*—and from this out, butter goes to the wall. There’s more money in oleomargarine than, why, you can’t imagine the business we do.”

In the tradition of Mark Twain’s riverboat hucksters, Peter Barton Hutt guided the FDA through the legal and congressional hoops to the establishment of the FDA “Imitation” policy in 1973, which attempted to provide for “advances in food technology” and give “manufacturers relief from the dilemma of either complying with an outdated standard or having to label their new products as ‘imitation’ . . . [since] . . . such products are not necessarily inferior to the traditional foods for which they may be substituted.” Hutt considered the word “imitation” to be oversimplified and inaccurate—“potentially misleading to consumers.” The new regulations defined “inferiority” as any reduction in content of an essential nutrient that is present at a level of two percent or more of the US Recommended Daily Allowance (RDA). The new imitation policy meant that imitation sour cream, made with vegetable oil and fillers like guar gum and carrageenan, need not be labelled imitation as long as artificial vitamins were added to bring macro nutrient levels up to the same amounts as those in real sour cream. Coffee

.” in the United States. The report urged the American populace to reduce overall fat intake and to substitute polyunsaturates for saturated fat from animal sources—margarine and corn oil for butter, lard and tallow. Opposing testimony included a moving letter—buried in the voluminous report—by Dr. Fred Kummerow of the University of Illinois, urging a return to traditional whole foods and warning against the use of soft drinks. In the early 1970’s, Kummerow had shown that *trans* fatty acids caused increased rates of heart disease in pigs. A private endowment allowed him to continue his research—government funding agencies such as National Institutes of Health refused to give him further grants.

One unpublished study that was known to McGovern Committee members but not mentioned in its final report compared calves fed saturated fat from tallow and lard with those fed unsaturated fat from soybean oil. The calves fed tallow and lard did indeed show higher plasma cholesterol levels than the soybean oil-fed calves, and fat streaking was found in their aortas.

Atherosclerosis was also enhanced. But the calves fed soybean oil showed a decline in calcium and magnesium levels in the blood, possibly due to inefficient absorption. They utilized vitamins and minerals inefficiently, showed poor growth, poor bone development and had abnormal hearts. More cholesterol per unit of dry matter was found in the aorta, liver, muscle, fat and coronary arteries, a finding which led the investigators to the conclusion the lower blood cholesterol levels in the soybean-oil fed calves may have been the result of cholesterol being transferred from the blood to other tissues. The calves in the soybean oil group also collapsed when they were forced to move around and they were unaware of their surroundings for

short periods. They also had rickets and diarrhea.

The McGovern Committee report continued dietary trends already in progress—the increased use of vegetable oils, especially in the form of partially hydrogenated margarines and shortenings. In 1976, the FDA established GRAS (Generally Recognized as Safe) status for hydrogenated soybean oil. A report prepared by the Life Sciences Research Office of the Federation of American Scientists for Experimental Biology (LSRO-FASEB) concluded that “There is no evidence in the available information on hydrogenated soybean oil that demonstrates or suggests reasonable ground to suspect a hazard to the public when it is used as a direct or indirect food ingredient at levels that are now current or that might reasonably be expected in the future.”

Enig speaks out

When Mary Enig, a graduate student at the University of Maryland, read the McGovern committee report, she was puzzled. Enig was familiar with Kummerow’s research and she knew that the consumption of animal fats in America was not on the increase—quite the contrary, use of animal fats had been declining steadily since the turn of the century. A report in the *Journal of American Oil Chemists*—which the McGovern Committee did not use—showed that animal fat consumption had declined from 104 grams per person per day in 1909 to 97 grams per day in 1972, while vegetable fat intake had increased from a mere 21 grams to almost 60.¹⁴ Total per capita fat consumption *had* increased over the period, but this increase was mostly due to an increase in unsaturated fats from

vegetable oils—with 50 percent of the increase coming from liquid vegetable oils and about 41 percent from margarines made from vegetable oils. She noted a number of studies that directly contradicted the McGovern Committee's conclusions that "there is . . . a strong correlation between dietary fat intake and the incidence of breast cancer and colon cancer," two of the most common cancers in America. Greece, for example, had less than one-fourth the rate of breast cancer compared to Israel but the same dietary fat intake. Spain had only one-third the breast cancer mortality of France and Italy but the total dietary fat intake was slightly greater. Puerto Rico, with a high animal fat intake, had a very low rate of breast and colon cancer. The Netherlands and Finland both used approximately 100 grams of animal fat per capita per day but breast and colon cancer rates were almost twice in the Netherlands what they are in Finland. The Netherlands consumed 53 grams of vegetable fat per person compared to 13 in Finland. A study from Cali, Columbia found a fourfold excess risk for colon cancer in the higher economic classes, which used less animal fat than the lower economic classes. A study on Seventh-Day Adventist physicians, who avoid meat, especially red meat, found they had a significantly higher rate of colon cancer than non-Seventh Day Adventist physicians. Enig analyzed the USDA data that the McGovern Committee had used and concluded that it showed a strong *positive* correlation with total fat and vegetable fat and an essentially strong *negative* correlation or no correlation with animal fat to total cancer deaths, breast and colon cancer mortality and breast and colon cancer incidence—in other words, use of vegetable oils seemed to predispose to cancer and animal fats seemed to protect against cancer. She noted

that the analysts for the committee had manipulated the data in inappropriate ways in order to obtain mendacious results. Enig submitted her findings to the Journal of the Federation of American Societies for Experimental Biology (FASEB), in May, 1978, and her article was published in the FASEB's *Federation Proceedings*¹⁵ in July of the same year—an unusually quick turnaround. The assistant editor, responsible for accepting the article, died of a heart attack shortly thereafter. Enig's paper noted that the correlations pointed a finger at the trans fatty acids and called for further investigation. Only two years earlier, the Life Sciences Research office, which is the arm of FASEB that does scientific investigations, had published the whitewash that had ushered partially hydrogenated soybean oil onto the GRAS list and removed any lingering constraints against the number one ingredient in factory-produced food.

The food giants fight back

Enig's paper sent alarm bells through the industry. In early 1979, she received a visit from S. F. Reipma of the National Association of Margarine Manufacturers. Reipma was visibly annoyed. He explained that both his association and the Institute for Shortening and Edible Oils (ISEO) kept careful watch to prevent articles like Enig's from appearing in the literature. Enig's paper should never have been published, he said. He thought that ISEO was "watching out."

"We left the barn door open," he said, "and the horse got out." Reipma also challenged Enig's use of the USDA data, claiming that it was in error. He knew it was in error, he said, "because we give it to them."

A few weeks later, Reipma paid a second visit, this time in the company of Thomas Applewhite, an advisor to the ISEO and representative of Kraft Foods, Ronald Simpson with Central Soya and an unnamed representative from Lever Brothers. They carried with them—in fact, waved them in the air in indignation—a two-inch stack of newspaper articles, including one that appeared in the *National Enquirer*, reporting on Enig's *Federation Proceedings* article. Applewhite's face flushed red with anger when Enig repeated Reipma's statement that "they had left the barn door open and a horse got out," and his admission that Department of Agriculture food data had been sabotaged by the margarine lobby.

The other thing Reipma told Enig during his unguarded visit was that he had called in on the FASEB offices in an attempt to coerce them into publishing letters to refute her paper, without allowing Enig to submit any counter refutation as was normally customary in scientific journals. He told Enig that he was "thrown out of the office"—an admission later confirmed by one of the FASEB editors. Nevertheless, a series of letters did follow the July 1978 article.¹⁶ On behalf of the ISEO, Applewhite and Walter Meyer of Procter and Gamble criticized Enig's use of the data; Applewhite accused Enig of extrapolating from two data points, when in fact she had used seven. In the same issue, John Bailar, Editor-in-Chief of the *Journal of the National Cancer Institute*, pointed out that the correlations between vegetable oil consumption and cancer were not the same as evidence of causation and warned against changing current dietary components in the hopes of preventing cancer in the future—which is of course exactly what the McGovern Committee did. In reply, Enig and her colleagues noted that although the NCI

had provided them with faulty cancer data, this had no bearing on the statistics relating to *trans* consumption, and did not affect the gist of their argument—that the correlation between vegetable fat consumption, especially *trans* fat consumption, was sufficient to warrant a more thorough investigation. The problem was that very little investigation was being done. University of Maryland researchers recognized the need for more research in two areas. One concerned the effects of *trans* fats on cellular processes once they are built into the cell membrane. Studies with rats, including one conducted by Fred Mattson in 1960, indicated that the *trans* fatty acids were built into the cell membrane in proportion to their presence in the diet, and that the turnover of *trans* in the cells was similar to that of other fatty acids. These studies, according to J. Edward Hunter of the ISEO, were proof that “*trans* fatty acids do not pose any hazard to man in a normal diet.” Enig and her associates were not so sure. Kummerow’s research indicated that the *trans* fats contributed to heart disease, and Kritchevsky—whose early experiments with vegetarian rabbits were now seen to be totally irrelevant to the human model—had found that *trans* fatty acids raise cholesterol in humans.¹⁷ Enig’s own research, published in her 1984 doctoral dissertation, indicated that *trans* fats interfered with enzyme systems that neutralized carcinogens and increased enzymes that potentiated carcinogens.¹⁸

How much *trans* fat is "normal"?

The other area needing further investigation concerned just how much *trans* fat there was in a “normal diet” of the typical

American. What had hampered any thorough research into the correlation of *trans* fatty acid consumption and disease was the fact that these altered fats were not considered as a separate category in any of the data bases then available to researchers. A 1970 FDA internal memo stated that a market basket survey was needed to determine *trans* levels in commonly used foods. The memo remained buried in the FDA files. The massive Health and Human Services NHANES II (National Health and Nutrition Examination Survey) survey, conducted during the years 1976 to 1980, noted the increasing US consumption of margarine, french fried potatoes, cookies and snack chips—all made with vegetable shortenings—without listing the proportion of *trans*.

Enig first looked at the NHANES II data base in 1987 and when she did, she had a sinking feeling. Not only were *trans* fats conspicuously absent from the fatty acid analyses, data on other lipids made no sense at all. Even foods containing no *trans* fats were listed with faulty fatty acid profiles. For example, safflower oil was listed as containing 14% linoleic acid (a double bond fatty acid of the omega-6 family) when in fact it contained 80%; a sample of butter crackers was listed as containing 34% saturated fat when in fact it contained 78%. In general, the NHANES II data base tended to minimize the amount of saturated fats in common foods.

Over the years, Joseph Sampagna and Mark Keeney, both highly qualified lipid biochemists at the University of Maryland, applied to the National Science Foundation, the National Institutes of Health, the US Department of Agriculture, the National Dairy Council and the National Livestock and Meat Board for funds to look into the *trans* content of common

American foods. Only the National Livestock and Meat Board came through with a small grant for equipment; the others turned them down. The pink slip from National Institutes of Health criticized items that weren't even relevant to the proposal. The turndown by the National Dairy Council was not a surprise. Enig had earlier learned that Phil Lofgren, then head of research at the Dairy Council, had philosophical ties to the lipid hypothesis. Enig tried to alert Senator Mettzanbaum from Ohio, who was involved in the dietary recommendations debate, but got nowhere.

A USDA official confided to the Maryland research group that they "would never get money as long as they pursued the *trans* work." Nevertheless they did pursue it. Sampagna, Keeney and a few graduate students, funded jointly by the USDA and the university, spend thousands of hours in the laboratory analyzing the *trans* fat content of hundreds of commercially available foods. Enig worked as a graduate student, at times with a small stipend, at times without pay, to help direct the process of tedious analysis. The long arm of the food industry did its best to put a stop to the group's work by pressuring the USDA to pull its financial support of the graduates students doing the lipid analyses, which the University of Maryland received due to its status as a land grant college.

In December of 1982, *Food Processing* carried a brief preview of the University of Maryland research¹⁹ and five months later the same journal printed a blistering letter from Edward Hunter on behalf of the Institute of Shortening and Edible Oils.²⁰ The University of Maryland studies on *trans* fat content in common foods had obviously struck a nerve. Hunter stated that the Bailar, Applewhite and Meyer letters that had appeared in

Federation Proceedings five years earlier, “severely criticized and discredited” the conclusions reached by Enig and her colleagues. Hunter was concerned that Enig’s group would exaggerate the amount of trans found in common foods. He cited ISEO data indicating that most margarines and shortenings contain no more than 35% and 25% *trans* respectively, and that most contain considerably less. What Enig and her colleagues actually found was that many margarines indeed contained about 31% *trans* fat—later surveys by others revealed that Parkay margarine contained up to 45% *trans*—while many shortenings found ubiquitously in cookies, chips and baked goods contained more than 35%. She also discovered that many baked goods and processed foods contained considerably more fat from partially hydrogenated vegetable oils than was listed on the label. The finding of higher levels of fat in products made with partially hydrogenated oils was confirmed by Canadian government researchers many years later, in 1993.^{[21](#)}

Final results of Enig’s ground-breaking compilation were published in the October 1983 edition of the *Journal of the American Oil Chemists Society*.^{[22](#)} Her analyses of more than 220 food items, coupled with food disappearance data, allowed University of Maryland researchers to confirm earlier estimates that the average American consumed at least 12 grams of *trans* fat per day, directly contradicting ISEO assertions that most Americans consumed no more than six to eight grams of *trans* fat per day. Those who consciously avoided animal fats typically consumed far more than 12 grams of *trans* fat per day.

Cat and mouse games in the journals

The ensuing debate between Enig and her colleagues at the University of Maryland, and Hunter and Applewhite of the ISEO, took the form of a cat and mouse game running through several scientific journals. *Food Processing* declined to publish Enig's reply to Hunter's attack. *Science Magazine* published another critical letter by Hunter in 1984,²³ in which he misquoted Enig, but refused to print her rebuttal. Hunter continued to object to assertions that average consumption of *trans* fat in partially hydrogenated margarines and shortenings could exceed six to eight grams per day, a concern that Enig found puzzling when coupled with the official ISEO position that *trans* fatty acids were innocuous and posed no threat to public health.

The ISEO did not want the American public to hear about the debate on hydrogenated vegetable oils—for Enig this translated into the sound of doors closing. A poster presentation she organized for a campus health fair caught the eye of the dietetics department chairman who suggested she submit an abstract to the Society for Nutrition Education, many of whose members are registered dietitians. Her abstract concluded that “. . . meal plans and recipes developed for nutritionists and dieticians to use when designing diets to meet the Dietary Guidelines, the dietary recommendation of the American Heart Association or the Prudent Diet have been examined for *trans* fatty acid content. Some diet plans are found to contain approximately 7% or more of calories as *trans* fatty acids.” The Abstract Review Committee rejected the submission, calling it “of limited interest.”

Early in 1985 the Federation of American Societies for Experimental Biology (FASEB) heard more testimony on the *trans* fat issue. Enig alone represented the alarmist point of view, while Hunter and Applewhite of the ISEO, and Ronald Simpson, then with the National Association of Margarine Manufacturers, assured the panel that *trans* fats in the food supply posed no danger. Enig reported on University of Maryland research that delineated the differences in small amounts of naturally occurring *trans* fats in butter, which do not inhibit enzyme function at the cellular level, and man-made *trans* fats in margarines and vegetable shortenings which do. She also noted a 1981 feeding trial in which swine fed *trans* fatty acid developed higher parameters for heart disease than those fed saturated fats, especially when *trans* fatty acids were combined with added polyunsaturates.²⁴ Her testimony was omitted from the final report, although her name in the bibliography created the impression that her research supported the FASEB whitewash.²⁵

In the following year, 1986, Hunter and Applewhite published an article exonerating trans fats as a cause of atherosclerosis in the prestigious *American Journal of Clinical Nutrition*²⁶, whose sponsors, by the way, include companies like Procter and Gamble, General Foods, General Mills, Nabisco and Quaker Oats. The authors once again stressed that the average per capita consumption of *trans* fatty acids did not exceed six to eight grams. Many subsequent government and quasi government reports minimizing the dangers of trans fats used the 1986 Hunter and Applewhite article as a reference.

Enig testified again in 1988 before the Expert Panel on the National Nutrition Monitoring System (NNMS). In fact she was

the only witness before a panel, which began its meeting by confirming that the cause of America's health problems was the overconsumption of "fat, saturated fatty acids, cholesterol and sodium." Her testimony pointed out that the 1985 FASEB report exonerating *trans* fatty acids as safe was based on flawed data. Behind the scenes, in a private letter to Dr. Kenneth Fischer, Director of the Life Sciences Research Office (LSRO), Hunter and Applewhite charged that "the University of Maryland group continues to raise unwarranted and unsubstantiated concerns about the intake of and imagined physiological effects of *trans* fatty acids and . . . they continue to overestimate greatly the intake of *trans* acids by typical Americans." "No one other than Enig," they said, "has raised questions about the validity of the food fatty acid composition data used in NHANES II and. . . she has not presented sufficiently compelling arguments to justify a major reevaluating."

The letter contained numerous innuendos that Enig had mischaracterized the work of other researchers and had been less than scientific in her research. It was widely circulated among National Nutrition Monitoring System agencies. John Weihrauch, a USDA scientist, not an industry representative, slipped it surreptitiously to Dr. Enig. She and her colleagues replied by asking, "If the trade association truly believes 'that *trans* fatty acids do not pose any harm to humans and animals'. . . why are they so concerned about any levels of consumption and why do they so vehemently and so frequently attack researchers whose finding suggest that the consumption of *trans* fatty acids is greater than the values the industry reports?" Maryland researchers argued that *trans* fats should be included in food nutrition labels; the Hunter and Applewhite letter

asserted that “there is no documented justification for including *trans* acids . . . as part of nutrition labeling.”

During her testimony Enig also brought up her concerns about other national food databases, citing their lack of information on *trans*. The Food Consumption Survey contained glaring errors—reporting, for example, consumption of butter in amounts nearly twice as great as what exists in the US food supply, and of margarine in quantities nearly half those known to exist in the food supply. “The fact that the data base is in error should compel the Congress to require correction of the data base and reevaluation of policy flowing from erroneous data,” she argued, “especially since the congressional charter for NHANES was to compare dietary intake and health status and since this data base is widely used to do just that.” Rather than “correction of the data base,” [The] National Nutritional Monitoring System officials responded to Enig’s criticism by dropping the whole section pertaining to butter and margarine from the 1980 tables. Enig’s testimony was not totally left out of the National Nutritional Monitoring System final report, as it had been from the FASEB report three years earlier. A summary of the proceedings and listing of panelists released in July of 1989 by Director Kenneth Fischer announced that a transcript of Enig’s testimony could be obtained from Ace Federal Reporter in Washington DC.²⁷ Unfortunately, his report wrongly listed the date of her testimony as January 20, 1988, rather than January 21, making her comments more difficult to retrieve.

The Enig-ISEO debate was covered by the prestigious *Food Chemical News and Nutrition Week*²⁸—both widely read by Congress and the food industry, but virtually unknown to the general public. National media coverage of dietary fat issues

focused on the proceedings of the National Heart, Lung and Blood Institute as this enormous bureaucracy plowed relentlessly forward with the lipid hypothesis. In June of 1984, for example, the press diligently reported on the proceedings of the NHLBI's Lipid Research Clinics Conference, which was organized to wrap up almost 40 years of research on lipids, cholesterol and heart disease.

The problem with the 40 years of NHLBI-sponsored research on lipids, cholesterol and heart disease was that it had not produced many answers—at least not many answers that the NHLBI was pleased with. The ongoing Framingham Study found that there was virtually no difference in coronary heart disease “events” for individuals with cholesterol levels between 205 mg/dL and 294 mg/dL—the vast majority of the US population. Even for those with extremely high cholesterol levels—up to almost 1200 mg/dL, the difference in CHD events compared to those in the normal range was trivial.²⁹ This did not prevent Dr. William Kannel, then Framingham Study Director, from making claims about the Framingham results. “Total plasma cholesterol” he said, “is a powerful predictor of death related to CHD.” It wasn't until more than a decade later that the real findings at Framingham were published—without fanfare—in the *Archives of Internal Medicine*, an obscure journal. “In Framingham, Massachusetts,” admitted Dr. William Castelli, Kannel's successor “the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower people's serum cholesterol. . . we found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories weighed the least and were the most physically active.”³⁰ NHLBI's Multiple Risk Factor Intervention Trial (MRFIT) studied

the relationship between heart disease and serum cholesterol levels in 362,000 men and found that annual deaths from CHD varied from slightly less than one per thousand at serum cholesterol levels below 140 mg/dL, to about two per thousand for serum cholesterol levels above 300 mg/dL, once again a trivial difference. Dr. John LaRosa of the American Heart Association claimed that the curve for CHD deaths began to “inflect” after 200 mg/dL, when in fact the “curve” was a very gradually sloping straight line that could not be used to predict whether serum cholesterol above certain levels posed a significantly greater risk for heart disease. One unexpected MRFIT finding the media did not report was that deaths from all causes—cancer, heart disease, accidents, infectious disease, kidney failure, etc.—were substantially greater for those men with cholesterol levels below 160 mg/dL.³¹

Lipid Research Clinics Trial

What was needed to resolve the validity of the lipid hypothesis once and for all was a well-designed, long-term diet study that compared coronary heart disease events in those on traditional foods with those whose diets contained high levels of vegetable oils—but the proposed Diet-Heart study designed to test just that had been cancelled without fanfare years earlier. In view of the fact that orthodox medical agencies were united in their promotion of margarine and vegetable oils over animal foods containing cholesterol and animal fats, it is surprising that the official literature can cite only a handful of experiments indicating that dietary cholesterol has “a major role in determining blood cholesterol levels.” One of these was a study

involving 70 male prisoners directed by Fred Mattson³²—the same Fred Mattson who had pressured the American Heart Association into removing any reference to hydrogenated fats from their diet-heart statement a decade earlier. Funded in part by Procter and Gamble, the research contained a number of serious flaws: selection of subjects for the four groups studied was not randomized; the experiment inexcusably eliminated “an equal number of subjects with the highest and lowest cholesterol values;” twelve additional subjects dropped out, leaving some of the groups too small to provide valid conclusions; and statistical manipulation of the results was shoddy. But the biggest flaw was that the subjects receiving cholesterol did so in the form of reconstituted powder—a totally artificial diet. Mattson’s discussion did not even address the possibility that the liquid formula diet he used might affect blood cholesterol differently than would a whole foods diet when, in fact, many other studies indicated that this is the case. The culprit, in fact, in liquid protein diets appears to be oxidized cholesterol, formed during the high-temperature drying process, which seems to initiate the buildup of plaque in the arteries.³³ Powdered milk containing oxidized cholesterol is added to reduced fat milk—to give it body—which the American public has accepted as a healthier choice than whole milk. It was purified, oxidized cholesterol that Kritchevsky and others used in their experiments on vegetarian rabbits.

The NHLBI argued that a diet study using whole foods and involving the whole population would be too difficult to design and too expensive to carry out. But the NHLBI *did* have funds available to sponsor the massive Lipid Research Clinics Coronary Primary Prevention Trial in which all subjects were

placed on a diet low in cholesterol and saturated fat. Subjects were divided into two groups, one of which took a cholesterol-lowering drug and the other a placebo. Working behind the scenes, but playing a key role in both the design and implementation of the trials, was Dr. Fred Mattson, formerly of Procter and Gamble.

An interesting feature of the study was the fact that a good part of the trial's one-hundred-and-fifty-million-dollar budget was devoted to group sessions in which trained dieticians taught both groups of study participants how to choose "heart-friendly" foods—margarine, egg replacements, processed cheese, baked goods made with vegetable shortenings, in short the vast array of manufactured foods awaiting consumer acceptance. As both groups received dietary indoctrination, study results could support no claims about the relation of diet to heart disease.

Nevertheless, when the results were released, both the popular press and medical journals portrayed the Lipid Research Clinics trials as the long-sought proof that animal fats were the cause of heart disease. Rarely mentioned in the press was the ominous fact that the group taking the cholesterol-lowering drugs had an increase in deaths from cancer, stroke, violence and suicide.³⁴

LRC researchers claimed that the group taking the cholesterol-lowering drug had a 17% reduction in the rate of CHD, with an average cholesterol reduction of 8.5%. This allowed LRC trials Director Basil Rifkind to claim that "for each 1% reduction in cholesterol, we can expect a 2% reduction in CHD events." The statement was widely circulated even though it represented a completely invalid representation of the data, especially in light of the fact that when the lipid group at the University of Maryland analyzed the LRC data, they found no difference in CHD events

between the group taking the drug and those on the placebo. A number of clinicians and statisticians participating in a 1984 Lipid Research Clinics Conference workshop, including Michael Oliver and Richard Krommel, were highly critical of the manner in which the LRC results had been tabulated and manipulated. The conference, in fact, went very badly for the NHLBI, with critics of the lipid hypothesis almost outnumbering supporters. One participant, Dr. Beverly Teter of the University of Maryland's lipid group, was delighted with the state of affairs. "It's wonderful" she remarked to Basil Rifkind, study coordinator, "to finally hear both sides of the debate. We need more meetings like this" His reply was terse and sour: "No we don't."

National Cholesterol Consensus Conference

Dissenters were again invited to speak briefly at the NHLBI-sponsored National Cholesterol Consensus Conference held later that year, but their views were not included in the panel's report, for the simple reason that the report was generated by NHLBI staff before the conference convened. Dr. Teter discovered this when she picked up some papers by mistake just before the conference began, and found they contained the consensus report, already written, with just a few numbers left blank. Kritchevsky represented the lipid hypothesis camp with a humorous five-minute presentation, full of ditties. Edward Ahrens, a respected researcher, raised strenuous objections about the "consensus," only to be told that he had misinterpreted his own data, and that if he wanted a conference to come up with different conclusions, he should pay for it

himself.

The 1984 Cholesterol Consensus Conference final report was a whitewash, containing no mention of the large body of evidence that conflicted with the lipid hypothesis. One of the blanks was filled with the number 200. The document defined all those with cholesterol levels above 200 mg/dL as “at risk” and called for mass cholesterol screening, even though the most ardent supporters of the lipid hypothesis had surmised in print that 240 should be the magic cutoff point. Such screening would, in fact, need to be carried out on a massive scale as the federal medical bureaucracy, by picking the number 200, had *defined* the vast majority of the American adult population as “at risk.” The report resurrected the ghost of Norman Jolliffe and his Prudent Diet by suggesting the avoidance of saturated fat and cholesterol for all Americans now defined as “at risk,” and specifically advised the replacement of butter with margarine. The Consensus Conference also provided a launching pad for the nationwide National Cholesterol Education Program, which had the stated goal of “changing physicians’ attitudes.” NHLBI-funded studies had determined that while the general population had bought into the lipid hypotheses, and was dutifully using margarine and buying low-cholesterol foods, the medical profession remained skeptical. A large “Physicians Kit” was sent to all doctors in America, compiled in part by the American Pharmaceutical Association, whose representatives served on the NCEP coordinating committee. Doctors were taught the importance of cholesterol screening, the advantages of cholesterol-lowering drugs and the unique benefits of the Prudent Diet. NCEP materials told every doctor in America to recommend the use of margarine rather than butter.

Cholesterol screening for everyone

In November of 1986, the *Journal of the American Medical Association* published a series on the Lipid Research Clinics trials, including “Cholesterol and Coronary Heart Disease: A New Era” by longtime American Heart Association member Scott Grundy, MD, PhD.³⁵ The article is a disturbing combination of euphoria and agony—euphoria at the forward movement of the lipid hypothesis juggernaut, and agony over the elusive nature of real proof. “The recent consensus conference on cholesterol. . . implied that levels between 200 and 240. . . carry at least a mild increase in risk, which they obviously do. . .” said Grundy, directly contradicting an earlier statement that “Evidence relating plasma cholesterol levels to atherosclerosis and CHD has become so strong as to leave little doubt of the etiologic connection.” Grundy called for “. . . the simple step of measuring the plasma cholesterol level in all adults. . . those found to have elevated cholesterol levels can be designated as at high risk and thereby can enter the medical care system. . . an enormous number of patients will be included.” Who benefits from “the simple step of measuring the plasma cholesterol level in all adults?” Why, hospitals, laboratories, pharmaceutical companies, the vegetable oil industry, margarine manufacturers, food processors and, of course, medical doctors. “Many physicians will see the advantages of using drugs for cholesterol lowering. . .” said Grundy, even though “a positive benefit/risk ratio for cholesterol-lowering drugs will be difficult to prove.” The cost in the US of cholesterol screening and cholesterol-lowering drugs alone now stands at sixty billion dollars per year, even

“ . . . the cost of cholesterol screening and cholesterol-lowering drugs alone now stands at sixty billion dollars per year, even

though a positive risk/benefit ratio for such treatment has never been established. Physicians, however, have “seen the advantages of using drugs for cholesterol lowering” as a way of creating patients out of healthy people.

Grundy was equally schizophrenic about the benefits of dietary modification. “Whether diet has a long term effect on cholesterol remains to be proved,” he stated, but “Public health advocates furthermore can play an important role by urging the food industry to provide palatable choices of foods that are low in cholesterol, saturated fatty acids and total calories.” Such foods, almost by definition, contain partially hydrogenated vegetable oils that imitate the advantages of animal fats. Grundy knew that the *trans* fats were a problem, that they raised serum cholesterol and contributed to the etiology of many diseases—he knew because a year earlier, at his request, Mary Enig had sent him a package of data detailing numerous studies that gave reason for concern, which he acknowledged in a signed letter as “an important contribution to the ongoing debate.”

Other mouthpieces of the medical establishment fell in line after the Consensus Conference. In 1987 the National Academy of Science (NAS) published an overview in the form of a handout booklet containing a whitewash of the *trans* problem and a pejorative description of palm oil—a natural fat high in beneficial saturates and monounsaturates that, like butter, has nourished healthy population groups for thousands of years, and, also like butter, competes with hydrogenated fats because it can be used as a shortening. The following year the Surgeon General’s Report on Nutrition and Health emphasized the importance of making low-fat foods more widely available. Project LEAN (Low-Fat Eating for America Now) sponsored by the J. Kaiser Family

Foundation and a host of establishment groups such as the America Heart Association, the American Dietetic Association, the American Medical Association, the USDA, the National Cancer Institute, Centers for Disease Control and the National Heart, Lung and Blood Institute announced a publicity campaign to “aggressively promote foods low in saturated fat and cholesterol in order to reduce the risk of heart disease and cancer.”

National Food Processors Association Conference

The following year, Enig joined Frank McLaughlin, Director of the Center for Business and Public Policy at the University of Maryland, in testimony before the National Food Processors Association. It was a closed conference, for NFPA members only. Enig and McLaughlin had been invited to give “a view from academia.” Enig presented a number of slides and warned against singling out classes of fats and oils for special pejorative labeling. A representative from Frito-Lay took umbrage at Enig’s slides, which listed amounts of trans fats in Frito-Lay products. Enig offered to redo the analyses if Frito-Lay would to fund the research. “If you’d talk different, you’d get money,” he said. Enig urged the association to endorse accurate labeling of *trans* fats in all food items but conference participants—including representatives from most of the major food processing giants—preferred a policy of “voluntary labeling” that did not unnecessarily alert the public to the presence of *trans* fats in their foods. To date they have prevailed in preventing the inclusion of *trans* fats on nutrition labels.

Enig’s cat and mouse game with Hunter and Applewhite of the

Institute of Shortening and Edible Oils continued throughout the later years of the 1980's. Their *modus operandi* was to pepper the literature with articles that downplayed the dangers of *trans* fats, to use their influence to prevent opposing points of view from appearing in print and to follow-up the few alarmist articles that did squeak through with "definitive rebuttals." In 1987 Enig submitted a paper on *trans* fatty acids in the US diet to the *American Journal of Clinical Nutrition*, as a reply to the erroneous 1985 FASEB report as well as to Hunter and Applewhite's influential 1986 article, which by even the most conservative analysis underestimated the average American consumption of partially hydrogenated fats. Editor-in-chief Albert Mendeloff, MD rejected Enig's rebuttal as "inappropriate for the journal's readership." His rejection letter invited her to resubmit her paper if she could come up with "new evidence." In 1991, the article finally came out in a less prestigious publication, the *Journal of the American College of Nutrition*,³⁶ although Applewhite did his best to coerce editor Mildred Seelig into removing it at the last minute. Hunter and Applewhite submitted letters and then an article of rebuttal to the *American Journal of Clinical Nutrition*,³⁷ which were published shortly thereafter. In the article, entitled "Reassessment of *trans* fatty acid availability in the US diet," Hunter and Applewhite argued that the amount of *trans* in the American diet had actually declined since 1984, due to the introduction of soft margarines and tub spreads. The media fell in line with their pronouncements, with numerous articles by food writers recommending low-*trans* tub spreads, made from polyunsaturated vegetable oils, as the sensible alternative to saturated fat from animal sources—not surprising as most newspapers rely on the International Food Information

Council, an arm of the food processing industry, for their nutrition information.

Other research on *trans* fats

Enig and the University of Maryland group were not alone in their efforts to bring their concerns about the effect of partially hydrogenated fats before the public. Fred Kummerow at the University of Illinois, blessed with independent funding and an abundance of patience, carried out a number of studies that indicated that the *trans* fats increased risk factors associated with heart disease, and that vegetable-oil-based fabricated foods such as Egg Beaters cannot support life.³⁸ George Mann, formerly with the Framingham project, possessed neither funding nor patience—he was, in fact, very angry with what he called the Diet/Heart scam. His independent studies of the Masai in Africa,³⁹ whose diet is extremely rich in cholesterol and saturated fat, and who are virtually free of heart disease, had convinced him that the lipid hypothesis was “the public health diversion of this century. . . the greatest scam in the history of medicine.”⁴⁰ He resolved to bring the issue before the public by organizing a conference in Washington DC in November of 1991.

“Hundreds of millions of tax dollars are wasted by the bureaucracy and the self-interested Heart Association,” he wrote in his invitation to participants. “Segments of the food industry play the game for profits. Research on the true causes and prevention is stifled by denying funding to the ‘unbelievers.’ This meeting will review the data and expose the rascals.”

The rascals did their best to prevent the meeting from taking

place. Funding promised by the Greenwall Foundation of New York City was later withdrawn, so Mann paid most of the bills. A press release sent as a dirty trick to speakers and participants wrongly announced that the conference had been cancelled. Several speakers did in fact renege at the last minute on their commitment to attend, including the prestigious Dr. Roslyn Alfin-Slater and Dr. Peter Nixon of London. Dr. Eliot Corday of Los Angeles cancelled after being told that his attendance would jeopardize future funding.

The final pared-down roster included Dr. George Mann, Dr. Mary Enig, Dr. Victor Herbert, Dr. Petr Skrabenek, William B. Parsons, Jr., Dr. James McCormick, a physician from Dublin, Dr. William Stehbens from New Zealand, who described the normal protective process of arterial thickening at points of greatest stress and pressure, and Dr. Meyer Texon an expert in the dynamics of blood flow. Mann, in his presentation, blasted the system that had foisted the lipid hypothesis on a gullible public. "You will see," he said, "that many of our contributors are senior scientists. They are so for a reason that has become painfully conspicuous as we organized this meeting. Scientists who must go before review panels for their research funding know well that to speak out, to disagree with this false dogma of Diet/Heart, is a fatal error. They must comply or go unfunded. I could show a list of scientists who said to me, in effect, when I invited them to participate: 'I believe you are right, that the Diet/Heart hypothesis is wrong, but I cannot join you because that would jeopardize my perks and funding.' For me, that kind of hypocritical response separates the scientists from the operators—the men from the boys."

90s see the nation well oiled

By the nineties the operators had succeeded, by slick manipulation of the press and of scientific research, in transforming America into a nation that was well and truly oiled. Consumption of butter had bottomed out at about 5 grams per person per day, down from almost 18 at the turn of the century. Use of lard and tallow had been reduced by two-thirds. Margarine consumption had jumped from less than 2 grams per person per day in 1909 to about 11 in 1960. Since then consumption figures had changed little, remaining at about 11 grams per person per day—perhaps because knowledge of margarine’s dangers had been slowly seeping out to the public. However, most of the *trans* fats in the current American diet come not from margarine but from shortening used in fried and fabricated foods. American shortening consumption of 10 grams per person per day held steady until the 1960’s, although the content of that shortening had changed from mostly lard, tallow and coconut oil—all natural fats—to partially hydrogenated soybean oil. Then shortening consumption shot up and by 1993 had tripled to over 30 grams per person per day. But the most dramatic overall change in the American diet was the huge increase in the consumption of liquid vegetable oils, from slightly less than 2 grams per person per day in 1909 to over 30 in 1993—a fifteen fold increase.

Dangers of polyunsaturates

The irony is that these trends have persisted concurrently with revelations about the dangers of polyunsaturates. Because

polyunsaturates are highly subject to rancidity, they increase the body's need for vitamin E and other antioxidants. Excess consumption of vegetable oils is especially damaging to the reproductive organs and the lungs—both of which are sites for huge increases in cancer in the US. In test animals, diets high in polyunsaturates from vegetable oils inhibit the ability to learn, especially under conditions of stress; they are toxic to the liver; they compromise the integrity of the immune system; they depress the mental and physical growth of infants; they increase levels of uric acid in the blood; they cause abnormal fatty acid profiles in the adipose tissues; they have been linked to mental decline and chromosomal damage; they accelerate aging. Excess consumption of polyunsaturates is associated with increasing rates of cancer, heart disease and weight gain; excess use of commercial vegetable oils interferes with the production of prostaglandins leading to an array of complaints ranging from autoimmune disease to PMS. Disruption of prostaglandin production leads to an increased tendency to form blood clots, and hence myocardial infarction, which has reached epidemic levels in America.⁴¹

Vegetable oils are more toxic when heated. One study reported that polyunsaturates turn to varnish in the intestines. A study by a plastic surgeon found that women who consumed mostly vegetable oils had far more wrinkles than those who used traditional animal fats. A 1994 study appearing in the *Lancet* showed that almost three quarters of the fat in artery clogs is unsaturated. The “artery clogging” fats are not animal fats but vegetable oils.⁴²

Those who have most actively promoted the use of polyunsaturated vegetable oils as part of a Prudent Diet are well

aware of their dangers. In 1971, William B. Kannel, former director of the Framingham study, warned against including too many polyunsaturates in the diet. A year earlier, Dr. William Connor of the American Heart Association issued a similar warning, and Frederick Stare reviewed an article which reported that the use of polyunsaturated oils caused an increase in breast tumors. And Kritchevsky, way back in 1969, discovered that the use of corn oil caused an increase in atherosclerosis.⁴³ As for the *trans* fats, produced in vegetable oils when they are partially hydrogenated, the results that are now in the literature more than justify concerns of early investigators about the relation between *trans* fats and both heart disease and cancer. The research group at the University of Maryland found that *trans* fatty acids not only alter enzymes that neutralize carcinogens, and increase enzymes that potentiate carcinogens, but also depress milk fat production in nursing mothers and decrease insulin binding.⁴⁴ In other words, *trans* fatty acids in the diet interfere with the ability of new mothers to nurse successfully and increase the likelihood of developing diabetes. Unpublished work indicates that *trans* fats contribute to osteoporosis. Hanis, a Czechoslovakian researcher, found that *trans* consumption decreased testosterone, caused the production of abnormal sperm and altered gestation.⁴⁵ Koletzko, a German pediatric researcher found that excess *trans* consumption in pregnant mothers predisposed them to low birth weight babies.⁴⁶ *Trans* consumption interferes with the body's use of omega-3 fatty acids found in fish oils, grains and green vegetables, leading to impaired prostaglandin production.⁴⁷ George Mann confirmed that *trans* consumption increases the incidence of heart disease.⁴⁸ In 1995, European researchers

found a positive correlation between breast cancer rates and *trans* consumption.⁴⁹

Until the 1995 study, only the disturbing revelations of Dutch researchers Mensink and Katan, in 1990, received front page coverage. Mensink and Katan found that margarine consumption increased coronary heart disease risk factors.⁵⁰

The industry—and the press—responded by promoting tub spreads, which contain reduced amounts of *trans* compared to stick margarine. For the general population, these *trans* reductions have been more than offset by changes in the types of fat used by the fast food industry. In the early 1980's, Center for Science in the Public Interest campaigned against the use of beef tallow for frying potatoes. Before that they campaigned against the use of tallow for frying chicken and fish. Most fast food concerns switched to partially hydrogenated soybean oil for all fried foods. Some deep fried foods have been tested at almost 50% *trans*.⁵¹

Epidemiologist Walter Willett at Harvard worked for many years with flawed data bases which did not identify trans fats as a dietary component. He found a correlation with dietary fat consumption and both heart disease and cancer. After his researchers contacted Enig about the trans data, they developed a more valid data base that was used in the analysis of the massive Nurses Study. When Willett's group separated out the trans component in their analyses, they were able to confirm greater rates of cancer in those consuming margarine and vegetable shortenings—not butter, eggs, cheese and meat.⁵² The correlation of trans fat consumption and cancer was never published, but was reported at the Baltimore Data Bank Conference in 1992.

In 1993 Willett's research group at Harvard found that trans contributed to heart disease,⁵³ and this study was not ignored, but received much fanfare in the press. Willett's first reference in his report was Enig's work on the trans content of common foods.

The industry continues to argue that American trans consumption is a low six to eight grams per person per day, not enough to contribute to today's epidemic of chronic disease. Total per capita consumption of margarine and shortening hovers around 40 grams per person per day. If these products contain 30% trans (many shortenings contain more) then average consumption is about 12 grams per person per day. In reality, consumption figures can be dramatically higher for some individuals. A 1989 Washington Post article documented the diet of a teenage girl who ate 12 donuts and 24 cookies over a three day period. Total trans worked out to at least 30 grams per day, and possibly much more. The fat in the chips that teenagers consume in abundance may contain up to 48% trans which translates into 45.6 grams of trans fat in a small ten-ounce bag of snack chips—which a hungry teenager can gobble up in a few minutes. High school sex education classes do not teach American teenagers that the altered fats in their snack foods may severely compromise their ability to have normal sex, conceive, give birth to healthy babies and successfully nurse their infants.

Benefits of animal fats

Foods containing trans fat sell because the American public is afraid of the alternative—saturated fats found in tallow, lard,

butter, palm and coconut oil, fats traditionally used for frying and baking. Yet the scientific literature delineates a number of vital roles for dietary saturated fats—they enhance the immune system,⁵⁴ are necessary for healthy bones,⁵⁵ provide energy and structural integrity to the cells,⁵⁶ protect the liver⁵⁷ and enhance the body's use of essential fatty acids.⁵⁸ Stearic acid, found in beef tallow and butter, has cholesterol lowering properties and is a preferred food for the heart.⁵⁹ As saturated fats are stable, they do not become rancid easily, do not call upon the body's reserves of antioxidants, do not initiate cancer, do not irritate the artery walls.

Your body makes saturated fats, and your body makes cholesterol—about 2000 mg per day. In general, cholesterol that the average American absorbs from food amounts to about 100 mg per day. So, in theory, even reducing animal foods to zero will result in a mere 5% decrease in the total amount of cholesterol available to the blood and tissues. In practice, such a diet is likely to deprive the body of the substrates it needs to manufacture enough of this vital substance; for cholesterol, like saturated fats, stands unfairly accused. It acts as a precursor to vital corticosteroids, hormones that help us deal with stress and protect the body against heart disease and cancer; and to the sex hormones like androgen, testosterone, estrogen and progesterone; it is a precursor to vitamin D, a vital fat-soluble vitamin needed for healthy bones and nervous system, proper growth, mineral metabolism, muscle tone, insulin production, reproduction and immune system function; it is the precursor to bile salts, which are vital for digestion and assimilation of fats in the diet. Recent research shows that cholesterol acts as an antioxidant.⁶⁰ This is the likely explanation for the fact that

cholesterol levels go up with age. As an antioxidant, cholesterol protects us against free radical damage that leads to heart disease and cancer. Cholesterol is the body's repair substance, manufactured in large amounts when the arteries are irritated or weak. Blaming heart disease on high serum cholesterol levels is like blaming firemen who have come to put out a fire for starting the blaze.

Cholesterol is needed for proper function of serotonin receptors in the brain.⁶¹ Serotonin is the body's natural "feel-good" chemical. This explains why low cholesterol levels have been linked to aggressive and violent behavior, depression and suicidal tendencies.

Mother's milk is especially rich in cholesterol and contains a special enzyme that helps the baby utilize this nutrient. Babies and children need cholesterol-rich foods throughout their growing years to ensure proper development of the brain and nervous system. Dietary cholesterol plays an important role in maintaining the health of the intestinal wall,⁶² which is why low-cholesterol vegetarian diets can lead to leaky gut syndrome and other intestinal disorders.

Animal foods containing saturated fat and cholesterol provide vital nutrients necessary for growth, energy and protection from degenerative disease. Like sex, animal fats are necessary for reproduction. Humans are drawn to both by powerful instincts. Suppression of natural appetites leads to weird nocturnal habits, fantasies, fetishes, bingeing and splurging.

Animal fats are nutritious, satisfying and they taste good.

"Whatever is the cause of heart disease," said the eminent biochemist Michael Gurr in a recent article, "it is not primarily the consumption of saturated fats."⁶³ And yet the high priests of the

lipid hypothesis continue to lay their curse on the fairest of culinary pleasures—butter and Bernaise, whipped cream, souffles and omelets, full-bodied cheeses, juicy steaks and pork sausage.

Coming full circle—And yet, learning nothing

On April 30, 1996 a senior researcher named David Kritchevsky received the American Oil Chemists' Society's Research Award in recognition of his accomplishments as a "researcher on cancer and atherosclerosis as well as cholesterol metabolism." His accomplishments include co-authorship of more than 370 research papers, one of which appeared a month later in the *American Journal of Clinical Nutrition*.⁶⁴ "Position paper on *trans* fatty acids" continued the debate on *trans* fats that began in the same journal with Hunter and Applewhite's 1986 attack on Enig's research. "A controversy has arisen about the potential health hazards of *trans* unsaturated fatty acids in the American diet," wrote Kritchevsky and his coauthors.

Actually the controversy dates back to 1954. In the rabbit studies that launched Kritchevsky on his career, the researcher actually found that cholesterol fed with Wesson oil "markedly accelerated" the development of cholesterol-containing low-density lipoproteins; and cholesterol fed with shortening gave cholesterol levels twice as high as cholesterol fed alone.⁶⁵ Enig's work—and that of Kummerow and Mann and several others—merely confirmed what Kritchevsky ascertained decades ago but declined to publicize, that vegetable oils, and particularly partially hydrogenated vegetable oils, are bad news. But the "Position paper on *trans* fatty acids" took no position at

"On the other hand, it is not clear that the authors have shown that

all. Studies have given contradictory results, said the authors, and the amount of *trans* in the average American diet is very difficult to determine. As for labeling, “There is no clear choice of how to include *trans* fatty acids on the nutrition label. The database is insufficient to establish a classification scheme for these fats.” There may be problems with *trans*, says the senior researcher, but their use “helps to reduce the intake of dietary fats higher in saturated fatty acids. Also, vegetable fats are not a source of dietary cholesterol, unlike saturated animal fats.” Kritchevsky and his coauthors conclude that physicians and nutritionists should “focus on a further decrease in total fat intake and especially the intake of saturated fat. . . . A reduction in total fat intake simplifies the problem, because all fats in the diet decrease and choices are unnecessary.” However, even senior scientists find that fence straddling is necessary. “We may conclude,” wrote Kritchevsky and his colleagues, “that consumption of liquid vegetable oils is preferable to solid fats.”

Footnote:

Early this year, 1998, a symposium entitled “Evolution of Ideas about the Nutritional Value of Dietary Fat” reviewed the many flaws in the lipid hypothesis and highlighted a study in which mice fed purified diets died within 20 days but whole milk kept the mice alive for several months.⁶⁶ One of the participants was David Kritchevsky who noted that the use of low-fat diets and drugs in intervention trials, “did not affect overall CHD mortality.” Ever with a finger in the wind, this influential Founding Father of the lipid hypothesis

concluded thus: "Research continues apace and, as new findings appear, it may be necessary to reevaluate our conclusions and preventive medicine policies."

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Mary G. Enig, Ph.D. is an expert of international renown in the field of lipid biochemistry. She has headed a number of studies on the content and effects of *trans* fatty acids in America and Israel, and has successfully challenged government assertions that dietary animal fat causes cancer and heart disease. Recent scientific and media attention on the possible adverse health effects of *trans* fatty acids has brought increased attention to her work. She is a licensed nutritionist, certified by the Certification Board for Nutrition Specialists, a qualified expert witness, nutrition consultant to individuals, industry and state and federal governments, contributing editor to a number of scientific publications, Fellow of the American College of Nutrition and President of the Maryland Nutritionists Association. She is the author of over 60 technical papers and presentations, as well as a popular lecturer. Dr. Enig is currently working on the exploratory development of an adjunct therapy for AIDS using complete medium chain saturated fatty acids from whole foods. She is the mother of three healthy children brought up on whole foods including butter, cream, eggs and meat.

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is intended to diagnose, treat, cure or prevent any disease.

Thyroid Health: A Key to Weight Loss

by Cherie Calbom, M.S.

Many Americans suffer from symptoms such as cold hands and feet, low body temperature, sensitivity to cold, a feeling of always being chilled, headaches, insomnia, dry skin, puffy eyes, hair loss, brittle nails, joint aches, constipation, mental dullness, fatigue, frequent infections, hoarse voice, ringing in the ears, dizziness, loss of libido, and weight gain, which is sometimes uncontrollable. Approximately 65 percent of the U. S. population is overweight; 27 percent is clinically obese. Research is pointing to the fact that an under active thyroid might be the number one cause of weight problems, especially among women.

Hypothyroidism Reaching Epidemic Proportions

In 1995, researchers studied 25,862 participants at the Colorado statewide health fair. They discovered that among patients not taking thyroid medication, 8.9 percent were hypothyroid (under-active thyroid) and 1.1 percent were hyperthyroid (over-active thyroid). This indicates 9.9 percent of the population had a thyroid problem that had most likely gone unrecognized. These figures suggest that nationally, there may be as many as 13 million Americans with an undiagnosed thyroid problem. (*The Colorado Thyroid Disease Prevalence Study* published in the Archives of Internal Medicine (<http://archinte.ama-assn.org/cgi/content/abstract/160/4/526>).

In her book *Living Well With Hypothyroidism: What Your Doctor Doesn't Tell You. . . That You Need to Know*, Mary Shomon quotes endocrinologist Kenneth Blanchard, M.D., of Lower Newton Falls, Massachusetts as saying, “The key thing is . . . doctors are always told that TSH is the test that gives us a yes or no answer. And, in fact, I think that's fundamentally wrong. The pituitary TSH is controlled not just by how much T4 and T3 is in circulation, but T4 is getting converted to T3 at the pituitary level. Excess T3 generated at the pituitary level can falsely suppress TSH.” Hence, many people who are simply tested for TSH levels and are found to be within “normal” range are, in fact, suffering from thyroid problems

that are going undetected.

Ridha Arem, MD, Associate Professor of Medicine in the Division of Endocrinology and Metabolism at Baylor College of Medicine, agrees. He says that hypothyroidism may exist despite "normal range" TSH levels. In his book *The Thyroid Solution* he says:

Many people may be suffering from minute imbalances that have not yet resulted in abnormal blood tests. If we included people with low-grade hypothyroidism whose blood tests are normal, the frequency of hypothyroidism would no doubt exceed 10 percent of the population. What is of special concern, though, is that many people whose test results are dismissed as normal could continue to have symptoms of an under active thyroid. Their moods, emotions, and overall well-being are affected by this imbalance, yet they are not receiving the care they need to get to the root of their problems. Even if the TSH level is in the lower segment of normal range, a person may still be suffering from low-grade hypothyroidism.

Thus, if we were to include those who may be suffering from "low-grade hypothyroidism," the number could well be double the 13 million estimate.

Thyroid Cancer

The statistics on thyroid cancer in the U.S. also tell a disturbing tale. Since 1990, cancer statistics (see <http://seer.cancer.gov/>) show that the overall thyroid cancer incidence across all ages and races in the United States has been subject to a statistically significant annual increase of 1.4 percent, per annum. That increase was highest amongst females (1.6 % per annum). Also worth noting is the fact that between 1975 and 1996 the incidence of thyroid cancer has risen 42.1% in the United States. This increase was particularly notable in women and most recent figures as of 1996 show that the incidence of thyroid cancer has climbed to 8.0 per 100,000. The National Cancer Institute (NCI) notes that "the preponderance of thyroid cancer in females suggest that hormonal factors may mediate disease occurrence."

Especially alarming is the rate of thyroid cancer among

children. The NCI publication *Cancer Incidence and Survival among Children and Adolescents: United States SEER Program 1975-1995* has reported that the most prevalent carcinomas in American children and adolescents younger than 20 years was thyroid carcinoma at 35.5 percent—more prevalent than the highly publicized melanomas (30.9 percent). Approximately 75 percent of the thyroid carcinomas occurred in adolescents 15 to 19 years of age.

What is Causing This Epidemic?

While more research needs to be done, it is generally accepted that diet plays a major role in thyroid health. For decades we have known that low iodine intake leads to low thyroid function and eventually to goiter. Iodized salt was intended to solve this problem, but it has not been the answer. There are a number of foods known as *goitrogens* that block iodine. Two goitrogens are quite prevalent in the American diet—peanuts and peanut butter and soybeans used most often in prepared foods as textured vegetable protein (a refined soy food) and soybean oil.

The rise of industrialization, corporate farming, and mass production of food has drastically changed our food supply from what our ancestors ate. Many studies show the detrimental effects of refined sugars and grains on our health. These foods are very taxing on the thyroid gland, and we consume them in large quantities. Environmental stress such as chemical pollutants, pesticides, mercury, and fluoride are also tough on the thyroid. A growing body of evidence suggests that fluoride, which is prevalent in toothpaste and water treatment, may inhibit the functioning of the thyroid gland. Additionally, mercury may diminish thyroid function because it displaces the trace mineral selenium, and selenium is involved in conversion of thyroid hormones T4 to T3.

The Truth About Fats and Oils

Many dietary oils can negatively affect thyroid health. We cook with them almost every day and they are plentiful in commercially prepared foods. Expeller-pressed or solvent-extracted oils only became a major part of the American diet in the last century. It is possible they are among the worst offenders when it comes to the thyroid. They are known as vegetable oils or polyunsaturated oils. The most common source of these oils used in commercially prepared foods is the soybean.

Large-scale cultivation of soybeans in the United States began after World War II and quickly increased to 140 billion pounds per year. Most of the crops are produced for animal feed and soy oil for hydrogenated fats such as margarine and shortening. Today, it is nearly impossible to eat at restaurants or buy packaged foods that don't have soy oil in the ingredients. Often labels simply state "vegetable oil."

Ray Peat Ph.D., a physiologist who has worked with progesterone and related hormones since 1968, says that the sudden surge of polyunsaturated oils into the food chain post World War II has caused many changes in hormones. He writes:

Their [polyunsaturated oils] best understood effect is their interference with the function of the thyroid gland.

Unsaturated oils block thyroid hormone secretion, its movement in the circulatory system, and the response of tissues to the hormone. When the thyroid hormone is deficient, the body is generally exposed to

increased levels of estrogen. The thyroid hormone is essential for making the 'protective hormones' progesterone and pregnenolone, so these hormones are lowered when anything interferes with the function of the thyroid. The thyroid hormone is required for using and eliminating cholesterol, so cholesterol is likely to be raised by anything which blocks the thyroid function.

(See "[Unsaturated Vegetable Oils: Toxic](#)")

There is a growing body of research concerning soy's detrimental affect on the thyroid gland. Much of this research centers on the *phytoestrogens* ("phyto" means plant) that are found in soy. In the 1960s when soy was introduced into infant formulas, it was shown that soy was goitrogenic and caused goiters in babies. When iodine was supplemented, the incidence of goiter reduced dramatically. However, a retrospective epidemiological study by Fort, et al. showed that teenaged children with a diagnosis of autoimmune thyroid disease were significantly more likely to have received soy formula as infants (18 out of 59 children; 31 percent) when compared to healthy siblings (nine out of 76, 12 percent) or control group children (seven out of 54; 13 percent). (P. Fort, N. Moses, M. Fasano, T. Goldberg and F. Lifshitz J. *Am. Coll. Nutr.* 9 (1990), p. 164)

When healthy individuals without any previous thyroid disease were fed 30 grams of pickled soybeans per day

for one month, Ishizuki, et al. reported goiter and elevated individual thyroid stimulating hormone (TSH) levels (although still within the normal range) in thirty-seven healthy, iodine-sufficient adults. One month after stopping soybean consumption, individual TSH values decreased to the original levels and goiters were reduced in size. (Daniel R. Doerge, Hebron C. Chang, "Inactivation of thyroid peroxidase by soy isoflavones in vitro and in vivo" *Journal of Chromatography B* Vol. 777 (1, 2); 25; September 2002: 269-79)

For more information about the effects of soy in the modern diet, see www.coconutoil.com/soy.htm

Coconut Oil: A-Healthy Choice

Traditionally, polyunsaturated oils such as soybean oil have been used for livestock feed because they cause the animals to gain weight. These oils are made up of what is known as long chain fatty acids—the kind of fatty acids that promote weight gain. (See [EFFECT OF DIETARY FAT SOURCE, LEVEL, AND FEEDING INTERVAL ON PORK FATTY ACID COMPOSITION](#) by M.T. See and J. Odle)

Coconut oil, on the other hand, is a saturated fat made up primarily of medium chain fatty acids. Also known as medium chain triglycerides (MCTs), medium chain fatty acids are known to increase metabolism and promote weight loss. Coconut oil can also raise basal body temperatures while increasing metabolism. This is good news for people who suffer with low thyroid function. There have been scores of testimonies to this effect.

One happy individual writes:

I am just now jumping on the coconut oil bandwagon (about three weeks now) and I'm really starting to feel GREAT! I have suffered from severe migraines for the past 25 years, the last 15 becoming increasingly severe, coinciding with the addition of soy and the "low-fat mentality" to my diet. Nothing

helped! I should be experiencing my pre-menstrual migraine by now and instead I feel like I could climb Mt. Everest! Also I wondered if it decreased the waist to hip ratio because mine has gone from 7.2 all my life to 7 (or something like that). I think I had the sluggish thyroid too, with a low body temperature of between 96 and 96.8. Now it's starting to climb for the first time in years. Thank you... Sincerely, **V. Potter**

For more stories and information, see the Coconut-info discussion group (<http://health.groups.yahoo.com/group/coconut-info/>)

How MCTs Promote Weight Loss

Several studies have shown that medium chain triglycerides (MCTs) promote weight loss. One study showed that rats fed long chain fatty acids (LCTs) stored body fat, while rats fed MCTs reduced body fat and improved insulin sensitivity and glucose tolerance...(See [June, 2003, Obesity Research](#)) In March of 2003, this same journal published findings that [Medium-chain triglycerides increase energy expenditure and decrease adiposity in overweight men](#). The study was conducted with twenty-four healthy, overweight men with body mass indexes between 25 and 31 kg/m. They consumed diets rich in MCT or LCT for 28 days, each in a crossover randomized controlled trial. Those consuming MCTs lost more weight and had more energy than those consuming LCTs (in this case olive oil).

An earlier study in [2002, The Journal of Nutrition](#) came to the same conclusion. They reported that MCTs are more readily oxidized in the liver than LCTs, which leads to more energy and less weight gain. The study concluded that MCTs increase energy expenditure, may result in faster satiety, and facilitate weight control when included in the diet as a replacement for fats containing LCTs.

Scores of people have discovered the benefits of MCTs firsthand. Sharon writes the following to the coconut discussion group:

I have had the same problem with sluggish metabolism and weight gain since having

children. Even a no-calorie diet (fast) for 5 days did not work. As soon as I started taking Virgin Coconut Oil the fat began to melt and I have lost 20 pounds. Over the same period of time, my 13-year-old daughter who was very chubby and very worried about it, but could not bring up the self-control to renounce some of her favorite fatty foods, lost about 10 pounds. She now has the perfect figure, to her great joy! Pants she was bulging out of a year ago hang loose on her!

Coconut Oil and Oxidative Stress

One of the reasons the long chain fatty acids in vegetable oils are so damaging to the thyroid is that they oxidize quickly and become rancid. Food manufacturers know about this propensity towards rancidity and, therefore, highly refine their vegetable oils. Considerable research has shown that trans fatty acids, present when vegetable oils are highly refined (hydrogenated or partially hydrogenated), are especially damaging to cell tissue and can have a negative affect on the thyroid as well as health in general. Because the longer chain fatty acids are deposited in cells more often as rancid and oxidizing fat, impairment of the conversion of thyroid hormone T4 to T3 occurs, which is symptomatic of hypothyroidism. To create the enzymes needed to convert fats to energy, T4 must be converted to T3.

Dr. Ray Peat says:

When the oils are stored in our tissues, they are much warmer, and more directly exposed to oxygen than they would be in the seeds, and so their tendency to oxidize is very great. These oxidative processes can damage enzymes and other parts of cells, and especially their ability to produce energy. The enzymes which break down proteins are inhibited by unsaturated fats; these enzymes are needed not only for digestion, but also for production of thyroid hormones, clot removal, immunity, and the general adaptability of cells. The risks of abnormal blood clotting, inflammation, immune deficiency, shock, aging, obesity, and cancer are increased. Thyroid

[hormones] and progesterone are decreased.

Since the unsaturated oils block protein digestion in the stomach, we can be malnourished even while "eating well." There are many changes in hormones caused by unsaturated fats. Their best understood effect is their interference with the function of the thyroid gland. Unsaturated oils block thyroid hormone secretion, its movement in the circulatory system, and the response of tissues to the hormone. Coconut oil is unique in its ability to prevent weight-gain or cure obesity, by stimulating metabolism. It is quickly metabolized, and functions in some ways as an antioxidant.

Because coconut oil is saturated and very stable (unrefined coconut oil has a shelf life of about three to five years at room temperature), the body is not burdened with oxidative stress as it is with the vegetable oils. Coconut oil does not require the enzyme stress that vegetable oils do, preventing T4 to T3 hormone conversion, not only because it is a stable oil, but also because it is processed differently in the body and does not need to be broken down by enzyme dependent processes as do long chain fatty acids. Also, since the liver is the main place where damage occurs from oxidized and rancid oils that cause cell membrane damage, and since the liver is where much of the conversion of T4 to T3 takes place, eliminating long chain fatty acids from the diet and replacing them with medium chain fatty acids found in coconut oil can, in time, help in rebuilding cell membranes and increasing enzyme production that will assist in promoting the conversion of T4 to T3 hormones.

More research in this area is necessary. In the meantime, those switching from polyunsaturated oils to coconut oil are reporting many positive results. For example, Donna has experienced encouraging improvements in her thyroid health. She writes:

I've been on coconut oil since September, 2002 and, although, that doesn't seem like long, it has changed my life and the lives of my family and friends. My weight actually went UP when I started on coconut oil but I felt so GREAT! Being hypothyroid, I was on Synthroid and Cytomel and had been for years, but with inconsistent results and feeling worse. Other

changes besides the addition of coconut oil were the complete removal of soy (and that is a major challenge in itself!), all trans fatty acids, no refined sugar, and organ cleanses seasonally. My thyroid meds were discontinued with my doctor's knowledge as I was getting too energetic and having trouble sleeping! [Imagine], from being a "sleepaholic" couch potato that was cold! My weight stayed steady until the last three weeks and it has now started the downward move. My goal was health and just believed the weight would come off when I found the right diet and exercise routine that my life was comfortable with. I've tried removing the coconut oil but my energy drops and I don't feel as good.

Donna

Lori writes:

I have been taking VCO [virgin coconut oil] for about two to three months. Before the VCO, my thyroid results were borderline low. After two months of one tablespoon a day [of coconut oil], they are now mid-normal range. They have never been this high. I do NOT take any thyroid. ALSO my cholesterol is still the same as well as my LDL. BUT my HDL [the good cholesterol] rose 10 whole points from 43 to 53! This is a miracle for me. **Lori**

Coconut oil has helped scores of women who are menopausal. Several women who were post-menopausal suddenly began having their menstrual cycles start again, which is evidence that coconut oil does indeed increase hormone production.

Another happy lady writes:

I have experienced the same problems as you. Body temperature not going above 97 degrees, cold hands and feet, can't lose weight, fatigued, slow heart rate, can't sleep some nights, dry skin, etc..... My doctor did the same test and it came back normal. I am also 46 and peri-menopausal. My Naturopath symptomatically diagnosed me with hypothyroidism. She explained the blood

tests currently used by allopathic medicine are not sensitive enough. I started on the [coconut] oil 5 weeks ago. In the first week I noticed my body temperature had risen and my resting heart rate had gone from 49 to 88 beats per minute. This has since settled to 66. My energy is now really high and I am slowly losing the weight - 3 lbs. in the past 5 weeks. I also had been taking flaxseed oil and gamma linoleic acid oil but have stopped eating every other oil but what Raymond Peat recommends, which is coconut oil, olive oil and butter (obviously using the last two very sparingly). I take 3 tablespoons of coconut oil daily. I have discussed this with my Naturopath and have given her all the written material on it. She's very open to knowing more about it. **Cindy**

These testimonies are from the [coconut-info discussion group](#).

Correcting Thyroid Problems

Rather than simply taking thyroid medication, it is very important to identify the underlying causes of low thyroid. You may need to take medication until you have corrected the underlying problem, but simply taking thyroid hormone replacement drugs for a lifetime does not feed the thyroid or correct the problem. David Frahm, N.D. says, “instead of feeding the thyroid and bringing it back into full function in the body, they’re [medications] simply by-passing it.”* He says that this does help increase energy to some degree when the body is supplied with some of the hormones it is supposed to make on its own, but none of these drugs actually restore thyroid function. Since the thyroid makes a hormone called calcitonin that allows for absorption of calcium, people who just take thyroid hormone replacement drugs won’t fix the underlying problem and calcium absorption will be impaired. Often these people will experience bone loss, and this is the best explanation as to why many people with hypothyroidism also experience osteoporosis.

Before discontinuing thyroid hormone replacement medication, always check with your doctor. In the meantime, there are a number of things you can do to feed your thyroid and improve its health. You may not

have been diagnosed with hypothyroid, but you may experience a number of the symptoms associated with this condition that result from an undernourished thyroid gland. As you incorporate thyroid supporting solutions into your daily routine, watch for signals that your thyroid is beginning to improve such as rapid heartbeat and a rise in body temperature. Dr. David Frahm addresses such symptoms as a “healing crisis.” At this point, if you are taking thyroid medication, it would be wise to consult your physician for retesting.

*David Frahm, *Health Quarters Monthly*, Vol. 58, August, 2003

Determining Low Thyroid

If you've read this article and some of the symptoms ring true for you, but you are not sure if you have low thyroid, take your body temperature for four mornings in a row before you get out of bed. Shake down a glass thermometer to below 95 degrees and place it by your bed before you go to sleep. Upon waking, place the thermometer in your armpit for a full ten minutes. It is important to move as little as possible during this time. Remain still with your eyes closed. Don't get up for any reason. After ten minutes, record the temperature and date. This should be done for four consecutive mornings. Individuals with normal functioning thyroids have a basal body temperature between 97.6 and 98.2. Basal body temperatures below this range may reflect hypothyroidism.

What You Can Do to Nourish Your Thyroid

A number of nutrients and foods have been shown to contribute to healthy thyroid function. As you incorporate these into your diet, you should notice an improvement in your thyroid health.

Eat Only Healthy Fats and Oils

A number of health professionals now recommend that we eat only coconut oil, virgin olive oil, and butter. It is best to eat olive oil and butter sparingly. Coconut oil can be used in place of butter on toast, for example. Coconut oil is one of the most stable oils because of its medium chain triglycerides. It will not easily turn to trans fatty acids when heated, making it one of the best oils for cooking. Avoid all other cooking oils. Never eat margarine. And read every label on packaged foods. If vegetable oil or soybean oil is listed, don't buy it. Be aware that most commercial salad dressings contain soybean oil or another polyunsaturated oil. You could benefit from preparing your own salad dressings and taking them with you when you travel or eat out. If that is not possible, ask for lemon slices and olive oil and prepare your own on the spot. Restaurant fried foods are particularly worrisome because the oils used are heated to very high temperatures and often used over and over for deep-frying. They are loaded with trans fatty acids. Whenever you can, prepare your own healthy foods at home and control the ingredients.

Many people have improved their thyroid health, have lost weight, and increased their energy by including two to three tablespoons of virgin coconut oil in their diet. There are a number of ways to do this. Cooking with the oil is the obvious method and it tastes great with every food from sautéed onions or vegetables to eggs to baked dishes. You may also want to add one or two extra tablespoons of the oil to your diet daily. Smoothies are one way to accomplish this. You could try my Low-Carb Coconut Smoothie. I have also developed 101 smoothie recipes available in *The Ultimate Smoothie Book*. You may also wish to try my Coconut Treats recipe. (For the recipes, see www.coconut-info.com/recipes.htm.)

Consume Plenty of Iodine-Rich Foods

Iodine is most abundant in sea vegetables, fish, seafood, and

eggs. You can find a variety of dried sea vegetables at most health food stores, Asian markets, and some grocery stores. Add a strip of kombu to soups or bean dishes; sprinkle black seaweed on salads or add to soup. Season foods with dulse or kelp powder in place of salt. Eat more fish, especially the smaller coldwater fish such as salmon (avoid farm raised), mackerel, halibut, sole, and snapper. Avoid the larger fish such as tuna and swordfish; they tend to be higher in mercury. Choose cage-free, hormone and antibiotic-free eggs; they're healthier.

Take Vitamin and Mineral Supplements

A number of nutrients have been shown to contribute to thyroid health; they include zinc, selenium, B vitamins, vitamin C, vitamin E, and vitamin A. Margaret Ames, Ph.D. says in her paper *Thyroid Health: Do You Have Hypothyroidism?* that individuals with hypothyroidism have been shown to have an impaired ability to convert beta carotene to vitamin A, so care should be taken to include supplementation of vitamin A in addition to beta carotene." She also adds that selenium is involved in conversion of T4 to T3 and low selenium levels could lead to low T3 levels. Because mercury will displace selenium, I would suggest a heavy metal detoxification program especially if you have had mercury amalgam fillings, have eaten a lot of tuna, or have been exposed to mercury in any other manner.

Juicing Can Help

Vegetable juicing can be particularly helpful in restoring health to the thyroid as well as the entire body. Radishes and radish juice can be quite beneficial. A sulphur compound found in the radish is a regulator of thyroxine and calcitonin (a peptide hormone). When enough of this sulphur compound is circulating in the bloodstream, the thyroid is less apt to over- or under-produce these hormones. A steady diet of radishes and radish juice can be quite beneficial. Try my Thyroid Tonic, which is the juice of carrots or cucumber, celery, radishes, and

lemon. To that you can add a dash of powdered kelp or dulse for a boost of iodine.

Cranberry is another helpful juice. Because the bogs of Massachusetts where cranberries are grown are near the sea, cranberries contain iodine—35 parts per billion according to *The Journal of Biochemistry* (79:409-11; 1928). You can juice cranberries with a low-sugar apple such as pippin or Granny Smith and add a squeeze of lemon for an absolutely delicious cranberry juice cocktail and, unlike the store-bought cranberry juice (except for cranberry concentrate), it will not have added sugar. For other juice recipes, see my book [*The Juice Lady's Guide to Juicing for Health*](#) (Avery, 1999).

Lifestyle Modifications

As we nourish our thyroid, we also want to avoid the foods and substances that can tax this important gland or interfere with nutrient absorption. Following are a few suggestions that can make an important difference in thyroid health. Additionally, there are some lifestyle interventions that can be very beneficial for the thyroid.

Avoid Goitrogens

Excessive ingestion of certain foods can block iodine from being absorbed by the thyroid gland; these include: turnips, cabbage, mustard, cassava root, pine nuts, millet, peanuts, and soybeans. Until your thyroid health is restored, you may want to avoid these foods completely. When your thyroid is healthy again and you no longer have symptoms, you could include them occasionally, but I recommend that you never eat them daily. The foods to watch out for most are soybean oil in salad dressing, textured vegetable protein used as a filler, and peanut butter. These products are included in many commercially packaged foods. It is interesting to note that in Asian cultures soy is only eaten in small quantities and in forms that have been fermented.

Omit All Refined Grains, Sugar, and Substances that Tax the Thyroid

Foods that are the most taxing on the thyroid are foods many Americans eat every day such as refined grains, sugar and sweets, caffeine (coffee, black tea, sodas, and chocolate), hydrogenated and partially hydrogenated oils, and alcohol. Avoid all refined grains such as white and wheat bread, rolls, biscuits, pancakes, pizza dough, pasta, and buns. The peanut butter sandwich is a perfect example of a really bad choice for the thyroid—refined grain bread and peanut butter—a goitrogen. Avoid sugar in all forms such as white granulated sugar, brown sugar, corn syrup, maple syrup, honey, molasses, fructose, and brown rice syrup. Use stevia, an herbal sweetener, instead that can be found at most health food stores. Avoid desserts. In addition, emotional stress (anger, grief, guilt, anxiety, fear) can be very taxing on the thyroid. Other things that are taxing include: giving birth, environmental stress such as industrial pollutants, pesticides (a clear case for buying organic foods!), heavy metals, *Candida albicans* (yeast overgrowth), and medical stress (radiation, X-rays, and drugs).

Limit Exposure to Fluoride and Mercury

It is beneficial to avoid fluoride and mercury as much as possible. To that end, a water filtration system that removes fluoride and other chemicals is worth the purchase. Buy toothpaste from a health food store that is fluoride free. Get mercury amalgam fillings removed from your mouth. And choose smaller coldwater fish such as salmon and halibut that usually have less mercury.

Cleansing Protocols

Many people have benefited greatly from various cleansing programs such as [colon cleansing](#), the [liver cleanse](#), gallbladder cleanse, kidney cleanse, and the heavy metal detox. My 7-Day Liver Cleanse may be particularly helpful because a well-functioning liver can really benefit your thyroid since much of the T4 is converted to T3 in the liver. A congested liver will not perform functions such as this efficiently.

Exercise

Exercise is particularly important in the healing of hypothyroidism. Exercise stimulates thyroid gland secretion and increases tissue sensitivity to thyroid hormones. Choose exercises that fit your energy level. You may start by walking and perhaps taking a stretch class. Weight-bearing exercise is particularly important to prevent osteoporosis. Work up to exercises such as step aerobics or fast walking that get your heart rate up—excellent for the cardiovascular system. Exercise has been shown to increase metabolic rate, an important aspect in weight loss. Jumping on a rebounder (mini trampoline) is very beneficial for the organs and lymphatic system. Whatever you do, get up and move. Your energy will improve as you do more exercising, even if it's just for 15 minutes to begin.

How Long Will it Take to Restore Thyroid Health?

“The beneficial effects of a comprehensive treatment of hypothyroidism are usually evident within two to three weeks after starting therapy,” says Margaret Ames, Ph.D. “However, it is important to emphasize that, while symptoms may be alleviated and people with hypothyroidism may experience a greater sense of well-being, in most cases, treatment for this condition requires a life-long commitment.” It's worth it. You can look forward to a life of vibrant health and lowered risks of degenerative disease.

Conclusion

In conclusion, thyroid dysfunction has reached epidemic levels in the U.S. and is a major cause of obesity. Our modern diet is the main culprit. The best approach to maintaining a healthy thyroid and proper weight management is to follow the advice I have offered in this article. By eating healthy foods that will nourish and not damage the thyroid, adding the nutrients recommended, avoiding the foods and substances that tax the thyroid, and cleansing the body you can expect to see improvement in thyroid function in just a few weeks. Perhaps the single most important dietary change you can make is to replace soy-based vegetable oils and other polyunsaturated oils with healthy oils, the best being [coconut oil](#). If you need to lose weight, the pounds should melt away naturally as you follow these suggestions. And, you can look forward to living a higher quality of life.

[Purchase Virgin Coconut Oil](#)

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Cherie Calbom, M.S. is a nutritionist, researcher, and the author of eleven books including the best-selling *Juicing for Life* (Avery, 1992) with nearly two million books in print in the U.S. and published around the world in nineteen countries; her new up-dated juice book is [The Juice Lady's Guide to Juicing for Health](#) (Avery, 1999). Other best-selling books by Cherie include: *George Foreman's Knock Out the Fat Barbecue & Grilling Cookbook* (Villard, 1996), and [The Ultimate Smoothie Book](#) (Warner, 2001). Her latest book [The Complete Cancer Cleanse](#) (Thomas Nelson) was released September, 2003. Cherie earned a master of science degree in nutrition from Bastyr University, where she now serves on the Board of Regents. She has practiced as a clinical nutritionist at St. Luke Medical Center, Bellevue, Washington. Known as "The Juice Lady" for her work with juicing and health, her juice therapy and cleansing programs have been popular for a decade. She is also known as George Foreman's nutritionist and the other spokesperson for the George Foreman grills. She has appeared with the [Juice Lady juicer](#) and Salton's Juiceman juicer and the George Foreman grills on QVC regularly for the last eight years.

Coconut Oil is the Healthiest Oil on Earth! ... says Dr. Bruce Fife, a naturopathic doctor and the the author of The Healing Miracles of Coconut Oil. (Now being published as "The Coconut Oil Miracle")

Excerpt from back jacket:

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What Coconut Oil DOES NOT Do:

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- Is highly resistant to spoilage (long shelf life).
- Is heat resistant (the [healthiest oil](#) for cooking).
- Helps keep [skin](#) soft and smooth.
- Helps prevent premature aging and wrinkling of the skin.
- Helps protect against skin cancer and other blemishes.
- Functions as a protective antioxidant."

Why do some say that coconut oil is bad for you? Tropical oils were very popular in the US food industry prior to World War II. The US is the largest exporter of soybeans. The well oiled marketing machinery funded by the soy bean and corn industry and supported by the American Heart Association was committed to change

the American Diet, calling among others, for the substitution of saturated fats for polyunsaturates. The Prudent Diet, as it was called, left a legacy which still haunts us today. 40 years on, this conceptual change in the eating habits of Americans has negatively influenced and changed the dietary regimes of societies all around the world that were initially not even affected by America's particular meat, potato and milk diet. So determined was the pursuit of the American industries in converting their claims into magnificent billboards of health and wealth that even small island nations in the South Pacific were converted by this powerful marketing machine to change centuries of dietary traditions of tropical oils to importing polyunsaturated fats. Today heart disease is still on the increase and obesity, linked to the "new" American diet, is a major social problem worldwide that has governments worried about the health care cost of future generations. The U.K. and Australia unfortunately, are racing to catch up to their allies with a large percentage of the population being defined as overweight.

Studies were done to show that coconut oil, and all saturated fats, were bad for one's health because they raised serum cholesterol levels. However, these studies were done on hydrogenated coconut oil, and all hydrogenated oils produce higher serum cholesterol levels, whether they are saturated or not. Recent research shows that it is the presence of trans fatty acids that causes health problems, as they are fatty acid chains that have been altered from their original form in nature by the oil refining process.

Although many studies at the time had also shown research to the contrary, the mud stuck and by the mid 60's the reputation of all saturated oils in America had been destroyed. This reputation later extended to the rest of the western world.

[Lauric Acid \(found in coconut oil\) is necessary for good health says Dr. Mary Enig, a Ph.D. nutritionist/biochemist and one of the world's leading authorities on fats and oils.](#) *She states, "Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a medium chain fatty acid, which has the additional beneficial function of being formed into monolaurin in the human or animal body. Monolaurin is the antiviral, antibacterial, and antiprotozoal monoglyceride used by the human or animal to destroy lipid coated viruses such as HIV, herpes, cytomegalovirus, influenza, various pathogenic bacteria including listeria monocytogenes and heliobacter pylori, and protozoa such as giardia lamblia. Some studies have also shown some antimicrobial effects of the free lauric acid."*
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UNSATURATED VEGETABLE OILS: TOXIC

by Raymond Peat Ph.D.

GLOSSARY:

Immunodeficiency (weakness of the immune system) can take many forms. AIDS, for example, refers to an immunodeficiency which is "acquired," rather than "inborn." Radiation and vegetable oils can cause "acquired immunodeficiency." Unsaturated oils, especially polyunsaturates, weaken the immune system's function in ways that are similar to the damage caused by radiation, hormone imbalance, cancer, aging, or viral infections. The media discuss sexually transmitted and drug-induced immunodeficiency, but it isn't yet considered polite to discuss vegetable oil-induced immunodeficiency.

Unsaturated oils: When an oil is saturated, that

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Unsaturated oils: When an oil is saturated, that means that the molecule has all the hydrogen atoms it can hold. Unsaturation means that some hydrogen atoms have been removed, and this opens the structure of the molecule in a way that makes it susceptible to attack by free radicals.

Free radicals are reactive molecular fragments that occur even in healthy cells, and can damage the cell. When unsaturated oils are exposed to free radicals they can create chain reactions of free radicals that spread the damage in the cell, and contribute to the cell's aging.

Rancidity of oils occurs when they are exposed to oxygen, in the body just as in the bottle. Harmful free radicals are formed, and oxygen is used up.

Essential fatty acids (EFA) are, according to the textbooks, linoleic acid and linolenic acid, and they are supposed to have the status of "vitamins," which must be taken in the diet to make life possible. However, we are able to synthesize our own unsaturated fats when we don't eat the "EFA," so they are not "essential." The term thus appears to be a misnomer. [M. E. Hanke, "Biochemistry," *Encycl. Brit. Book of the Year*, 1948.]

Q: You say vegetable oils are hazardous to your health. What vegetable oils are you talking about?

[Thyroid Health: A Key to Weight Loss](#)

by Cherie Calbom, the Juice Lady,
explains what coconut oil can do for the thyroid and weight loss.

[The Truth About Saturated Fat](#) - *By*

Mary Enig, PhD, and Sally Fallon

Join Dr. Mary Enig, Sally Fallon, Cherie Calbom (the Juice Lady) and thousands

health. What vegetable oils are you talking about?

Mainly, I'm referring to soybean oil, corn oil, safflower oil, canola, sesame oil, sunflower seed oil, palm oil, and any others that are labeled as "unsaturated" or "polyunsaturated." Almond oil, which is used in many cosmetics, is very unsaturated.

Chemically, the material that makes these oils very toxic is the polyunsaturated fat itself. These unsaturated oils are found in very high concentrations in many seeds, and in the fats of animals that have eaten a diet containing them. The fresh oils, whether cold pressed or consumed as part of the living plant material, are intrinsically toxic, and it is not any special industrial treatment that makes them toxic. Since these oils occur in other parts of plants at lower concentration, and in the animals which eat the plants, it is impossible to eat a diet which lacks them, unless special foods are prepared in the laboratory.

These toxic oils are sometimes called the "essential fatty acids" or "vitamin F," but this concept of the oils as essential nutrients was clearly disproved over 50 years ago.

Linoleic and linolenic acids, the "essential fatty acids," and other polyunsaturated fatty acids, which are now fed to pigs to fatten them, in the form of corn and soy beans, cause the animals' fat to be

of others in the

[Coconut-Info
discussion group!](#)

[Know Your Fats](#)

by Mary Enig. Ph.D.

of corn and soy beans, cause the animals' fat to be chemically equivalent to vegetable oil. In the late 1940s, chemical toxins were used to suppress the thyroid function of pigs, to make them get fatter while consuming less food. When that was found to be carcinogenic, it was then found that corn and soy beans had the same antithyroid effect, causing the animals to be fattened at low cost. The animals' fat becomes chemically similar to the fats in their food, causing it to be equally toxic, and equally fattening.

These oils are derived from seeds, but their abundance in some meat has led to a lot of confusion about "animal fats." Many researchers still refer to lard as a "saturated fat," but this is simply incorrect when pigs are fed soybeans and corn.

Q: How are these oils hazardous to your health?

Ultimately, all systems of the body are harmed by an excess of these oils. There are two reasons for this. One is that the plants produce the oils for protection, not only to store energy for the germination of the seed. To defend the seeds from the animals that would eat them, the oils block the digestive enzymes in the animals' stomachs. Digestion is one of our most basic functions, and evolution has built many other systems by using variations of that system; as a result, all of these systems are damaged by the substances which damage the digestive system.

which damage the digestive system.

The other reason is that the seeds are designed to germinate in early spring, so their energy stores must be accessible when the temperatures are cool, and they normally don't have to remain viable through the hot summer months. Unsaturated oils are liquid when they are cold, and this is necessary for any organism that lives at low temperatures. For example, fish in cold water would be stiff if they contained saturated fats. These oils easily get rancid (spontaneously oxidizing) when they are warm and exposed to oxygen. Seeds contain a small amount of vitamin E to delay rancidity. When the oils are stored in our tissues, they are much warmer, and more directly exposed to oxygen, than they would be in the seeds, and so their tendency to oxidize is very great. These oxidative processes can damage enzymes and other parts of cells, and especially their ability to produce energy.

The enzymes which break down proteins are inhibited by unsaturated fats, and these enzymes are needed not only for digestion, but also for production of thyroid hormones, clot removal, immunity, and the general adaptability of cells. The risks of abnormal blood clotting, inflammation, immune deficiency, shock, aging, obesity, and cancer are increased. Thyroid and progesterone are decreased. Since the unsaturated oils block protein digestion in the stomach

unsaturated oils block protein digestion in the stomach, we can be malnourished even while "eating well."

Plants produce many protective substances to repel or injure insects and other animals that eat them. They produce their own pesticides. The oils in seeds have this function. On top of this natural toxicity, the plants are sprayed with industrial pesticides, which can concentrate in the seed oils.

It isn't the quantity of these polyunsaturated oils which governs the harm they do, but the relationship between them and the saturated fats. Obesity, free radical production, the formation of age pigment, blood clotting, inflammation, immunity, and energy production are all responsive to the ratio of unsaturated fats to saturated fats, and the higher this ratio is, the greater the probability of harm there is.

There are interesting interactions between these oils and estrogen. For example, puberty occurs at an earlier age if estrogen is high, or if these oils are more abundant in the diet. This is probably a factor in the development of cancer.

All systems of the body are harmed by an excess of these oils. There are three main kinds of damage: one, hormonal imbalances, two, damage to the immune system, and three, oxidative damage.

the immune system, and three, oxidative damage.

Q: How do they cause hormonal imbalances?

There are many changes in hormones caused by unsaturated fats. Their best understood effect is their interference with the function of the thyroid gland. Unsaturated oils block thyroid hormone secretion, its movement in the circulatory system, and the response of tissues to the hormone. When the thyroid hormone is deficient, the body is generally exposed to increased levels of estrogen. The thyroid hormone is essential for making the "protective hormones" progesterone and pregnenolone, so these hormones are lowered when anything interferes with the function of the thyroid. The thyroid hormone is required for using and eliminating cholesterol, so cholesterol is likely to be raised by anything which blocks the thyroid function. [B. Barnes and L. Galton, Hypothyroidism, 1976, and 1994 references.]

Q: How do they damage the immune system?

Vegetable oil is recognized as a drug for knocking out the immune system. Vegetable oil emulsions were used to nourish cancer patients, but it was discovered that the unsaturated oils were suppressing their immune systems. The same products, in which vegetable oil is emulsified with water for intravenous injection, are now marketed

water for intravenous injection, are now marketed specifically for the purpose of suppressing immunity in patients who have had organ transplants. Using the oils in foods has the same harmful effect on the immune system. [E. A. Mascioli, et al., *Lipids* 22(6) 421, 1987.] Unsaturated fats directly kill white blood cells. [C. J. Meade and J. Martin, *Adv. Lipid Res.*, 127, 1978.]

Q: How do they cause oxidative damage?

Unsaturated oils get rancid when exposed to air; that is called oxidation, and it is the same process that occurs when oil paint "dries." Free radicals are produced in the process.

This process is accelerated at higher temperatures. The free radicals produced in this process react with parts of cells, such as molecules of DNA and protein and may become attached to those molecules, causing abnormalities of structure and function.

Q: What if I eat only organically grown vegetable oils?

Even without the addition of agricultural chemicals, an excess of unsaturated vegetable oils damages the human body. Cancer can't occur, unless there are unsaturated oils in the diet. [C. In, et al.

there are unsaturated oils in the diet. [C. Ip, et al., Cancer Res. 45, 1985.] Alcoholic cirrhosis of the liver cannot occur unless there are unsaturated oils in the diet. [Nanji and French, Life Sciences. 44, 1989.] Heart disease can be produced by unsaturated oils, and prevented by adding saturated oils to the diet. [J. K. G. Kramer, et al., Lipids 17, 372, 1983.]

Q. What oils are safe?

Coconut and olive oil are the only vegetable oils that are really safe, but butter and lamb fat, which are highly saturated, are generally very safe (except when the animals have been poisoned). Coconut oil is unique in its ability to prevent weight-gain or cure obesity, by stimulating metabolism. It is quickly metabolized, and functions in some ways as an antioxidant. Olive oil, though it is somewhat fattening, is less fattening than corn or soy oil, and contains an antioxidant which makes it protective against heart disease and cancer.

Israel had the world's highest incidence of breast cancer when they allowed the insecticide lindane to be used in dairies, and the cancer rate decreased immediately after the government prohibited its use. The United States has fairly good laws to control the use of cancer-causing agents in the food supply, but they are not vigorously enforced. Certain cancers are several times more common among corn

cancers are several times more common among corn farmers than among other farmers, presumably because corn "requires" the use of more pesticides. This probably makes corn oil's toxicity greater than it would be otherwise, but even the pure, organically grown material is toxic, because of its intrinsic unsaturation.

In the United States, lard is toxic because the pigs are fed large quantities of corn and soy beans. Besides the intrinsic toxicity of the seed oils, they are contaminated with agricultural chemicals. Corn farmers have a very high incidence of cancer, presumably because of the pesticides they use on their crop.

Q: But aren't "tropical oils" bad for us?

In general, tropical oils are much more healthful than oils produced in a cold climate. This is because tropical plants live at a temperature that is close to our natural body temperature. Tropical oils are stable at high temperatures. When we eat tropical oils, they don't get rancid in our tissues as the cold-climate seed oils, such as corn oil, safflower oil and soy oil, do. [R.B. Wolf, J. Am. Oil Chem. Soc. 59, 230, 1982; R. Wolfe, Chem 121, Univ. of Oregon, 1986.]

When added to a balanced diet, coconut oil slightly lowers the cholesterol level, which is exactly what is expected when a dietary change raises thyroid function. This same increase in thyroid function and metabolic rate explains why people and animals that regularly eat coconut oil are lean, and remarkably free of heart disease and cancer.

Although I don't recommend "palm oil" as a food, because I think it is less stable than coconut oil, some studies show that it contains valuable nutrients. For example, it contains antioxidants similar to vitamin E, which lowers both LDL cholesterol and a platelet clotting factor. [B. A. Bradlow, University of Illinois, Chicago; Science News 139, 268, 1991.] Coconut oil and other tropical oils also contain some hormones that are related to pregnenolone or progesterone.

Q: Isn't coconut oil fattening?

Coconut oil is the least fattening of all the oils. Pig farmers tried to use it to fatten their animals, but when it was added to the animal feed, coconut oil made the pigs lean [See Encycl. Brit. Book of the Year, 1946].

Q: What about olive oil? Isn't it more fattening than other vegetable oils?

In this case, as with coconut oil, "fattening" has more to do with your ability to burn calories than with the caloric value of the oil. Olive oil has a few more calories per quart than corn or soy oil, but since it doesn't damage our ability to burn calories as much as the unsaturated oils do, it is less fattening. Extra virgin olive oil is the best grade, and contains an antioxidant that protects against cancer and heart disease. [1994, Curr. Conts.]

Q: Is "light" olive oil okay?

No. Now and then someone learns how to make a profit from waste material. "Knotty pine" boards were changed from a discarded material to a valued decorative material by a little marketing skill. Light olive oil is a low grade material which sometimes has a rancid smell and probably shouldn't be used as food.

Q: Is margarine okay?

There are several problems with margarine. The manufacturing process introduces some toxins, including a unique type of fat which has been associated with heart disease. [Sci. News, 1974; 1991.] There are likely to be dyes and preservatives added to margarine. And newer products contain new chemicals that haven't been in use long enough to know whether they are safe.

know whether they are safe.

However, the basic hardening process, hydrogenation of the oils, has been found to make the oils less likely to cause cancer. If I had to choose between eating ordinary corn oil or corn oil that was 100% saturated, to make a hard margarine, I would choose the hard margarine, because it resists oxidation, isn't suppressive to the thyroid gland, and doesn't cause cancer.

Q: What about butter?

Butter contains natural vitamin A and D and some beneficial natural hormones. It is less fattening than the unsaturated oils. There is much less cholesterol in an ounce of butter than in a lean chicken breast [about 1/5 as much cholesterol in fat as in lean meat on a calorie basis, according to R. Reiser of Texas A & M Univ., 1979.].

Q: Are fish oils good for you?

Some of the unsaturated fats in fish are definitely less toxic than those in corn oil or soy oil, but that doesn't mean they are safe. Fifty years ago, it was found that a large amount of cod liver oil in dogs' diet increased their death rate from cancer by 20 times, from the usual 5% to 100%. A diet rich in fish oil causes intense production of toxic lipid peroxides, and

causes intense production of toxic lipid peroxides, and has been observed to reduce a man's sperm count to zero. [H. Sinclair, Prog. Lipid Res. 25, 667, 1989.]

Q: What about lard?

In this country, lard is toxic because the pigs are fed large quantities of corn and soy beans. Besides the natural toxicity of the seed oils, the oils are contaminated with agricultural chemicals. Corn farmers have a very high incidence of cancer, presumably because corn "requires" the use of more pesticides. This probably makes corn oil's toxicity greater than it would be otherwise. but even the pure, organically grown material is toxic, because of its unsaturation.

Women with breast cancer have very high levels of agricultural pesticides in their breasts [See Science News, 1992, 1994].

Israel had the world's highest incidence of breast cancer when they allowed the insecticide lindane to be used in dairies, and the cancer rate decreased immediately after the government prohibited its use. The United States has fairly good laws to control the use of cancer-causing agents in the food supply, but they are not vigorously enforced. [World Incid. of Cancer, 1997]

Incid. of Cancer, 1992]

Q: I have no control over oils when eating out. What can I do to offset the harmful effects of polyunsaturated oils?

A small amount of these oils won't kill you. It is the proportion of them in your diet that matters. A little extra vitamin E (such as 100 units per day) will take care of an occasional American restaurant meal. Based on animal studies, it would take a teaspoonful per day of corn or soy oil added to a fat-free diet to significantly increase our risk of cancer. Unfortunately, it is impossible to devise a fat-free diet outside of a laboratory. Vegetables, grains, nuts, fish and meats all naturally contain large amounts of these oils, and the extra oil used in cooking becomes a more serious problem.

Q Why are the unsaturated oils so popular if they are dangerous?

It's a whole system of promotion, advertising, and profitability.

50 years ago, paints and varnishes were made of soy oil, safflower oil, and linseed (flax seed) oil. Then chemists learned how to make paint from petroleum, which was much cheaper. As a result, the huge seed oil industry found its crop increasingly hard

huge seed oil industry found its crop increasingly hard to sell. Around the same time, farmers were experimenting with poisons to make their pigs get fatter with less food, and they discovered that corn and soy beans served the purpose, in a legal way. The crops that had been grown for the paint industry came to be used for animal food. Then these foods that made animals get fat cheaply came to be promoted as foods for humans, but they had to direct attention away from the fact that they are very fattening. The "cholesterol" focus was just one of the marketing tools used by the oil industry. Unfortunately it is the one that has lasted the longest, even after the unsaturated oils were proven to cause heart disease as well as cancer. [Study at L.A. Veterans Hospital, 1971.]

I use some of these oils (walnut oil is very nice, but safflower oil is cheaper) for oil painting, but I am careful to wash my hands thoroughly after I touch them, because they can be absorbed through the skin.

SUMMARY

Unsaturated fats cause aging, clotting, inflammation, cancer, and weight gain.

Avoid foods which contain the polyunsaturated oils, such as corn, soy, safflower, flax, cottonseed, canola, peanut, and sesame oil.

cottonseed, canola, peanut, and sesame oil.

Mayonnaise, pastries, even candies may contain these oils; check the labels for ingredients.

Pork is now fed corn and soy beans, so lard is usually as toxic as those oils; use only lean pork.

Fish oils are usually highly unsaturated; "dry" types of fish, and shellfish, used once or twice a week, are good. Avoid cod liver oil.

Use vitamin E.

Use coconut oil, butter, and olive oil.

Unsaturated fats intensify estrogen's harmful effects.

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Essential Fatty Acids ("EFA"): A Technical Point

Those fatty acids, such as linoleic acid and linolenic acid, which are found in linseed oil, soy oil, walnut oil, almond oil, corn oil, etc., are essential for the spontaneous development of cancer, and also appear to be decisive factors in the development of age pigment, alcoholic cirrhosis of the liver, diabetes, obesity, stress-induced immunodeficiency, some aspects of the shock reaction, epilepsy, brain swelling, congenital retardation, hardening of the arteries, cataracts, and other degenerative conditions. They are possibly the most important toxin for animals.

The suppression of an enzyme system is characteristic of toxins. The "EFA" powerfully, almost absolutely, inhibit the enzyme systems--desaturases and elongases--which make our native unsaturated fatty acids.

After weaning, these native fats gradually disappear from the tissues and are replaced by the EFA and their derivatives. The age-related decline in our ability to use oxygen and to produce energy corresponds closely to the substitution of linoleic acid for the endogenous fats, in cardiolipin, which regulates the crucial respiratory enzyme, cytochrome oxidase.

Although the fish oils are less effective inhibitors of the enzymes, they are generally similar to the seed oils in their ability to promote cancer, age-pigment formation, free radical damage, etc. Their only special nutritional value seems to be their vitamin A and vitamin D content. Since vitamin A is important in the development of the eye, it is interesting that claims are being made for the essentiality of some of the fatty acid components of fish oil, in relation to the development of the eye.

The polyunsaturated oils from seeds are recommended for use in paints and varnishes, but skin contact with these substances should be avoided.

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Coconut: In Support of Good Health in the 21st Century

by

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Abstract

Coconuts play a unique role in the diets of mankind because they are the source of important physiologically functional components. These physiologically functional components are found in the fat part of whole coconut, in the fat part of desiccated coconut, and in the extracted coconut oil. Lauric acid, the major fatty acid from the fat of the coconut, has long been recognized for the unique properties that it lends to nonfood uses in the soaps and cosmetics industry. More recently, lauric acid has been recognized for its unique properties in food use, which are related to its antiviral, antibacterial, and antiprotozoal functions. Now, capric acid, another of coconut's fatty acids has been added to the list of coconut's antimicrobial components. These fatty acids are found in the largest amounts only in traditional lauric fats, especially from coconut. Also, recently published research has shown that natural coconut fat in the diet leads to a normalization of body lipids, protects against alcohol damage to the liver, and improves the immune system's anti-inflammatory response. Clearly, there has been increasing recognition of health-supporting functions of the fatty acids found in coconut. Recent reports from the U.S. Food and Drug Administration about required labeling of the *trans* fatty acids will put coconut oil in a more competitive position and may help return to its use by the baking and snack food industry where it has continued to be recognized for its functionality. Now it can be recognized for another kind of functionality: the improvement of the health of mankind.

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I. INTRODUCTION

Mr. Chairman and members of the Asian Pacific Coconut Community, I would like to thank you for inviting me to once again speak to this gathering of delegates on the occasion of your 36th session as you celebrate the 30th anniversary of APCC.

When I addressed the 32nd COCOTECH meeting in Cochin, India, I covered two areas of interest to the coconut community. In the first part, I reviewed the major health challenge facing coconut oil at that time, which was based on a supposed negative role played by saturated fat in heart disease. I hope that my talk was able to dispel any acceptance of that notion. In the second part of my talk I suggested that there were some new positive health benefits from coconut that should be recognized. These benefits stemmed from coconut's use as a food with major functional properties for antimicrobial and anti-cancer effects.

In my presentation today, I will bring you up to date about the new recognition of functional foods as important components in the diet. Additionally, I would like to briefly review the state of the anti-saturated fat situation and bring you up to date on some of the research that compares the beneficial effects of saturated fats with those of omega-6 polyunsaturates, as well as the beneficial effects of the saturated fats relative to the detrimental effects of the partially hydrogenated fats and the *trans* fatty acids. In particular I will review some of the surprising beneficial effects of the special saturates found in coconut oil as they compare with those of the unsaturates found in some of the other food oils. Components of coconut oil are increasingly being shown to be beneficial. Increasingly, lauric acid, and even capric acid, have been the subject of favorable scientific reports on health parameters.

II. FUNCTIONAL PROPERTIES OF LAURIC FATS AS ANTIMICROBIALS

Earlier this year, at a special conference entitled, "Functional Foods For Health Promotion: Physiologic Considerations"; EXPERIMENTAL BIOLOGY '99, Renaissance Washington Hotel, Washington, DC Saturday, April 17, 1999, which was sponsored by the International Life Sciences Institute, ILSI NORTH AMERICA, Technical Committee on Food Components for Health Promotion, the term "functional foods" was defined as "a functional food provides a health benefit over and beyond the basic nutrients."

This is exactly what coconut and its edible products such as desiccated coconut and coconut oil do. As a functional food, coconut has fatty acids that provide both energy (nutrients) and raw material for antimicrobial fatty acids and monoglycerides (functional components) when it is eaten. Desiccated coconut is about 69% coconut fat, as is creamed coconut. Full coconut milk is approximately 24% fat.

Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a medium chain fatty acid, which has the additional beneficial function of being formed into monolaurin in the human or animal body. Monolaurin is the antiviral, antibacterial, and antiprotozoal monoglyceride used by the human or animal to destroy lipid-coated viruses such as HIV, herpes, cytomegalovirus,

influenza, various pathogenic bacteria, including listeria monocytogenes and helicobacter pylori, and protozoa such as giardia lamblia. Some studies have also shown some antimicrobial effects of the free lauric acid.

Also, approximately 6-7% of the fatty acids in coconut fat are capric acid. Capric acid is another medium chain fatty acid, which has a similar beneficial function when it is formed into monocaprin in the human or animal body. Monocaprin has also been shown to have antiviral effects against HIV and is being tested for antiviral effects against herpes simplex and antibacterial effects against chlamydia and other sexually transmitted bacteria. (Reuters, London June 29, 1999) See below for details.

The food industry has, of course, long been aware that the functional properties of the lauric oils, and especially coconut oil, are unsurpassed by other available commercial oils. Unfortunately, in the U.S., both during the late 1930s and again during the 1980s and 1990s, the commercial interests of the U.S. domestic fats and oils industry were successful in driving down usage of coconut oil. As a result, in the U.S. and in other countries where the influence from the U.S. is strong, the manufacturer has lost the benefit of the lauric oils in its food products. As we will see from the data I will present in this talk, it is the consumer who has lost the many health benefits that can result from regular consumption of coconut products.

The antiviral, antibacterial, and antiprotozoal properties of lauric acid and monolaurin have been recognized by a small number of researchers for nearly four decades: this knowledge has resulted in more than 20 research papers and several U.S. patents, and this past year it resulted in a comprehensive book chapter, which reviewed the important aspects of lauric oils as antimicrobial agents (Enig 1998). In the past, the larger group of clinicians and food and nutrition scientists has been unaware of the potential benefits of consuming foods containing coconut and coconut oil, but this is now starting to change.

Kabara (1978) and others have reported that certain fatty acids (FAs) (e.g., medium-chain saturates) and their derivatives (e.g., monoglycerides (MGs)) can have adverse effects on various microorganisms: those microorganisms that are inactivated include bacteria, yeast, fungi, and enveloped viruses. Additionally, it is reported that the antimicrobial effects of the FAs and MGs are additive, and total concentration is critical for inactivating viruses (Isaacs and Thormar 1990).

The properties that determine the anti-infective action of lipids are related to their structure: e.g., monoglycerides, free fatty acids. The monoglycerides are active; diglycerides and triglycerides are inactive. Of the saturated fatty acids, lauric acid has greater antiviral activity than either caprylic acid (C-8), capric acid (C-10), or myristic acid (C-14). In general, it is reported that the fatty acids and monoglycerides produce their killing/inactivating effect by lysing the plasma membrane lipid bilayer. The antiviral action attributed to monolaurin is that of solubilizing the lipids and phospholipids in the envelope of the virus, causing the disintegration of the virus envelope. However, there is evidence from recent studies that one antimicrobial effect in bacteria is related to monolaurin's interference with signal transduction (Projan et al 1994), and another antimicrobial effect in viruses is due to lauric acid's interference with virus assembly and viral maturation (Hornung et al 1994).

Recognition of the antiviral aspects of the antimicrobial activity of the monoglyceride of lauric acid (monolaurin) has been reported since 1966. Some of the early work by Hierholzer and Kabara (1982) that showed virucidal effects of monolaurin on enveloped RNA and DNA viruses was done in conjunction with the Center for Disease Control of the U.S. Public Health Service. These studies were done with selected virus prototypes or recognized representative strains of enveloped human viruses. The envelope of these viruses is a lipid membrane, and the presence of a lipid membrane on viruses makes them especially vulnerable to lauric acid and its derivative monolaurin.

The medium-chain saturated fatty acids and their derivatives act by disrupting the lipid membranes of the viruses (Isaacs and Thormar 1991; Isaacs et al 1992). Research has shown that enveloped viruses are inactivated in both human and bovine milk by added fatty acids and monoglycerides (Isaacs et al 1991), and also by endogenous fatty acids and monoglycerides of the appropriate length (Isaacs et al 1986, 1990, 1991, 1992; Thormar et al 1987).

Some of the viruses inactivated by these lipids, in addition to HIV, are the measles virus, herpes simplex virus-1 (HSV-1), vesicular stomatitis virus (VSV), visna virus, and cytomegalovirus (CMV). Many of the pathogenic organisms reported to be inactivated by these antimicrobial lipids are those known to be responsible for opportunistic infections in HIV-positive individuals. For example, concurrent infection with cytomegalovirus is recognized as a serious complication for HIV+ individuals (Macallan et al 1993). Thus, it would appear to be important to investigate the practical aspects and the potential benefit of an adjunct nutritional support regimen for HIV-infected individuals, which will utilize those dietary fats that are sources of known antiviral, antimicrobial, and antiprotozoal monoglycerides and fatty acids such as monolaurin and its precursor lauric acid.

Until now, no one in the mainstream nutrition community seems to have recognized the added potential of antimicrobial lipids in the treatment of HIV-infected or AIDS patients. These antimicrobial fatty acids and their derivatives are essentially nontoxic to man; they are produced *in vivo* by humans when they ingest those commonly available foods that contain adequate levels of medium-chain fatty acids such as lauric acid. According to the published research, lauric acid is one of the best "inactivating" fatty acids, and its monoglyceride is even more effective than the fatty acid alone (Kabara 1978, Sands et al 1978, Fletcher et al 1985, Kabara 1985).

The lipid-coated (envelope) viruses are dependent on host lipids for their lipid constituents. The variability of fatty acids in the foods of individuals as well as the variability from *de novo* synthesis accounts for the variability of fatty acids in the virus envelope and also explains the variability of glycoprotein expression, a variability that makes vaccine development more difficult.

Monolaurin does not appear to have an adverse effect on desirable gut bacteria, but rather on only potentially pathogenic microorganisms. For example, Isaacs et al (1991) reported no inactivation of the common *Escherichia coli* or *Salmonella enteritidis* by monolaurin, but major inactivation of *Hemophilus influenzae*, *Staphylococcus epidermidis* and Group B gram positive *streptococcus*.

The potentially pathogenic bacteria inactivated by monolaurin include *Listeria monocytogenes*, *Staphylococcus aureus*, *Streptococcus agalactiae*, Groups A,F & G *streptococci*, gram-positive organisms, and some gram-negative organisms if pretreated with a chelator (Boddie & Nickerson 1992, Kabara 1978, Kabara 1984, Isaacs et al 1990, Isaacs et al 1992, Isaacs et al 1994,

Isaacs & Schneidman 1991, Isaacs & Thormar 1986, Isaacs & Thormar 1990, Isaacs & Thormar 1991, Thormar et al 1987, Wang & Johnson 1992).

Decreased growth of *Staphylococcus aureus* and decreased production of toxic shock syndrome toxin-1 was shown with 150 mg monolaurin per liter (Holland et al 1994). Monolaurin was 5000 times more inhibitory against *Listeria monocytogenes* than ethanol (Oh & Marshall 1993). *Helicobacter pylori* is rapidly inactivated by medium-chain monoglycerides and lauric acid, and there appears to be very little development of resistance of the organism to the bactericidal effects (Petschow et al 1996) of these natural antimicrobials.

A number of fungi, yeast, and protozoa are inactivated or killed by lauric acid or monolaurin. The fungi include several species of ringworm (Isaacs et al 1991). The yeast reported is *Candida albicans* (Isaacs et al 1991). The protozoan parasite *Giardia lamblia* is killed by free fatty acids and monoglycerides from hydrolyzed human milk (Hernell et al 1986, Reiner et al 1986, Crouch et al 1991, Isaacs et al 1991). Numerous other protozoa were studied with similar findings; these findings have not yet been published (Jon J. Kabara, private communication, 1997).

Research continues in measuring the effect of the monoglyceride derivative of capric acid monocaprin as well as the effects of lauric acid. *Chlamydia trachomatis* is inactivated by lauric acid, capric acid, and monocaprin (Bergsson et al 1998), and hydrogels containing monocaprin are potent in vitro inactivators of sexually transmitted viruses such as HSV-2 and HIV-1 and bacteria such as *Neisseria gonorrhoeae* (Thormar 1999).

III. ORIGINS OF THE ANTI-SATURATED FAT AGENDA

The coconut industry has suffered more than three decades of abusive rhetoric from the consumer activist group Center for Science in the Public Interest (CSPI), from the American Soybean Association (ASA) and other members of the edible oil industry, and from those in the medical and scientific community who learned their misinformation from groups like CSPI and ASA. I would like to review briefly the origins of the anti-saturated fat, anti-tropical oil campaigns and hopefully give you some useful insight into the issues.

When and how did the anti-saturated fat story begin? It really began in part in the late 1950s, when a researcher in Minnesota announced that the heart disease epidemic was being caused by hydrogenated vegetable fats. The edible oil industry's response at that time was to claim it was only the saturated fat in the hydrogenated oils that was causing the problem. The industry then announced that it would be changing to partially hydrogenated fats and that this would solve the problem.

In actual fact, there was no change because the oils were already being partially hydrogenated, and the levels of saturated fatty acids remained similar, as did the levels of the *trans* fatty acids. The only thing that really changed was the term for hydrogenation or hardening listed on the food label.

During this same period, a researcher in Philadelphia reported that consuming polyunsaturated fatty acids lowered serum cholesterol. This researcher, however, neglected to include the information that the lowering was due to the cholesterol going into the tissues, such as the liver and the arteries. As a result of this research report and the acceptance of this new agenda by the domestic edible oils

industries, there was a gradual increase in the emphasis on replacing “saturated fats” in the diet and on the consuming of larger amounts of the “polyunsaturated fats.” As many of you probably know, this strong emphasis on consuming polyunsaturates has backfired in many ways: the current adjustments being recommended in the U.S. by groups such as the National Academy of Sciences replace the saturates with monounsaturates instead of with polyunsaturates and replace polyunsaturates with monounsaturates.

Early promoters of the anti-saturated fat ideas included companies such as Corn Products Company (CPC International) through a book written by Jeremiah Stamler in 1963, with the professional edition published in 1966 by CPC. This book took some of the earliest pejorative stabs at the tropical oils. In 1963, the only tropical fat or oil singled out as high in saturated fats was coconut oil. Palm oil had not entered the U.S. food supply to any extent, had not become a commercial threat to the domestic oils, and was not recognized in any of the early texts. An observation by the editorial staff of Consumer Reports noted that

“...in 1962...one writer observed, the average American now fears fat (saturated fat, that is) ‘as he once feared witches.’ ”

In 1965, a representative of Procter and Gamble told the American Heart Association to change its Diet/Heart statement, removing any reference to the *trans* fatty acids. This altered official document encouraged the consumption of partially hydrogenated fats. In the 1970s, this same Procter and Gamble employee served as nutrition chairman in two controlling positions for the National Heart Lung and Blood Institute's Lipid Research Clinic (LRC) trials and as director of one of the LRC centers. These LRC trials were the basis for the 1984 NIH Cholesterol Consensus Conference, which in turn spawned the National Cholesterol Education Program (NCEP). This program encourages consumption of margarine and partially hydrogenated fats, while admitting that *trans* should not be consumed in excess. The official NCEP document states that “...coconut oil, palm oil, and palm kernel oil...should be avoided...”

In 1966, the U.S. Department of Agriculture documents on fats and oils talked about how unstable the unsaturated fats and oils were. There was no criticism of the saturated fats. That criticism of saturated fat was to come later to this agency when it came under the influence of the domestic edible fats and oils industry, and when it developed the U.S. Dietary Guidelines. These Dietary Guidelines became very anti-saturated fat and remain so to this day. Nevertheless, as we will learn later in my talk, there has started some reversal of the anti-saturated fat stance in the works in this agency in 1998.

In the early 1970s, although a number of researchers were voicing concerns about the *trans* fats, the edible oil industry and the U.S. Food and Drug Administration (FDA) were engaging in a revolving-door exchange that would (i) promote the increasing consumption of partially hydrogenated vegetable oils, (ii) would condemn the saturated fats, and (iii) hide the *trans* issue. As an example of this “oily” exchange, in 1971 the FDA's general counsel became president of the edible oil trade association, and he in turn was replaced at the FDA by a food lawyer who had represented the edible oil industry.

From that point on, the truth about any real effects of the dietary fats had to play catch-up.

The American edible oil industry sponsored "information" to educate the public, and the natural dairy and animal fats industries were inept at countering any of that misinformation. Not being domestically grown in the U.S., coconut oil, palm oil, and palm kernel oil were not around to defend themselves at that time. The government agencies responsible for disseminating information ignored those protesting "lone voices," and by the mid-1980s, American food manufacturers and consumers had made major changes in their fats and oils usage -- away from the safe saturated fats and headlong into the problematic *trans* fats.

Enig and Fallon (1998/1999) have reviewed the above history in "The Oiling of America" published in the Australian magazine Nexus. The magazine has placed this review on the internet and it can be viewed or downloaded from the Nexus website. The internet addresses for the websites are <http://www.peg.apc.org/~nexus/OilingAmerica.1.html> and <http://www.peg.apc.org/~nexus/OilingAmerica.2.html>.

IV. THE DAMAGING ROLE OF THE U.S. CONSUMER ACTIVIST GROUP CSPI

Some of the food oil industry (especially those connected with the American Soybean Association (ASA)) and some of the consumer activists (especially the Center for Science in the Public Interest (CSPI) and also the American Heart Savers Association) further eroded the status of natural fats when they sponsored the major anti-saturated fat, anti-tropical oils campaign in the late 1980s.

Actually, an active anti-saturated fat bias started as far back as 1972 in CSPI. But beginning in 1984, this very vocal consumer activist group started its anti-saturated fat campaign in earnest. In particular, at this time, the campaign was against the "saturated" frying fats, especially those being used by fast-food restaurants. Most of these so-called saturated frying fats were tallow based, but also included was palm oil in at least one of the hotel/restaurant chains.

Then in a "News Release" in August 1986, CSPI criticized what it called "Deceptive Vegetable Oil Labeling: Saturated Fat Without The Facts," referring to "palm, coconut, and palm kernel oil" as "rich in artery-clogging saturated fat." CSPI further announced that it had petitioned the Food and Drug Administration to stop allowing labeling of foods as having "100% vegetable shortening" if they contained any of the "tropical oils." CSPI also asked for mandatory addition of the qualifier "a saturated fat" when coconut, palm or palm kernel oils were named on the food label.

In 1988, CSPI published a booklet called "Saturated Fat Attack." This booklet contained lists of processed foods "surveyed" in Washington, DC supermarkets. The lists were used for developing information about the saturated fat in the products. Section III is entitled "Those Troublesome Tropical Oils," and it contains statements encouraging pejorative labeling. There were lots of substantive mistakes in the booklet, including errors in the description of the biochemistry of fats and oils and completely erroneous statements about the fat and oil composition of many of the products.

At the same time CSPI was conducting its campaign in 1986, the American Soybean Association began its anti-tropical oil campaign by sending inflammatory letters, etc., to soybean farmers. The ASA took out advertisements to promote a "[tropical] Fat Fighter Kit." The ASA hired

a Washington DC "nutritionist" to survey supermarkets to detect the presence of tropical oils in foods.

Then early in 1987, the ASA petitioned the FDA to require labeling of "Tropical Fats," and by mid-1987, the Soybean Digest continued an active and increasing anti-tropical oils campaign. At about the same time (June 3, 1987), the New York Times published an editorial, "The Truth About Vegetable Oil," in which it called palm, palm kernel, and coconut oils "the cheaper, artery-clogging oils from Malaysia and Indonesia" and claimed that U.S. federal dietary guidelines opposed tropical oils, although it is not clear that this was so. The "artery-clogging" terminology was right out of CSPI.

Two years later in 1989, the ASA held a press conference with the help of the CSPI in Washington DC in an attempt to counter the palm oil group's press conference of 6 March. The ASA "Media Alert" stated that the National Heart Lung and Blood Institute and National Research Council "recommend consumers avoid palm, palm kernel and coconut oils." Only months before these press conferences, millionaire Phil Sokolof, the head of the National Heart Savers Association (NHSA), purchased the first of a series of anti-saturated fats and anti-tropical fats advertisements in major newspapers. No one has found an overt connection between Sokolof (and his NHSA) and the ASA, but the CSPI bragged about being his advisor.

V. WHAT ABOUT HEART DISEASE AND COCONUT OIL?

The research over four decades concerning coconut oil in the diet and heart disease is quite clear: coconut oil has been shown to be beneficial. This research leads us to ask the question, "should coconut oil be used to both prevent and treat coronary heart disease?"

This statement is based on several reviews of the scientific literature concerning the feeding of coconut oil to humans. Blackburn et al (1988) have reviewed the published literature of "coconut oil's effect on serum cholesterol and atherogenesis" and have concluded that when "...[coconut oil is] fed physiologically with other fats or adequately supplemented with linoleic acid, coconut oil is a neutral fat in terms of atherogenicity."

After reviewing this same literature, Kurup and Rajmohan (1995) conducted a study on 64 volunteers and found "...no statistically significant alteration in the serum total cholesterol, HDL cholesterol, LDL cholesterol, HDL cholesterol/total cholesterol ratio and LDL cholesterol/HDL cholesterol ratio of triglycerides from the baseline values..." A beneficial effect of adding the coconut kernel to the diet was noted by these researchers.

Kaunitz and Dayrit (1992) have reviewed some of the epidemiological and experimental data regarding coconut-eating groups and noted that the "available population studies show that dietary coconut oil does not lead to high serum cholesterol nor to high coronary heart disease mortality or morbidity." They noted that in 1989 Mendis et al reported undesirable lipid changes when young adult Sri Lankan males were changed from their normal diets by the substitution of corn oil for their customary coconut oil. Although the total serum cholesterol decreased 18.7% from 179.6 to 146.0 mg/dl and the LDL cholesterol decreased 23.8% from 131.6 to 100.3 mg/dl, the HDL cholesterol

decreased 41.4% from 43.4 to 25.4 mg/dl (putting the HDL values very much below the acceptable lower limit of 35 mg/dl) and the LDL/HDL ratio increased 30% from 3.0 to 3.9. These latter two changes are considered quite undesirable. Mendis and Kumarasunderam (1990) also compared the effect of coconut oil and soy oil in normolipidemic young males, and again the coconut oil resulted in an increase in the HDL cholesterol, whereas the soy oil reduced this desirable lipoprotein. As noted above, Kurup and Rajmohan (1995), who studied the addition of coconut oil alone to previously mixed fat diets, had reported no significant difference from baseline.

Previously, Prior et al (1981) had shown that islanders with high intakes of coconut oil showed “no evidence of the high saturated fat intake having a harmful effect in these populations.” When these groups migrated to New Zealand, however, and lowered their intake of coconut oil, their total cholesterol and LDL cholesterol increased, and their HDL cholesterol decreased. Statements that any saturated fat is a dietary problem is not supported by evidence (Enig 1993).

Studies that allegedly showed a “hypercholesterolemic” effect of coconut oil feeding, usually only showed that coconut oil was not as effective at lowering the serum cholesterol as was the more unsaturated fat to which coconut oil was being compared. This appears to be in part because coconut oil does not “drive” cholesterol into the tissues as does the more polyunsaturated fats. The chemical analysis of the atheroma shows that the fatty acids from the cholesterol esters are 74% unsaturated (41% of the total fatty acids is polyunsaturated) and only 24% are saturated. None of the saturated fatty acids were reported to be lauric acid or myristic acid (Felton et al 1994).

There is another aspect to the coronary heart disease picture. This is related to the initiation of the atheromas that are reported to be blocking arteries. Recent research shows that there is a causative role for the herpes virus and cytomegalovirus in the initial formation of atherosclerotic plaques and the reclogging of arteries after angioplasty. (*New York Times* 1991) What is so interesting is that the herpes virus and cytomegalovirus are both inhibited by the antimicrobial lipid monolaurin, but monolaurin is not formed in the body unless there is a source of lauric acid in the diet. Thus, ironically enough, one could consider the recommendations to avoid coconut and other lauric oils as contributing to the increased incidence of coronary heart disease.

Chlamydia pneumoniae, a gram-negative bacteria, is another of the microorganisms suspected of playing a role in atherosclerosis by provoking an inflammatory process that would result in the oxidation of lipoproteins with induction of cytokines and production of proteolytic enzymes, a typical phenomena in atherosclerosis (Saikku 1997). Some of the pathogenic gram-negative bacteria with an appropriate chelator have been reported to be inactivated or killed by lauric acid and monolaurin as well as capric acid and monocaprin (See above, Bergsson et al 1997 and Thormar et al 1999).

However, the microorganisms most frequently identified as probable causative infecting agents are in the herpes virus family and include cytomegalovirus, type 2 herpes simplex (HSV-2), and Coxsackie B4 virus. The evidence for a causative role for cytomegalovirus is the strongest (Ellis 1997, Visseren et al 1997, Zhou et al 1996, Melnick et al 1996, Epstein et al 1996, Chen & Yang 1995), but a role for HSV-2 is also shown (Raza-Ahmad et al 1995). All members of the herpes virus family are reported to be killed by the fatty acids and monoglycerides from saturated fatty acids ranging from C-6 to C-14 (Isaacs et al 1991), which include approximately 80% of the fatty acids in

coconut oil.

In spite of what has been said over the past four or more decades about the culpability of the saturated fatty acids in heart disease, they are ultimately going to be held blameless. More and more research is showing the problem to be related to oxidized products. One protection man has against oxidized products is the naturally saturated fats such as coconut oil.

VI. THE LATEST ON THE *TRANS* FATTY ACIDS

Both the United States and Canada will soon require labeling of the *trans* fatty acids, which will put coconut oil in a more competitive position than it has been in the past decade. A fear of the vegetable oil manufacturers has always been that they would have to label *trans* fatty acids. The producers of *trans* fatty acids have relied on the anti-saturated fat crusade to protect their markets. However, the latest research on saturated fatty acids and *trans* fatty acids shows the saturated fatty acids coming out ahead in the health race.

It has taken this last decade, from 1988 to 1998, to see changes in perception. During this period, the *trans* fatty acids have taken a deserved drubbing. Research reports from Europe have been emerging since the seminal report by Mensink and Katan in 1990 that the *trans* fatty acids raised the low density lipoprotein (LDL) cholesterol and lowered the high density lipoprotein (HDL) cholesterol in serum. This has been confirmed by studies in the U.S. (Judd et al 1994, Khosla and Hayes 1996, Clevidence 1997).

In 1990, the lipids research group at the University of Maryland published a paper (Enig et al 1990) correcting some of the erroneous data sponsored by the food industry in the 1985 review by the Life Sciences Research Office of Federation of American Societies for Experimental Biology (LSRO-FASEB) (Senti 1985) of the *trans* fatty acids.

Also, in 1993, a group of researchers at Harvard University, led by Professor Walter Willett, reported a positive relationship between the dietary intake of the *trans* fatty acids and coronary heart disease in a greater than 80,000 cohort of nurses who had been followed by the School of Public Health at Harvard University for more than a decade.

Pietinen and colleagues (1997) evaluated the findings from the large cohort of Finnish men who were being studied for a cancer prevention study. After controlling for the appropriate variables including several coronary risk factors, the authors observed a significant positive association between the intake of *trans* fatty acids and the risk of death from coronary disease. There was no association between intakes of saturated fatty acids, or dietary cholesterol and the risk of coronary deaths. This is another example of the differences between the effects of the *trans* fatty acids and the saturated fatty acids and further challenge to the dietary cholesterol hypothesis.

The issue of the *trans* fatty acids as a causative factor in remains underexplored, but recent reports have found a connection. Bakker and colleagues (1997) studied the data for the association between breast-cancer incidence and linoleic acid status across European countries since animal and

ecological studies had suggest a relationship. They found that the mean fatty acid composition of adipose did not show an association with omega-6 linoleic acid and breast, colon or prostate cancer. However, cancers of the breast and colon were positively associated with the *trans* fatty acids. Kohlmeier and colleagues (1997) also reported that data from the EURAMIC study showed adipose tissue concentration of *trans* fatty acids having a positive association with postmenopausal breast cancer in European women.

In 1995 a British documentary on the *trans* fatty acids aired on a major television station in the U.K. This documentary included an expose of the battle between the edible oil industry and some of the major researchers of the *trans* fatty acids. Just this year, this same documentary has been aired on television in France where it was requested by a major television station.

Several of the early researchers into the *trans* problems, Professor Fred Kummerow and Dr. George Mann, have continued their research and/or writing (Mann 1994). The popular media has continued to press the issue of the amounts of *trans* in the foods, for which there are still no comprehensive government data bases, and a recent published paper from a U.S. Department of Agriculture researcher states:

“Because *trans* fatty acids have no known health benefits and strong presumptive evidence suggests that they contribute markedly to the risk of developing CHD, the results published to date suggest that it would be prudent to lower the intake of *trans* fatty acids in the U.S. diet.”(Nelson 1998).

Professor Meir Stampfer from Harvard University refers to *trans* fats as “one of the major nutritional issues of the nation,” contending that “they have a large impact” and “...we should completely eliminate hydrogenated fats from the diet” (Gottesman 1998).

Lowering the *trans* fatty acids in the foods in the U.S. can only be done by returning to the use of the natural unhydrogenated and more saturated fats and oils.

Predictions can be made regarding the future of the *trans* fatty acids. Our ability to predict has been pretty good; for example when Enig Associates started producing the marketing newsletter *Market Insights* written by Eric Enig, we predicted that *trans* fatty acids would eventually be swept out of the market. It appears that this prediction may be close to coming true.

Also in the early 1990s, *Market Insights* predicted that CSPI would change its mind about the *trans* fatty acids, which it had spent years defending. CSPI did change its mind, and in fact went on the attack regarding the *trans*, but CSPI never admitted that it had originally been promoting the *trans* or that the high levels of *trans* found in the fried foods in the fast food and other restaurants and in many other foods are directly due to CSPI lobbying. While its change was welcome, CSPI’s revisionist version of its own history of support of partially hydrogenated oils and *trans* fatty acids would have fit perfectly into George Orwell’s “1984.”

VII. COMPARISON OF SATURATED FATS WITH THE *TRANS* FATS

The statement that *trans* fatty acids are like saturated fatty acids is not correct for biological systems. A listing of the biological effects of saturated fatty acids in the diet versus the biological effects of *trans* fatty acids in the diet is in actuality a listing of the **good** (saturated) versus the **bad** (*trans*).

When one compares the saturated fatty acids and the *trans* fatty acids, we see that

(1) saturated fatty acids raise HDL cholesterol, the so-called good cholesterol, whereas the *trans* fatty acids lower HDL cholesterol (Mensink and Katan 1990, Judd et al 1994);

(2) saturated fatty acids lower the blood levels of the atherogenic lipoprotein [a], whereas *trans* fatty acids raise the blood levels of lipoprotein [a] (Khosla and Hayes 1996, Hornstra et al 1991, Clevidence et al 1997);

(3) saturated fatty acids conserve the elongated omega-3 fatty acids (Gerster 1998), whereas *trans* fatty acids cause the tissues to lose these omega-3 fatty acids (Sugano and Ikeda 1996);

(4) saturated fatty acids do not inhibit insulin binding, whereas *trans* fatty acids do inhibit insulin binding;

(5) saturated fatty acids are the normal fatty acids made by the body, and they do not interfere with enzyme functions such as the delta-6-desaturase, whereas *trans* fatty acids are not made by the body, and they interfere with many enzyme functions such as delta-6-desaturase;
and

(6) some saturated fatty acids are used by the body to fight viruses, bacteria, and protozoa, and they support the immune system, whereas *trans* fatty acids interfere with the function of the immune system.

VIII. WHAT ABOUT THE UNSATURATED FATS?

The arteries of the heart are also compromised by the unsaturated fatty acids. When the fatty acid composition of the plaques (atheromas) in the arteries has been analyzed, the level of saturated fatty acids in the cholesterol esters is only 26 percent compared to that in the unsaturated fatty acids, which is 74 percent. When the unsaturated fatty acids in the cholesterol esters in these plaques are analyzed, it is shown that 38 percent are polyunsaturated and 36 percent are monounsaturated. Clearly the problem is not with the saturated fatty acids.

As an aside, you need to understand that the major role of cholesterol in heart disease and in cancer is as the body's repair substance, and that cholesterol is a major support molecule for the immune system, an important antioxidant, and a necessary component of neurotransmitter receptors. Our brains do not work very well without adequate cholesterol. It should be apparent to scientists that the current approach to cholesterol has been wrong.

The pathway to cholesterol synthesis starts with a molecule of acetyl CoA that comes from the metabolism of excess protein forming ketogenic amino acids and from the metabolism of excess carbohydrate, as well as from the oxidation of excess fatty acids. Grundy in 1978 reported that the degree of saturation of the fat in the diet did not affect the rate of synthesis of cholesterol. Research reported in 1997 (Jones 1997), however, showed that the polyunsaturated fatty acids in the diet increase the rate of cholesterol synthesis relative to other fatty acids. Furthermore, research reported

in 1993 (Hodgsons et al 1993) had shown that dietary intake of the omega-6 polyunsaturated fatty acid linoleic acid was positively related to coronary artery disease.

Thus, those statements made by the consumer activists in the United States to the effect that the saturated fatty acids increase cholesterol synthesis is without any foundation. What happens when there is an increase or a decrease of cholesterol in the serum is more like a shift from one compartment to another as the body tries to rectify the potential damage from the excess polyunsaturated fatty acids. Research by Dr. Hans Kaunitz reported in 1978 clearly showed the potential problems with excess polyunsaturated fatty acids.

IX. RESEARCH SHOWING BENEFICIAL EFFECTS OF EATING THE MORE SATURATED FATS

One major concern expressed by the nutrition community is related to whether or not people are getting enough elongated omega-3 fatty acids in their diets. The elongated omega-3 fatty acids of concern are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Some research has shown that (the basic omega-3 fatty acid) α -linolenic acid is not readily converted to the elongated forms in humans or animals, especially when there is ingestion of the trans fatty acids and the consequent inhibition of the delta-6-desaturase enzyme. One recent study (Gerster 1998), which used radioisotope-labeled α -linolenic acid to measure this conversion in adult humans, showed that if the background fat in the diet was high in saturated fat, the conversion was approximately 6% for EPA and 3.8% for DHA, whereas if the background fat in the diet was high in omega-6 polyunsaturated fatty acids (PUFA), the conversion was reduced 40-50%.

Nanji and colleagues (1995) report that a diet enriched in saturated but not unsaturated fatty acids reversed alcoholic liver injury in their animals, which was caused by dietary linoleic acid. These researchers conclude that this effect may be explained by the down-regulation of lipid peroxidation. This is another example of the need for adequate saturated fat in the diet. Cha and Sachan (1994) studied the effects of saturated fatty acid and unsaturated fatty acid diets on ethanol pharmacokinetics. The hepatic enzyme alcohol dehydrogenase and plasma carnitines were also evaluated. The researchers concluded that dietary saturated fatty acids protect the liver from alcohol injury by retarding ethanol metabolism, and that carnitine may be involved.

Hargrove and colleagues (1999) noted the work of Nanji et al and postulated that they would find that diets rich in linoleic acid would also cause acute liver injury after acetaminophen injection. In the first experiment, two levels of fat (15 g/100 g protein and 20 g/100 g protein) were fed using corn oil or beef tallow. Liver enzymes indicating damage were significantly elevated in all the animals except for those animals fed the higher level of beef tallow. These researchers concluded that "diets with high [linoleic acid] may promote acetaminophen-induced liver injury compared to diets with more saturated and monounsaturated fatty acids."

X. RESEARCH SHOWING GENERAL BENEFICIAL EFFECTS FROM FEEDING COCONUT OIL

Research that compares coconut oil feeding with other oils to answer a variety of biological questions is increasingly finding beneficial results from the coconut oil.

Obesity is a major health problem in the United States and the subject of much research. Several lines of research dealing with metabolic effects of high fat diets have been followed. One study used coconut oil to enrich a high fat diet and the results reported were that the "coconut-oil enriched diet is effective in...[producing]...a decrease in white fat stores." (Portillo et al 1998)

Cleary et al (1999) fed genetically obese animals high fat diets of either safflower oil or coconut oil. Safflower oil-fed animals had higher hepatic lipogenic enzyme activities than did coconut oil fed animals. When the number of fat cells were measured, the safflower oil-fed also had more fat cells than the coconut oil-fed.

Many of the feeding studies produce results at variance with the popular conception. High fat diets have been used to study the effects of different types of fatty acids on membrane phospholipid fatty acid profiles. When such a study was performed on mice, the phospholipid profiles were similar for diets high in linoleic acid from high-linoleate sunflower oil relative to diets high in saturated fatty acids from coconut oil. However, those animals fed the diets high in oleic acid (from the high-oleate sunflower oil) or high in elongated omega-3 fatty acids (from menhaden oil) were not only different from the other two diets, but they also resulted in enlarged spleens in the animals. (Huang and Frische 1992)

Oliart-Ros and colleagues (1998), Instituto Tecnológico de Veracruz, Mexico, reported on effects of different dietary fats on sucrose-induced cardiovascular syndrome in rats. The most significant reduction in parameters of the syndrome was obtained by the n-3 PUFA-rich diet. These researchers reported that the diet thought to be PUFA-deficient presented a tissue lipid pattern similar to the n-3 PUFA-rich diet (fish oil), which surprised and puzzled them. When questioned, it turned out that the diet was not really PUFA-deficient, but rather just a normal coconut oil (nonhydrogenated), which conserved the elongated omega-3 and normalized the omega-6-to-omega-3 balance.

A recent study measured the effect of high-fat diets, fed for more than three months to the neonatal pig, on the HMG-CoA reductase enzyme's function and gave some surprises. There were two feeding protocols: one with the added cholesterol and one without added cholesterol, but both with coconut oil. The hepatic reductase activity, which was the same in all groups at the beginning of the feeding on the third day and similar on the 42nd day, was increased with and without added cholesterol on the 13th day and then decreased on the 25th day. The data was said to suggest that dietary cholesterol suppressed hepatic reductase activity in the young pigs regardless of their genetic background, that the stage of development was a dominant factor in its regulation, and that both dietary and endogenously synthesized cholesterol was used primarily for tissue building in very young pigs. (McWhinney et al 1996) The feeding of coconut oil did not in any way compromise the normal development of these animals.

When compared with feeding coconut oil, feeding two different soybean oils to young females caused a significant decrease in HDL cholesterol. Both soybean oils, one of which was extracted from a new mutant soybean thought to be more oxidatively stable, were not protective of the HDL

levels (Lu Z et al 1997).

Trautwein et al (1997) studied cholesterol-fed hamsters on different oil supplements for plasma, hepatic, and biliary lipids. The dietary oils included butter, palm stearin, coconut oil, rapeseed oil, olive oil, and sunflowerseed oil. Plasma cholesterol concentrations were higher (9.2 mmol/l) for olive oil than for coconut oil (8.5 mmol/l), hepatic cholesterol was highest in the olive oil group, and none of the diet groups differed for biliary lipids. Even in this cholesterol-sensitive animal model, coconut oil performed better than olive oil.

Smit and colleagues (1994) had also studied the effect of feeding coconut oil compared with feeding corn oil and olive oil in rats and measured the effect on biliary cholesterol. Bile flow was not different between the three diets, but the hepatic plasma membranes showed more cholesterol and less phospholipid from corn and olive oil feeding relative to coconut oil feeding.

Several studies (Kramer et al 1998) have pointed out problems with canola oil feeding in newborn piglets, which result in the reduction in number of platelets and the alteration in their size. There is concern for similar effects in human infants. These undesirable effects can be reversed when coconut oil or other saturated fat is added to the feeding regimen (Kramer et al 1998).

Research has shown that coconut oil is needed for good absorption of fat and calcium from infant formulas. The soy oil (47%) and palm olein (53%) formula gave 90.6% absorption of fat and 39% absorption of calcium, whereas the soy oil (60%) and coconut oil (40%) gave 95.2% absorption of fat and 48.4% absorption of calcium (Nelson et al 1996). Both fat and calcium are needed by the infant for proper growth. These results clearly show the folly of removing or lowering the coconut oil in infant formulas.

XI. RESEARCH SHOWING A ROLE FOR COCONUT IN ENHANCING IMMUNITY AND MODULATING METABOLIC FUNCTIONS

Coconut oil appears to help the immune system response in a beneficial manner. Feeding coconut oil in the diet completely abolished the expected immune factor responses to endotoxin that were seen with corn oil feeding. This inhibitory effect on interleukin-1 production was interpreted by the authors of the study as being largely due to a reduced prostaglandin and leukotriene production (Wan and Grimble 1987). However, the damping may be due to the fact that effects from high omega-6 oils tend to be normalized by coconut oil feeding. Another report from this group (Bibby and Grimble 1990) compared the effects of corn oil and coconut oil diets on tumor necrosis factor-alpha and endotoxin induction of the inflammatory prostaglandin E2 (PGE2) production. The animals fed coconut oil did not produce an increase in PGE2, and the researchers again interpreted this as a modulatory effect that brought about a reduction of phospholipid arachidonic acid content. A study from the same research group (Tappia and Grimble 1994) showed that omega-6 oil enhanced inflammatory stimuli, but that coconut oil, along with fish oil and olive oil, suppressed the production of interleukin-1.

Several recent studies are showing additional helpful effects of consuming coconut oil on a regular basis, thus supplying the body with the lauric acid derivative monolaurin. Monolaurin and the

ether analogue of monolaurin have been shown to have the potential for damping adverse reactions to toxic forms of glutamic acid (Dave et al 1997). Lauric acid and capric acid have been reported to have very potent effects on insulin secretion (Garfinkel et al 1992). Using a model system of murine splenocytes, Witcher et al 1996 showed that monolaurin induced proliferation of T cells and inhibited the toxic shock syndrome toxin-1 mitogenic effects on T cells.

Monserrat and colleagues (1995) showed that a diet rich in coconut oil could protect animals against the renal necrosis and renal failure produced by a diet deficient in choline (a methyl donor group). The animals had less or no mortality and increased survival time as well as decreased incidence or severity of the renal lesions when 20% coconut oil was added to the deficient diet. A mixture of hydrogenated vegetable oil and corn oil did not show the same benefits.

The immune system is complex and has many feedback mechanism to protect it, but the wrong fat and oils can compromise these important mechanisms. The data from the several studies show the helpful effects of coconut fat. Additionally, there are anecdotal reports that consumption of coconut is beneficial for individuals with the chronic fatigue and immune dysfunction syndrome known as CFIDS.

XII. U.S. PATENTS FOR MEDICAL USES OF LAURIC OILS, MEDIUM-CHAIN FATTY ACIDS, AND THEIR DERIVATIVES SUCH AS MONOLAURIN

A number of patents have been granted in the United States for medical uses of lauric oils, lauric acid, and monolaurin. Although one earlier patent was granted to Professor Kabara more than three decades ago, the rest of these patents have been granted within the past decade.

In 1989 a patent was issued to the New England Deaconess Hospital (Bistran et al 1989) for the invention titled "Kernel Oils and Disease Treatment." This treatment required lauric acid as the primary fatty acid source with lauric oils constituting up to 80% of the diet "using naturally occurring kernel oils."

In 1991 and 1995, two patents were issued to the group of researchers whose work has been reviewed above. The first invention (Isaacs et al 1991) was directed to antiviral and antibacterial activity of both fatty acids and monoglycerides, primarily against enveloped viruses. The claims were for "a method of killing enveloped viruses in a host human...wherein the enveloped viruses are AIDS viruses...[or]...herpes viruses...[and the]...compounds selected from the group consisting of fatty acids having from 6 to 14 carbon atoms and monoglycerides of said fatty acids...[and]...wherein the fatty acids are saturated fatty acids."

The second patent (Isaacs et al 1995) was a further extension of the earlier one. This patent also included discussion of the inactivation of envelop viruses and specifically cited monoglycerides of caproic, caprylic, capric, lauric, and myristic acid. These fatty acids make up more than 80% of coconut oil. Also included in this patent was a listing of susceptible viruses and some bacteria and protozoa.

Although these latter patents may provide the owners of the patents with the ability to extract royalties from commercial manufacturers of monoglycerides and fatty acids, they cannot require

royalties from the human gastrointestinal tract when it is the “factory” that is doing the manufacturing of the monoglycerides and fatty acids. Clearly though, these patents serve to illustrate to us that the health-giving properties of monolaurin and lauric acid are well-recognized by some individuals in the research arena, and they lend credence to our appropriate choice of lauric oils for promoting health and as adjunct treatment of viral diseases.

XIII. HOW CAN WE GET SUFFICIENT COCONUT FAT INTO THE FOOD SUPPLY IN THE U.S. AND OTHER COUNTRIES THAT NEED ITS BENEFITS?

I would like to review for you my perception of the status regarding the coconut and coconut products market in the North American countries such as the United States and Canada at the end of the 20th century and the beginning of the 21st century.

Coconut products are trying to regain their former place in several small markets. The extraction of oil from fresh coconut has been reported in the past decade and my impression is that this is being considered as a desirable source of minimally processed oil, which produces an oil with desirable characteristics for the natural foods market.

There have been some niche markets for coconut products developing during the past half-decade. These are represented primarily by the natural foods and health foods producers. Some examples are the new coconut butters produced in the U.S. and Canada by Omega Nutrition and Carotec, Inc. And, this is no longer as small a market as it has been in past years. Desiccated coconut products, coconut milk, and even coconut oil are appearing on the shelves of many of these markets. After years of packaging coconut oil for skin use only, one of the large suppliers of oils to the natural foods and health foods stores has introduced coconut oil for food use, and it has appeared within the last few months on shelves in the Washington, DC metropolitan area along with other oils. I believe I indirectly had something to do with this turn of events.

XIV. CONCLUSIONS AND RECOMMENDATIONS

As we come close to the end of the year 1999 and set our sights on what could happen in the year 2000 and beyond, there is much to be gained from pursuing the functional properties of coconut for improving the health of humanity.

On the occasion of the 30th anniversary of the Asian Pacific Coconut Community, at this 36th meeting of APCC, I wanted to bring you a message that I hope will encourage you to continue your endeavors on behalf of all parts of the coconut industry. Coconut products for inedible and especially edible uses are of the greatest importance for the health of the entire world.

Some of what I have been telling you, most of you already know. But in saying these things for the record, it is my intention to tell those who did not know all the details until they heard or read this paper about the positive properties of coconut.

Coconut oil is a most important oil because it is a lauric oil. The lauric fats possess unique characteristics for both food industry uses and also for the uses of the soaps and cosmetic industries.

Because of the unique properties of coconut oil, the fats and oils industry has spent untold millions to formulate replacements from those seed oils so widely grown in the world outside the tropics. While it has been impossible to truly duplicate coconut oil for some of its applications, many food manufacturers have been willing to settle for lesser quality in their products. Consumers have also been willing to settle for a lesser quality, in part because they have been fed so much misinformation about fats and oils.

Desiccated coconut, on the other hand, has been impossible to duplicate, and the markets for desiccated coconut have continued. The powdered form of desiccated coconut now being sold in Europe and Asia has yet to find a market in the U.S., but I predict that it will become an indispensable product in the natural foods industry. Creamed coconut, which is desiccated coconut very finely ground, could be used as a nut butter.

APCC needs to promote the edible uses of coconut, and it needs to promote the reeducation of the consumer, the clinician, and the scientist. The researcher H. Thormar (Thormar et al 1999) concluded his abstract with the statement that monocaprin ...is a natural compound found in certain foodstuffs such as milk and is therefore unlikely to cause harmful side effects in the concentrations used. It is not monocaprin that is found in milk, but capric acid. It is likely safe at most any level found in food. However, the levels in milk fat are at most 2 percent whereas the levels in coconut fat are 7 percent.

One last reference for the record. Sircar and Kansra (1998) have reviewed the increasing trend of atherosclerotic disease and type-2 diabetes mellitus in the Indians from both the subcontinent of India and abroad. They note that over the time when there has been an alarming increase in the prevalence of these diseases, there has been a replacement of traditional cooking fats with refined vegetable oils that are promoted as heart-friendly, but which are being found to be detrimental to health. These astute researchers suggest that it is time to return to the traditional cooking fats like ghee, coconut oil, and mustard oil.

There are a number of areas of encouragement. The nutrition community in the United States is slowly starting to recognize the difference between medium chain saturated fatty acids and other saturated fatty acids. We predict now that the qualities of coconut, both for health and food function, will ultimately win out.

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*COCONUT: IN SUPPORT OF GOOD HEALTH
IN THE 21ST CENTURY*

Mary G. Enig

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From: "Allan Goldfarb" <agoldfarb@CSSNY.ORG>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 2:58 PM
Subject: Written Testimony

Attached is written testimony of CSS President David R. Jones for the Board of Health hearings today. We will also be sending over hard copies of the testimony.

Allan Goldfarb

Community Service Society

Testimony of David R. Jones
President, Community Service Society of New York
Board of Health Hearing
October 30, 2006

I am David R. Jones, president of the Community Service Society of New York. For more than 160 years, the Community Service Society has been committed to improving the lives of New Yorkers trapped in poverty. Over the years, we have addressed numerous issues of health that are of concern to poor New Yorkers. Reducing artificial trans fat and calories in food are issues that go to the heart of the everyday life of low-income families.

I would like to congratulate the Department of Health for its initiatives to reduce the amount of artificial trans fat in the food the city's restaurants serve the public and to have many restaurants - especially fast food chains - list the calories of food on their menus. There was a time when New York City led the nation in the protection of food and clean water. I hope this legislation is the beginning of a return to that preeminence.

The department is proposing a partial phase-out that would remove most artificial trans fat from

restaurant cooking over an 18-month period.

Artificial trans fat is an unnecessary and dangerous ingredient in food. It has been shown to increase so-called bad cholesterol and lower good cholesterol, increasing the risk of heart disease. High caloric fast foods have been shown to lead to obesity.

What has all this to do with low-income New Yorkers, particularly people of color, the primary constituency of the Community Service Society? I see trans fat as a life and death issue for these communities, crossing boundaries from health to jobs to education.

It is not surprising that the five city neighborhoods which are ranked as the highest in the percent of residents living in poverty should also be the five neighborhoods ranked the highest in hospitalization rate per 10,000 of population for heart disease. The neighborhoods: Hunts Point/Mott Haven, Highbridge/Morrisania - both in the Bronx - Central Bronx, Bushwick/Williamsburg in Brooklyn, and East Harlem.¹ Poverty and ill health go together, and a major reason is the diets of poor people.

¹ U.S. Bureau of the Census, 2000; City of New York, 2005.

Cutting down on trans fat makes good sense for public health reasons. Our research at the Community Service Society has revealed a relationship between joblessness and the effects of poor health. Data from our recent annual survey of low-income New Yorkers, *The Unheard Third*, show a surprisingly high incidence of health problems among unemployed New Yorkers.

In our survey, 25 percent of respondents who were jobless mentioned health problems as a factor that made their search for a job difficult. This was a higher percentage than other, more obvious reasons - not enough prior experience (18 percent) and not enough education or training (17 percent).²

Trans fat is prominent in fast foods. The lack of access to fresh produce and the prevalence of fast food restaurants in many low-income neighborhoods have contributed to a dietary disaster, an epidemic of heart disease, diabetes, and obesity.

Low-income families, often paying more than half their earnings for rent, are left with an average of only \$30 a week per person to cover all other needs.³

This situation often forces them to skip meals or make

² *The Unheard Third*, Community Service Society, July/August 2006.

³ Victor Bach, *Making the Rent: Housing Hardship and Rent Burdens Among Poor New Yorkers*, Community Service Society, April 2005.

unhealthy choices such as fast food packed with trans fat.

The health problems of communities of color are well documented. According to a University of Michigan study conducted between 2001 and 2003, African Americans had higher rates than whites for three major chronic health problems: high blood pressure, diabetes, and stroke. The prevalence of diabetes and high blood pressure was especially high among African American women, with 35.4 percent reporting high blood pressure and 12.3 percent reporting diabetes.⁴

The prevalence of diabetes among African Americans is about 70 percent higher than among white Americans. Twenty-five percent of blacks between the ages of 65 and 74 have diabetes, including one in four black women 55 years of age or older.⁵ According to the National Diabetes Education Program, the prevalence of type-2 diabetes is two times higher among Latinos than among non-Latino whites.

Add to this the fact that African Americans and Latinos are much more likely to be uninsured than the

⁴ Black Americans: U-M study documents differences within the community, University of Michigan Institute for Social Research, University of Michigan News Service, January 22, 2004.

⁵ See BlackHealthCare.com.

rest of the population. In 2005, 14.1 million Latinos were without health insurance, an increase of 2.2 million since 2000. In 2005, the number of African Americans without health insurance was 7.5 million, increasing by 795,000 since 2000.⁶

The high incidence of these health problems in communities of color serves to undermine job retention, particularly among low-income workers engaged in physical labor. This is exacerbated by their lack of health benefits and paid sick days. Our survey revealed that among full-time low-wage workers, only 45 percent had health insurance and 46 percent got paid sick leave.

One result of welfare reform was the entrance of many single mothers of color into the work force. Many of their school age children are disproportionately latchkey kids who watch hours of television where they are bombarded by ads for sugar-laden greasy foods. They are easy prey to the junk food industry and the fast food chains that see them as markets they can readily exploit. The prevalence of junk food in schools - and the absence in many

⁶ U.S. Census Bureau, August 2006.

schools of physical education programs - only adds to the problem.

A steady diet of high caloric fast foods - laced with trans fat - is not only unhealthy for children, leading to obesity and, later in life, to diabetes and heart disease. Poor nutrition can seriously impair their ability to function well in school, damaging chances for an adequate education and job prospects. Seen this way, fast food diets are an impediment to a successful future for mostly poor African American and Latino youngsters.

Artificial trans fat kills at least 500 people in New York City every year, more than the number that die in motor vehicle accidents. Yet it is a problem that is solvable. The Department of Health determined that artificial trans fat can be easily replaced by healthier oils without changing the taste of foods.

Cutting down on trans fat and empowering consumers with nutritional information on restaurant menus are good moves. For communities of color, they will have benefits that go beyond matters of health, affecting many facets of everyday life.

We strongly support the Department of Health's initiatives.

Resolution Comments - Citizen Comment re Proposal for Calorie-Labeling

From: "Christen Martosella" <christen.martosella@gmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/30/2006 2:51 PM
Subject: Citizen Comment re Proposal for Calorie-Labeling

Rena Bryant
Secretary of the Board of Health
125 Worth Street, CN-31
New York, NY 10013

Dear Ms. Bryant:

I write to express my strong support for the proposal regarding calorie labeling being considered at today's public hearing. People have a right to know the contents and nutritional information of what they put in their bodies – regardless of whether the food comes from a grocery store or a restaurant. In response to protests regarding the feasibility of this requirement, one must consider that the same protests were faced years ago with regard to the nutritional labeling of store-bought food. Given the popularity of dining out in New York City, it is especially important that this city take the first step in what will hopefully become a national movement. I would be extremely proud to live in a city that adopted such a proposal. By requiring restaurants to reveal the caloric content of what they are selling, the city will demonstrate that it truly values the health and liberty of its citizens.

Thank you for your consideration.

Christen Martosella
New York, New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joyce Meskill <richard1010@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 2:48 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Joyce Meskill
Email richard1010@sbcglobal.net
Address 258 Buddington Rd
City : Shelton
State : CT

From: Sue Dutton <sutton1@yahoo.com>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 2:47 PM
Subject: Comments on Proposal to require restaurants to list nutritional information

Dear Ms. Bryant -

I am writing to express my opinion on the Proposal to add 81.50 to Article 81 of the New York City Health Code. I am strongly against this proposal.

****My Background****

I have lived in New York City (Forest Hills, Queens) for over 10 years. Like many New Yorkers, I eat in restaurants on a regular basis. I also pay a lot of attention to nutritional information, and read labels on food before purchasing anything at the supermarket, and research nutritional information at the restaurants I frequent. I actively look for nutrition information and there is a serious problem in that most restaurants do not have this type of information.

****This proposal is an unnecessary burden on restaurants and ignores the 90% of restaurants that do not publish nutrition information****

As stated in the proposal, this will affect only 10% of New York restaurants - it places a burden on a small percentage of restaurants. Worse, it punishes the restaurants that should be rewarded - these are the restaurants that already make this information available!

****This proposal provides a further incentive for restaurants to NOT provide nutrition information****

This is the real problem here. How can we expect New Yorkers to make better decisions when they dine out when nutrition information is not available at all at 90% of NYC restaurants! Any proposal trying to address this public health issue needs to provide incentives that INCREASES the availability of information. Restaurants have a big incentive to hide nutrition information because much of what they serve is unhealthful. Not only is there a cost associated with changing menu/price boards to comply with this proposal, but it puts restaurants at a disadvantage if they decide to publish nutrition information, because 90% of their competition is not providing it! If there is a diner across the street that admits that their hamburger has 800 calories, most people will choose to eat at the diner next door that has chosen not to publish any information at all.

****There are alternatives that would be less burdensome and have a better long-term impact****

1. It would not be burdensome to simply require the same set of restaurants to have nutritional information available, while eliminating the menu board display provisions. Most of these restaurants do so already, and more important, this would be unlikely to deter new restaurants from providing nutrition information.
2. What about creating a requirement that nutritional information be made available in ALL restaurants with a certain number of locations, and/or with a menu with standardized choices. I would love to know how many calories are in a Quiznos sub, or in a Hale & Hearty bowl of soup, or a Dallas BBQ rack of ribs - all chains in NYC that do not publish nutrition information.
3. What about publishing information (and possibly requiring it to be displayed) for restaurants that may not have the resources to calculate their nutrition information. For example, a standard list of common Chinese foods - 1 cup serving of beef & broccoli has xxx calories, etc., or 1 slice (1/8th) of a standard NYC cheese pizza (18") has xxx calories, etc.

Making healthful dining choices is easier when nutritional information is available, but this proposal punishes restaurants that already make that information available, and creates a burden that will likely prevent other restaurants from making this information available. A better goal would be to work toward nutrition labelling in the 90% of NYC restaurants that have no nutrition information at all.

Sincerely yours,
Susan Dutton
34 Tennis Place

Forest Hills, NY 11375

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: MELANIE ZESSOS <mzessos@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 2:30 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : MELANIE ZESSOS
Email mzessos@yahoo.com
Address 55 John Street
City : Tarrytown
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Amanda Andruzzi <fable31@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 2:29 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Amanda Andruzzi
Email fable31@hotmail.com
Address 243 W 14th Street apt. 2
City : New York
State : NY

From: <ara3@columbia.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 30, 2006 2:21 PM
Subject: proposed amendments regulating trans fat and calorie labeling

I am in strong support of the Department of Health and Mental Hygiene's proposed amendments to the Health Code restricting serving products containing artificial trans fat and mandating calorie labeling because they represent relatively simple yet incisive steps toward improving the health of New Yorkers.

We have seen that substantial improvements in public health have been made when lawmakers, health professionals and the public have all been able to agree on important goals. Recent examples of this include cancer screening and interventions that have led to significant and gratifying decreases in smoking among adults and youth and exposure of workers to second-hand smoke. These were fairly lengthy struggles but results began to appear when enough was done by everyone.

Previous advances have taught us that we can make changes that improve health practices without hurting businesses. Restaurants and other businesses, I hope, have learned that they can sell a good product without selling out customers. The experiences following adoption of clean indoor air laws in New York City are a testament to this.

The community I serve, Central Harlem, stands to benefit greatly from these proposed regulations. In this community, like most others in New York City and the United States, heart disease is the number one cause of death, and the rate of hospitalization for heart disease is 20% higher than in New York City as a whole. Calorie labeling will provide citizens of Harlem vital information they deserve which can help them make healthier decisions. These decisions will not only further improve the picture with respect to heart disease, but also the devastating epidemics of obesity and diabetes.

Alfred R. Ashford, MD
Professor of Clinical Medicine
College of Physicians and Surgeons, Columbia University
Director of Medicine
Harlem Hospital Center

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Mindy Szeto <szeto_mindy@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 2:19 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Mindy Szeto
Email szeto_mindy@hotmail.com
Address 40 Forest Road
City : Fanwood
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Alice Lilly <alilly70@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:12 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

In light of the epidemic spread of diabetes, obesity and other health issues, this is a practical and vital piece of action. The public should be able to make an informed food choice. This, hopefully, will cause people to stop and think before making that choice. .

Sincerely,

Name : Alice Lilly
Email alilly70@aol.com
Address 70 LaSalle St. Apt 7E
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Shelby D Winstead <winstead@jhu.edu>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 2:17 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I visit NYC at least once a month and must take all my meals out for 2-3 days. I want to ensure that I am no longer exposed to toxic trans fat in my restaurant food. .

Sincerely,

Name : Shelby D Winstead
Email winstead@jhu.edu
Address 114 Eldrid Drive
City : Silver Spring
State : MD

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Beverley Phillips <Cfahy63@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 2:10 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Beverley Phillips
Email Cfahy63@aol.com
Address 2401 Nostrand Ave
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Felicia Falebita <ffalebita@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 2:06 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Felicia Falebita
Email ffalebita@yahoo.com
Address 653 St. Johns Place
City : Brooklyn
State : NY

From: "James Izurieta" <ji2103@columbia.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 30, 2006 2:03 PM
Subject: Listing calories on standardized food servings

Hi,

I think this is a great idea. I really hope this becomes a reality in our city.

Thanks,

James Izurieta

Resolution Comments - From Morgan Carmen about Transfats

From: <ANCESQ@aol.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: 10/30/2006 1:52 PM
Subject: From Morgan Carmen about Transfats

My name is Morgan Carmen and I am seven years old. I spoke today at the hearing with my friend, Josh Rosenthal from the Intergrated School of Nutrition. Here is my speech that I read to you today. Speaker 31.

My name is Morgan Carmen and I live in New York City. My Mom and I
> and a bunch of other parents and kids at my school worked really
> hard to get rid of trans fats from our lunch program. Last year,
> my school got rid of all trans fats in the food and I am really
> happy. Now I want NYC to get rid of all of the trans fats in the
> restaurants. I do not understand that if we know the trans fats are
> bad for people, why do people still serve it in the restaurants?
> It is really scary to me because i cannot see it; they blend it
> into my food. So when I go to a restaurant I do not know if I am
> eating something that is bad for my heart. I am just a kid. If
> grown-ups like you do not look out for kids like me - how will the
> kids of New York City grow up healthy? Please protect us so we do
> not have to go to the hospital and have heart problems when we grow
> up. Thank you.
>

Resolution Comments - Section 81.50

From: "Nevin Cohen" <cohenn@newschool.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/30/2006 1:43 PM
Subject: Section 81.50

To Whom It May Concern:

Restaurants are an important source of daily food intake for New York City residents: an estimated one third of daily caloric intake comes from foods purchased in restaurants.

Although federally mandated nutrition labeling on food products for sale in supermarkets facilitates informed choice, consumers lack such essential information to make healthy choices when eating in restaurants. Calorie information, if provided at the time of food selection, would allow New Yorkers to make more informed choices.

Since obesity rates are increasing at an alarming rate, and since children are facing high levels of obesity, it is essential for the NYC Department of Health to take steps to enable individuals to reduce their daily consumption of calories. Providing information at the point of purchase is the first step towards helping people better manage their diets.

Accordingly, I strongly support the proposal by the Board of Health to require information on calorie content of menu items clear to consumers at the time of ordering at all food service establishments where such information is publicly available.

By requiring posting of available information concerning restaurant menu item calorie content, so that such information is accessible at the time of ordering, this Health Code amendment will allow individuals to make more informed choices that can decrease their risk for the negative health effects of overweight and obesity associated with excessive calorie intake.

Sincerely,

Nevin Cohen, Ph.D.
Visiting Assistant Professor
Eugene Lang College, The New School for Liberal Arts
64 West 11th Street, room 111
New York, NY 10011
T: 917.721.8037

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Fallon Heaton <Falpal72@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 1:41 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Fallon Heaton
Email Falpal72@aol.com
Address 11 enterprise road
City : new paltz
State : ny

Resolution Comments - section 81.08

From: "Nevin Cohen" <cohenn@newschool.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/30/2006 1:39 PM
Subject: section 81.08

To Whom It May Concern:

Restaurants are an increasingly large source of daily food intake for New York City residents: an estimated one third of daily caloric intake comes from foods purchased in restaurants.

The presence of trans fat in foods served in restaurants is a dangerous and entirely preventable health risk to restaurant goers.

Accordingly, I wholeheartedly support the Board of Health's proposed amendment of Article 81 of the New York City Health to restrict the service of products containing artificial trans fats at all food service establishments (FSEs).

Restricting FSEs from serving food that contains artificial trans fat, original sealed package will reduce New Yorkers' exposure to an avoidable hazard in the food environment that is associated with increased heart disease risk, and for which no safe minimum level of consumption exists.

Sincerely,

Nevin Cohen, Ph.D.
Visiting Assistant Professor
Eugene Lang College, The New School for Liberal Arts
64 West 11th Street, room 111
New York, NY 10011
T: 917.721.8037

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Amy Groome <amy.groome@gmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 1:36 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

The fun of living here is going out to eat in some of the best restaurants in the world. Please make them safer for me and my family. .

Sincerely,

Name : Amy Groome
Email amy.groome@gmail.com
Address 201 West 89th Street, 15D
City : New York
State : NY

Resolution Comments - calories on menu is smart

From: Sonya - Beggars/4AD/XL etc <sonyakolowrat@beggars.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: 10/30/2006 1:13 PM
Subject: calories on menu is smart

So many people in the US are overweight, and therefore diabetic, and many medical issues arise because these facts are not in front of people's faces. Putting calories on menus would force people to become educated about what they're eating and why.

Most of america is on a diet, and most diets involve some form of calorie counting, so you'd also be doing a favor to those of us that have problems being on a diet and eating in restaurants.

The info would be there for people to look at or ignore. It's not like they're being forced to make a smart choice, it's just that - should they choose to, the tools are there.

Thanks,
Sonya Kolowrat
917.743.2512

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: MaryAnn Castka <maryanncastka@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 7:49 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : MaryAnn Castka
Email maryanncastka@yahoo.com
Address 22A Timberlane Dr.
City : Albrightsville
State : PA

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: "SABATO D'AMBROSI " <samdambrosi@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 1:11 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am pres. of the board of health in Waterbury, Ct. I would like to start a process of getting our city to also ban art. trans fat in our restaurants. Any info/data u can provide would be helpful. I have a board mtg this Thursday and I intend to put it on the agenda for discussion. .

Sincerely,

Name : SABATO D'AMBROSI
Email samdambrosi@sbcglobal.net
Address 59 westwood av
City : WATERBURY
State : CT

Resolution Comments - Nutritional Info

From: <BMFEsq@aol.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: 10/30/2006 1:02 PM
Subject: Nutritional Info

I think that the restaurants owe the public full disclosure, especially considering the many of us with special dietary needs and restrictions.

Brian M. Fischer

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Melanie Albert <Mel@MelanieAlbert.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 12:40 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I totally support eliminating trans fats from the US, beginning with New York. This single change will improve the health and longevity of Americans. .

Sincerely,

Name : Melanie Albert
Email Mel@MelanieAlbert.com
Address 7028 S 30th Street
City : Phoenix
State : AZ

Resolution Comments - Corrected Rios Testimony

From: "Elena Rios" <erios@nhmamd.org>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/30/2006 12:25 PM
Subject: Corrected Rios Testimony

This is my corrected testimony for the Hearing today. Thank you for the opportunity to support your proposals.

Elena Rios, MD, MSPH
President & CEO
National Hispanic Medical Association

(202) 628-5895

**Testimony to the
New York City Department of Health and Mental Hygiene
October 30, 2006**

**Elena Rios MD, MSPH
President and CEO
National Hispanic Medical Association
1411 K St., NW, Suite 1100
Washington, DC 20005
(202) 628-5895**

Commissioner Frieden and members of the Health Board, I am honored to join you today. I am Dr. Elena Rios, President and CEO, National Hispanic Medical Association (NHMA), a non-profit association representing over 36,000 licensed Hispanic physicians in the United States. The mission of NHMA is to improve the health of Hispanics and other underserved. Our Foundation, the National Hispanic Health Foundation, which directs research and a national Hispanic Health Professional Student Scholarship Program, is affiliated with the Robert F. Wagner Graduate School of Public Service, New York University.

Hispanics are the largest ethnic group in the U.S. and number 40 million people or 14% of the U.S. population. Hispanics are a young population with less access to health care services due to being the group with the largest proportion of lacking health insurance, least educational attainment, high poverty rates, living in areas that are medically underserved areas, and having few Hispanics in the health workforce and little information in Spanish or targeted to our communities.

I am here today to support the proposals of the NYC Health Department to phase-out artificial trans fat and to increase calorie information at point of purchase in restaurants in NYC because the NHMA supports policies that will change our environment, encourage the public to make better nutrition decisions, and will lead to decreased heart disease and obesity in our society. NHMA has partnered with the U.S. Department of Health and Human Services, the Clinton Foundation, the American Heart Association and the Robert Wood Johnson Foundation in a campaign where NHMA doctors tell students and parents and teachers in our middle schools to change their nutrition habits in New York, California, and Texas – the states with the largest Hispanic populations.

Heart disease is the major cause of death in our country and obesity has been recognized by the Centers for Disease Control and Prevention this year as the disease with the greatest potential to lead to mortality from chronic diseases in our country, surpassing smoking tobacco. There are several societal factors since the 1950s - the start of TV dinners, fast food restaurants, women working, schools purchasing foods and beverage outside of government lunch programs, etc. that have contributed to the rise of obesity as

an epidemic in our current generation. And this is the first generation where parents will be burying their children with chronic diseases seen earlier and earlier.

According to the Journal of the American Medical Association earlier this year:

- Obesity in children and adolescents has doubled since 1970:
 - Obese pre-schoolers (2 – 5 years) jumped from 5% to 10.4%
 - Obese adolescents (12 – 19 years) went from 6.1% to 15.5%
- Statistics for 2003 – 2004 show:
 - 17.1% of US children and adolescents were overweight
 - 32.2% of adults are obese

Not only are Hispanics afflicted with higher rates of obesity than the general population, since they are a younger population, the rates of increase are greater for children and adolescents in our communities. Hispanics and other poor minority populations will become afflicted with greater rates of diabetes, heart disease, cancers, arthritis and joint diseases, disabilities and secondarily, mental health and depression which will all lead to absenteeism from the workforce, higher health care costs shifted to our clinics and hospitals, and lowering of quality life and premature death.

In summary, the National Hispanic Medical Association supports the proposals of the New York City Department of Health and Mental Hygiene for restaurants to have 1) Partial Phase-Out of Artificial Trans Fat and 2) the Point of Purchase Calorie Labeling because these efforts will assist in decreasing heart disease and obesity and reversing the trend of premature death for all Americans.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: kevin Daley <kevinadaley@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 11:54 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Eliminating trans fat from my diet has made a huge impact on my life. In order to live long and healthy lives we have to make better choices. Cutting trans fat is a start. .

Sincerely,

Name : kevin Daley
Email kevinadaley@yahoo.com
Address 1101 N. Natchez Rd APt 12
City : Chattanooga TN
State : TN

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Frank Castiglione <fcastigl@gmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 11:51 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Frank Castiglione
Email fcastigl@gmail.com
Address 80 Old Farm Road
City : North Haven
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Catherine Mendez <cathe80@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 11:22 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Please ban this we need to take care of one another! Too many people are dying or sick because of this. We need to put an end to it~ .

Sincerely,

Name : Catherine Mendez
Email cathe80@yahoo.com
Address 1895 University Avenue #1B
City : Bronx
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cynthia Stremba < cstremba@nyc.rr.com >
To: < resolutioncomments@health.nyc.gov >, < chazzerau@gmail.com >
Date: 10/30/2006 11:21 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Cynthia Stremba
Email cstremba@nyc.rr.com
Address 29 West 15 St
City : New York
State : NY

Resolution Comments - Resolution re: §81.50 TO ARTICLE 81 of the New York City Health Code

From: "Allison Snyder (x284)" <ASNYDER@LSKDNYLAW.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: 10/30/2006 11:12 AM
Subject: Resolution re: §81.50 TO ARTICLE 81 of the New York City Health Code

Ms. Bryant,

I write to express my support for the resolution requiring restaurants to disclose calorie information. As an obese person, I constantly hear that I should watch what I eat. Of course, this is impossible to do when I do not know the nutritional information of the food I am eating. I am currently on a hospital-monitored weight loss program and I find it extremely difficult to make informed decisions when eating out. My only option in the past few months has been to avoid eating out at all. I have been limiting myself to frozen, low-fat dinners because I can readily calculate calories and other nutritional information. (In fact, it has become second nature to do so and I cannot "stomach" the thought of eating out and not knowing exactly how many calories I have consumed.) I welcome the opportunity to make an informed decision about the food I am eating in restaurants, as well.

Regards,
Allison Snyder

Lester Schwab Katz & Dwyer, LLP
<http://www.lskdnylaw.com>

New York: (212) 964-6611
New Jersey: (973) 912-9501

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Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Teresa Ingrasciotta <resate@optonline.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 10:59 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Teresa Ingrasciotta
Email resate@optonline.net
Address 44 McKinley Avenue
City : White Plains
State : NY

From: <scheidmh@muohio.edu>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 12:56 AM
Subject: trans fat proposal

Hi. My name is Dave Scheimer and I don't even live in New York, but I just wanted to say that I read about the proposal to cut trans fats and I am a huge supporter. I am a college student at Miami University and have lived in Pittsburgh my entire life. Hopefully in the not too distant future, your actions will reach me all the way out here. I want to wish you luck with pushing this proposal. Action needs to be taken by someone, and I hope you act as a model to the rest of the nation. People can not always make the right decisions when it comes to things like what to put into their diet, and I think it is more than a wonderful gesture, but rather someone's duty to look out for their fellow human beings. The corporations have not been so willing to imply standards of nutrition like this (and for obvious monetary reasons), and if they must be pushed legally, then they must. This country has for too long been plagued by poor health, obesity, and heart disease. Corporations will claim that people have the choice to buy or not buy their food, but if all of the food available to the public were less dangerous and harmful to the body, nobody would choose to not eat for starvation. Again, I want to wish you the best of luck with this movement and can't wait to see the new nutrition information at all of my local fast-food establishments.
Dave Scheimer

From: "Jasmine Colon" <Jasminec@applemetro.com>
To: <frank.ybarra@applebees.com>, <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 10:46 AM
Subject: Proposed Amendments to NYC Health Code

Please see attached.

Jasmine

Jasmine N. Colon
Apple- Metro, Inc.
550 Mamaroneck Ave.
Suite 101
Harrison, NY 10528
Tel: (914) 777-2331 x139
Fax:(914) 777-2615

CC: "Frank Venice" <FrankV@applemetro.com>



October 30, 2006

Via FedEx

The City of New York
Department of Health and Mental Hygiene
125 Worth Street CN 33
New York, NY 10013

Dear Members of the Board,

Thank you for the opportunity to offer our comments as to the proposed amendments to the New York City Health Code that would partially phase out trans fats in restaurants and that would require the listing of calorie information in certain circumstances on menus and menu boards.

We own and operate 16 restaurants in the five boroughs of New York City doing business as Applebee's Neighborhood Grill & Bar.

We have introduced no new items to our menus that contain trans fats since last fall. We are planning to move to trans fat-free oils in our restaurants and expect to be ahead of the requirements you propose to enact, ultimately offering a trans fat-free menu. We also believe we already are doing everything you are proposing for menu labeling.

Despite the fact that we are working ahead of your proposals, we are steadfastly and adamantly opposed to your planned mandates on New Yorkers.

Applebee's decided to make the change to a trans fat-free menu and to list the calorie information for the Weight Watchers section of our menu by talking with our customers and listening to their interests. It has taken us many months of testing and re-testing to get to the point where we found oils that taste good and readily are available. We are working diligently with our suppliers to develop great tasting trans fat-free, par-fried items and we are proud that we are in the process of accomplishing this.

However, our experience reinforces our belief that government should not be in the business of dictating the specific ingredients of menu items offered in restaurants. We are concerned that such a precedent will be abused in the future.

We believe these mandates, and those that we are concerned will follow, will have a stifling effect on our industry by limiting the menu choices of New Yorkers, that people likely will seek restaurant experiences outside the City or will stop eating out and will use publicly "banned" items in the privacy of their own kitchens. We also believe this will have a negative impact on tourism.

In our opinion, the Board of Health can play a far more effective role by increasing its efforts to educate people about the consumption of trans fats and calories, thereby helping them to make better choices in their eating habits.

Customer choice is what makes the restaurant industry so great in our City. If there is a food that has been invented, a New Yorker can find it somewhere in the City. We developed this kind of variety without City government rule. It came about because restaurants met the needs of people who eat out. Our industry was built by the fundamental force of consumer purchasing power. That same power should drive the trans fat and labeling issues.

If a New Yorker is looking for great tasting food that is free of trans fats, they will be able to make that choice by visiting Applebee's or other places that have taken that direction with their menus. If they want to know the calories they are eating, they can order a Weight Watchers item off our menu or go to other restaurants that also offer such information.

We urge you to leave the menu ingredient decisions to New Yorkers who eat at and operate the restaurants in the City. New Yorkers are smart enough to figure this out. You have to look no further than your local Applebee's to see that is true.

Sincerely,



Roy H. Raeburn, Owner and Operator



Zane Tankel, Owner and Operator

Copies:

Via email to resolutioncomments@health.nyc.gov

Via fax to Rena Bryant at 212 788-4315

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Rev Dr Margaret J Mitchell/Bro Gary A Morton <gamandmjm@ameritech.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 10:37 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

tfa\'s is one of the most dangerous substances in the food supply... it needs to be eliminated yesterday !!!! .

Sincerely,

Name : Rev Dr Margaret J Mitchell/Bro Gary A Morton
Email gamandmjm@ameritech.net
Address 10513 Miles Ave
City : Cleveland
State : Ohio

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Amy Freeth MD <amy.freeth@bassett.org>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 10:23 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Amy Freeth MD
Email amy.freeth@bassett.org
Address 130 Haggerty Road
City : Cooperstown
State : NY



THE AMERICAN SOCIETY OF HYPERTENSION, INC.
EASTERN REGIONAL CHAPTER

The Eastern Regional Chapter of the American Society of Hypertension (ASH) enthusiastically endorses the recommendations of the New York City Department of Health and Mental Hygiene to eliminate artificial trans fats in New York City's restaurants, and to make the calorie content of foods served in restaurants publicly available.

Hypertension (high blood pressure) is one of the major risk factors for heart disease and stroke, which are the first and third leading causes of premature death in the US. More than 60 million Americans have hypertension, and the commonest cause is being overweight or obese. Preventing or treating obesity has been proven to lower the blood pressure, but less than one third of Americans with high blood pressure have it adequately controlled. The current epidemic of obesity is occurring because people are eating more calories and exercising less, but most people have very limited knowledge of the calorie content of different foods. Providing this information in restaurants will help them make better choices. This is particularly important in young people, because it is very hard to lose weight once it has been put on, but weight gain need not be inevitable.

Trans fats have been shown to be much more damaging to the heart and blood vessels than other types of fat, and their consumption will accelerate the damage done by high blood pressure.

The mission of the Eastern Regional Chapter of ASH is to reduce the burden of hypertension in the greater New York area.

From: "Rafael A. Lantigua, M.D." <ral4@columbia.edu>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 10:13 AM
Subject: Nutrition Initiatives Proposals

To The New York City Board of Health Members:

I write to strongly support the proposed initiatives to phase out Artificial Trans Fat in all restaurants and to require Calorie Labeling in restaurants that make calories information for standard menu items publicly available on or after March 1, 2007. As a latino practicing physician, I am deeply concerned of the epidemic of Heart disease, Obesity and Diabetes Mellitus affecting the Latino Community. To make these two proposals into regulations will save thousands of life on a year basis, will substantially reduced the co-morbidities associated with Diabetes Mellitus, Hypertension and Heart Disease. You have the opportunity to save the city millions of dollars wasted on treating complications of Health conditions that by attacking their risk factors we will be able to decrease their incidence and prevalence specially among those most affected(disadvantaged, minorities communities). As Board Members you have the responsibility to improve the quality of life of the New York City residents, by enacting these regulations you will place New York City on the forefront in the prevention of Heart Disease and Diabetes Mellitus. Sincerely,

Rafael A. Lantigua, M. D.

Professor of Clinical Medicine, Columbia University.

Director Associates in Internal Medicine Group Practice, New York-Presbyterian Hospital.

Resolution Comments - Ban on Trans-fats

From: "Ryan Hurlbut" <ryan@keystonemortgages.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: 10/30/2006 10:09 AM
Subject: Ban on Trans-fats

I support the ban on trans-fats.
It would be much more healthy for every New Yorker.
Ryan Hurlbut

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ellen Lalicata <ellenlalicata@sbcglobal.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 9:57 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

If NYC sets the standard, other cities will follow. It is the responsible thing to do in light of the obesity and heart disease epidemic that currently plagues our world. Thank you. .

Sincerely,

Name : Ellen Lalicata
Email ellenlalicata@sbcglobal.net
Address 1427 W. Broad St.
City : Stratford
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Emily Koehler <ekoehler@butler.edu>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 9:49 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Emily Koehler
Email ekoehler@butler.edu
Address 320 Washington Ave
City : Brooklyn
State : NY

From: "Hilary Rosenstein" <HROSENST@montefiore.org>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 30, 2006 9:45 AM
Subject: Comment on Article 81 of the Health Code

Please see the attached letter.

Thanks,

Hilary Rosenstein, on behalf of the Campaign for Bronx Health

October 30, 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, New York 10013

Dear Ms. Bryant,

The Campaign for Bronx Health is a community coalition united in its commitment to address health disparities in the South Bronx and to improve Bronx residents' access to adequate healthcare, healthful food, and opportunities for physical activity. We were conceived as a group to affect policy change, and to that end we are pleased to respond to the recent proposed amendment to the Health Code.

We think that the proposal by the NYC Department of Health & Mental Hygiene & Board of Health to Amend Article 81 of the Health Code to phase out artificial trans fats in NYC restaurants and food service operations serves to advance our Campaign goals. While some restaurants may indeed be challenged to find alternative products and adjust some recipes, we commend the NYC DOHMH and Board of Health leadership for reviewing the non-trans fat options in advance to assure that this proposal is feasible for operators and can be cost neutral.

Given the many studies that link increased risk of heart disease with consumption of trans fats and their prevalence in fast and convenience foods, we enthusiastically support the adoption of this proposed amendment.

In addition, we commend the NYCDOHMH for the policy to post nutritional information on the order board. While the information is available already, the small print format that must be requested is not consumer friendly. We believe that by making the information known next to the name of the item, consumers will be able to make appropriate selections for their dietary needs.

Sincerely,

The Campaign for Bronx Health

Bronx Health REACH, Institute for Urban Family Health

Citizens Advice Bureau
Family Cook Productions
For A Better Bronx
Health People
Jacobi Family Weight Management program, Jacobi Medical Center
Montefiore School Health Program, Montefiore Medical Center
Urban Health Plan

Hilary Rosenstein
Community Health Division
Montefiore School Health Program
3380 Reservoir Oval
Bronx, NY 10467
718-696-4063
718-231-1586 (fax)

October 30, 2006

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, New York 10013

Dear Ms. Bryant,

The Campaign for Bronx Health is a community coalition united in its commitment to address health disparities in the South Bronx and to improve Bronx residents' access to adequate healthcare, healthful food, and opportunities for physical activity. We were conceived as a group to affect policy change, and to that end we are pleased to respond to the recent proposed amendment to the Health Code.

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Sincerely,

The Campaign for Bronx Health

Bronx Health REACH, Institute for Urban Family Health
Citizens Advice Bureau
Family Cook Productions
For A Better Bronx
Health People
Jacobi Family Weight Management program, Jacobi Medical Center
Montefiore School Health Program, Montefiore Medical Center
Urban Health Plan

From: "Koch, Pamela" <pkoch@exchange.tc.columbia.edu>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Mon, Oct 30, 2006 9:38 AM
Subject: Comment on Article 81 of the NYC Health Code

Dear Ms. Bryant:

I am writing to express my support for the proposed amendment of Article 81 of the New York City Health Code (Health Code). Section 81.08 would require New York City (NYC) food service establishments that already provide nutritional information for standardized menu items to make calorie information available on menu boards and menus. Section 81.50 would restrict NYC food service establishments from using artificial trans fats, with the exception of foods served in the manufacturers' original sealed packages.

I am writing as the Project Coordinator of the Linking Food and the Environment (LiFE) Program at Teachers College Columbia University, as a New York City Nutrition Education Network member, and as a mom of two public school children. I support these proposed changes which will greatly benefit the health and well-being of New Yorkers and its many visitors who consume meals prepared outside the home.

As a nutrition and food educator, I am particularly concerned with ways that our public policy can reduce the risk of nutrition-related diseases in both adults and children. Policies that make it easier to make healthful food choices compliment all of the nutrition educator efforts by numerous agencies that go on in this city.

The mandatory removal of harmful, artificial trans fats, especially from fast food chains, will lower the risk of disease for people who are dependent on inexpensive and highly processed food and likely lower medical costs to the City associated with nutrition-related disease risk factors.

In addition, publicizing the Department's proposals will have a positive, far-reaching effect for nutrition educators, who will be able to urge New Yorkers to follow the City's lead and acknowledge that trans fats are unhealthy. Building upon the City's proposals, educators can more easily discourage the use of products that contain trans fats and encourage the use of alternatives with equivalent taste and mouth feel. Nutrition educators can also emphasize the importance of moderating calorie intake with the aid of specific calorie counts for popular, standardized, fast food menu items conspicuously posted and readily available at the point of purchase. The changes in the proposed amendments are significant steps forward in combating the dual threats of obesity and other diet-related chronic diseases. Specifically, I support

€ The mandatory ban on the use of partially hydrogenated vegetable oils (PHVO) since NYC's voluntary Trans Fat Education Campaign did not result in a substantial decline in the use of PHVO-containing oils in NYC food service establishments;

€ The phase in of the ban that will permit food service establishments to make a smooth transition by first changing cooking oils within six months and then allowing an additional 12 months to source other trans fat free products;

€ Providing consumers with the basic calorie information they need, in plain sight, at the point of purchase by clear and conspicuous posts on menu boards and menus. This readily available calorie information will finally provide consumers with the tools to make informed food choices at the time and place the information can influence their decision-making.

€ The focus on restaurant chains with standardized menu items. Many adults and children frequent these restaurants several times a week. The simultaneous removal of trans fat from products coupled with the posting of actual calorie counts acts to counter typical consumer assumptions that trans fat free also means reduced calorie. This is also important because of typical marketing campaigns to increase consumption through ³value meals.

€ The inclusion of free feeding programs in the ban of artificial trans fats. The populations that rely on free feeding programs - from head start programs to soup kitchens - are often at risk for nutrition related diseases. The removal of harmful trans fats from these food sources is likely to have a positive health effect.

I would like to applaud the bold and necessary steps being proposed by the Department and its leadership in banning a harmful substance from the food supply. Indeed, other cities and states have been encouraged to follow New York City's lead in taking action to protect and improve the nutritional health of its citizens. As nutrition educator Dr. Marion Nestle recently wrote ³Trans fats -- which are not natural in food but a byproduct of the partial hydrogenation of vegetable oils -- raise the risk of heart disease, can easily be replaced and should have been out of the food supply a long time ago. We agree. Dr. Nestle continued: I can't think of a better or more practical way to teach people about calories in food than to list them right next to the prices. Neither can I.

I urge the Department to adopt these proposals in their entirety in accordance with its rule-making authority to protect the wholesomeness of food served directly to consumers throughout New York City and to prevent and control diseases in the population.

Sincerely,
Pamela Koch, EdD, RD
€Adjunct Assistant Professor of Nutrition, Teachers College Columbia University
€Project Coordinator, Linking Food and the Environment (LiFE)
€New York City Nutrition Education Network Member
€Mom of two school-aged children at PS 75M

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Bobbie Fleming <bobbiefleming1@msn.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 12:14 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's just common sense to put healthy food in our bodies. In the long run it's far less expensive. The monetary bottom line seems to be the main reason food producers want to use unhealthy things like trans fats and a host of other food additives. .

Sincerely,

Name : Bobbie Fleming
Email bobbiefleming1@msn.com
Address 848 Don Cubero Ave
City : Santa Fe
State : NM

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Carol Birchwale <thebotanical@aol.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 9:33 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Cut cost of health care by supporting a healthy way of life! NO TRANS FATS!

Sincerely,

Name : Carol Birchwale
Email thebotanical@aol.com
Address 302 Broadway
City : Hillsdale
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Steve Tambini <tambini88@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 9:25 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

i am all for the ban of trans fats there is no need for companies to add this to our foods when it is not natural or nutritious, we should target high fructose corn syrup next.

Sincerely,

Name : Steve Tambini
Email tambini88@yahoo.com
Address 111 tanners pond rd
City : garden city
State : new york

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: donna williams <wad0621@verizon.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 9:12 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

please help us to reduce our intake of trans fat .

Sincerely,

Name : donna williams
Email wad0621@verizon.net
Address 1315 adee ave
City : bronx
State : ny

Resolution Comments - Comments about trans fat resolution

From: "Mary Beth Kooper" <marybeth@nyc.rr.com>
To: <resolutioncomments@health.nyc.gov>
Date: 10/30/2006 9:00 AM
Subject: Comments about trans fat resolution

Dear Ms. Bryant,

I have a lot of things to say about the initiative to restrict trans-fats from New York City restaurants. But I will start by saying that a better, and more democratic, way to achieve the health goal, would be to take a more positive approach. I propose issuing some sort of NYC Department of Health "seal of approval" for restaurants that do indeed conform to the trans-fat guidelines that you suggest. Restaurants could display these approvals in their windows, in advertisements, or elsewhere in their restaurants. The Department of Health could issue statements about what these approvals mean. The department could concentrate their efforts on educating the public on healthy eating habits and let them make choices for themselves.

Personally, I would be very happy to see restaurants switch from harmful trans-fats to healthier alternatives. My son is allergic to soy, and this makes it very difficult for us to eat out. The positive side of this is that we never eat at fast-food restaurants and we have reduced our intake of harmful trans-fats. But we have found it often very difficult to make choices at other restaurants where it is difficult to know what is being used to prepare the food.

I think it would be more beneficial to require nutritional information to be available when trans-fats are used. I think it is better to make information available and to concentrate on educating people so that they can learn to make the best choice for themselves.

I also think that the Department of Health should team up with the Department of Education and focus on more rigorous physical activity requirements in New York City Public schools, as well as including nutrition education in the schools.

I think the goals of this resolution are very important, however, I think the approach is undemocratic, and is an unnecessarily negative in approach.

I am very interested in the health and well-being of people. Please keep me informed, if possible, of developments relating to these issues. I am starting an exercise network and I want to know what develops with these issues.

Thank you,
Mary Beth Kooper

The Exercise Network
212-452-1341

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Liese Schneider <liese.schneider@gmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:50 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Liese Schneider
Email liese.schneider@gmail.com
Address 403 St. Johns Pl
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Chris <chriselders@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:48 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Chris
Email chriselders@hotmail.com
Address 437 E. 80th Street Apt. 24
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Debra Kendall <debra.kendall@verizon.net>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:37 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It seems so simple, why would someone want to put trans fats in foods if they know there is a health hazard. Please restrict artificial trans fats in restaurants. Thank you- .

Sincerely,

Name : Debra Kendall
Email debra.kendall@verizon.net
Address 573 10th Street
City : Brooklyn
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Roger Dowd <rw Dowd@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <chazzerau@gmail.com>
Date: 10/30/2006 8:35 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Roger Dowd
Email rwdowd@yahoo.com
Address 9 Durham Street, #2
City : Boston
State : MA

From: Silvia M Schiffino <virginia.schiffino@nyu.edu>
To: <resolutioncomments@health.nyc.gov>
Date: Mon, Oct 30, 2006 8:34 AM
Subject: NESTLE/SCHIFFINO Written Testimony Calorie Labeling Proposal

Dear Ms. Bryant:

Attached is the Written Testimony on behalf of Virginia Schiffino and Doctor Marion Nestle on the proposal by the Department of Health and Mental Hygiene to amend Article 81 of the New York City Health Code, requiring certain food service establishments to post calorie labels on their menus and menu boards.

Please do not hesitate to contact us if you have any questions or require further information.

Sincerely,

Virginia Schiffino JD, LL.M
Marion Nestle, PhD, MPH

Department of Nutrition, Food Studies, and Public Health
New York University
35 W. 4th Street, 12th Floor
New York, NY 10012-1172
virginia.schiffino@nyu.edu
marion.nestle@nyu.edu

CC: <marion.nestle@nyu.edu>

Written Testimony

New York City Board of Health on the proposal by the Department of Health and Mental Hygiene to amend Article 81 of the New York City Health Code to require certain food service establishments to post calorie labels on their menus and menu boards, October 30, 2006

Virginia Schiffino, JD, LL.M and Marion Nestle, PhD, MPH

Department of Nutrition, Food Studies, and Public Health
New York University
35 W. 4th Street, 12th Floor
New York, NY 10012-1172

virginia.schiffino@nyu.edu
marion.nestle@nyu.edu

Thank you for the opportunity to submit written comments on the proposal by the Department of Health and Mental Hygiene (the “Department”) to amend Article 81 of the New York City Health Code (the “Health Code”), which requires certain food service establishments to make information about calorie content available on their menus and menu boards. We strongly support the proposal and commend the Department for this bold and much-needed step in addressing the high rates of overweight and obesity that affect more than half of New York City residents.

The shortened lifespan and chronic diseases such as diabetes, heart disease, stroke, high blood pressure, arthritis, and cancer that are associated with overweight and obesity could be prevented in part by combating high rates of these conditions in New York City. Providing New Yorkers with the knowledge with which to make informed food choices is a necessary component of a broader strategy to improve the health of City residents by reducing overweight and its public health consequences.

While numerous social, behavioral, environmental, and economic factors can affect an individual’s risk for overweight and obesity, the immediate cause is energy imbalance: more energy (measured in calories) consumed for energy expended in physical activity.¹ Substantial research demonstrates that one significant factor contributing to obesity is the increasing frequency with which meals are consumed away from home; such foods are typically high in calories, relatively low in nutrients, and larger in serving size than those consumed at home.² Larger meals pose one other problem: consumers tend to underestimate their energy content.³

Today, consumers spend roughly half of their food dollars on meals prepared outside the home,⁴ and away-from-home foods comprise about one-third of Americans’ total caloric intake.⁵ Thus, efforts to reverse obesity trends must necessarily engage food service establishments and consumers, as well as health professionals and Federal, state, and local governments. The intervention proposed by the Department furthers this engagement.

The proposed amendment should serve as an impetus for change both for consumer behavior and, ultimately, for the quality and quantity of food offered at food service establishments. We urge the Board to approve the proposal for the following three reasons:

1. *Consumers need accurate information about the calorie content of food to make informed choices.*

The absence of readily available information about calories at the point-of-purchase affects the ability of consumers to make informed food choices, often leading to inadvertent consumption of more calories than expected. Although the FDA requires nutrition information to be listed on the Nutrition Facts panels of the labels of packaged foods, this is not the case for foods prepared away from the home.⁶ Since neither Federal nor state laws require restaurants to post information about calories (or nutrients), consumers have inadequate or no access to information to support healthful choices of foods that comprise one-third of their daily calorie intake.

This information gap constitutes a significant environmental barrier to healthful food choices.⁷ Other factors exacerbate this gap. For example, consumers can be misguided by the flood of advertisements, marketing messages and techniques, and weight-loss and weight management claims to which they are exposed.⁸ Ubiquitous fast food “value marketing” promotes overconsumption of food through price incentives to buy larger portions of drinks, sandwiches, and meals.⁹ Buying larger portions for a few cents more can seem like a bargain that justifies excessive caloric intake.

Notwithstanding that certain restaurants are increasingly providing a wider range of food choices, consumers (and even nutrition professionals) typically underestimate the energy content of foods and meals by 30% to 50%; they typically underestimate calories in a single meal, for example, by 600 calories or more.¹⁰ In theory at least, errors this large could result in an intake of an additional 30,000 calories a year and an annual weight gain of approximately nine pounds.¹¹

Calorie underestimation, combined with industry claims and the absence of accurate information, can lead people to eat a full day’s worth of calories in a single meal.¹² Many people, for example, do not realize that a 64-ounce soft drink contains 800 calories (kcal),¹³ more than the amount provided by a cheeseburger (530-760 kcal). It is difficult to imagine that a large chocolate shake may contain more calories than a large hamburger at certain popular fast-food chains.¹⁴ French fries add calories as do “supersized” and “value meals.” Finally, consumers can be misled by menu items that are marketed or traditionally perceived as “healthy” options, but that contain more calories than expected.¹⁵

Point-of-purchase calorie information could engage consumers by providing them with the ability to compare options and make more thoughtful decisions before they order food. Although some restaurants voluntarily offer nutrition information, some restaurants offer information only on limited items, and the charts are rarely accessible. In most places, the existing information is difficult for consumers to find and use. A recent study on the availability of point-of-purchase nutrition information at the largest fast food restaurant in the country, for example, revealed that it was nearly impossible to obtain the information about items in a manner that would inform their decisions.¹⁶ Although several fast food chains provide nutrition information on their Web sites, consumers may not have computers or they cannot easily access the information at point of purchase. A study of the extent of nutrition information in chain table-service restaurants, found that while the majority provided it, point-of-purchase information was only available for the healthier items in the menu and was never available for children's menus.¹⁷

Considering that overweight and obesity are directly related to an individual's caloric imbalance, the implementation of mandatory calorie labeling should promote awareness of the caloric content of food and where it matters most: at the point of food decision-making.

2. Calorie labeling is a sound public health approach to the obesity epidemic and its consequences.

Overweight and obesity constitute a major public health threat to physical and economic health (see Appendix). As the number of overweight and obese people continues to rise, so will rates of morbidity and mortality and related medical treatments and costs. Actions by local government bodies, such as the Department of Health cannot be taken as isolated events, but rather as significant steps within national efforts to reduce and prevent this problem.

Whereas the financial costs of obesity can be quantified, it is more difficult to estimate the value of a person's life or quality of life. Obesity-related chronic diseases limit the freedom and quality of life of people who have such diseases. Preventing obesity and its consequences is a worthwhile goal. Although obesity has no single cause or solution, dietary improvements can help reduce disease risks.¹⁸ Because the present food environment promotes overconsumption of "junk" foods, active and direct intervention is needed to help consumers to make informed choices. Requiring food service establishments to post information about calories at the point-

of-purchase directly addresses environmental factors that contribute to consumer behavior.

Research indicates that disclosure of calorie and nutrition information at the point-of-purchase does indeed influence consumers' attitudes and intentions towards food, and diminishes preference for less-healthy items.¹⁹ Eighty-five percent of Americans view nutrition as important²⁰ and the use of food labels has been associated with choice of healthier foods.²¹ Providing calorie information at the point of decision will aid consumers in making sensible food choices.

Furthermore, this proposed public health strategy is widely supported by consumers. Numerous surveys indicate that 62% - 87% of Americans support requiring fast-food restaurants to display the calorie content of their foods on menus and menu boards.²² Almost two thirds (62%) support laws requiring nutrition labeling on restaurant menus and one third (34%) support laws requiring restaurants to offer lower prices on smaller rather than larger sized portions.²³ Such surveys suggest that if consumers find food labels to be useful when choosing packaged foods, they also will find such labels useful when choosing meals outside the home.

This proposal is likely to produce other beneficial effects. Point-of-purchase calorie information removes the need for guesswork. It also reveals the real "value" of certain meals—the tradeoff between price and unhealthy weight. Furthermore, a shift in consumer behavior toward lower calorie foods is likely to encourage the industry to place more healthy options on restaurant menus and, perhaps, generate competition to provide such options.

Although obesity affects people of all races and background, in New York City disproportionately high rates affect low-income people.²⁴ For example, forty-percent of the children in New York City's "Head Start" program were found obese or overweight.²⁵ Because low-income neighborhoods contain disproportionately large numbers of fast food establishments, the Department's proposal is likely to have an especially large impact in areas where it is most needed.

3. Narrowly tailored regulations pose a low burden for food service establishments.

The proposed amendment will not create a substantial burden on food service establishments as its scope is narrowly defined, covering an estimated 10% of such places in New York City. The requirement to post calorie information extends to establishments that make nutritional information publicly available on or after March 1, 2007. Therefore, those that

are affected will already have incurred the expense of determining the nutritional content of their meals. The only additional expense that they would incur in would be in incorporating the calorie data on their menus or menu boards, which is offset by the fact that most establishments already change their menus periodically.

The proposal asks this limited number of establishments to display only calorie information. While some studies recommend the inclusion of additional nutritional information such as fats, carbohydrates, proteins, sugars, weight management depends on balancing calories, no matter where they come from.²⁶ Emphasizing calories alone should have a significant impact on consumer behavior by making it clear that larger portions have more calories.

By approving the Department's proposed amendment on calorie labeling, the Board of Health would be setting the stage for change not only at the local level, but also across other states. To date, none of the state or Federal bills requiring nutritional information disclosure at food service establishments has been approved.²⁷ Therefore, the Board's favorable decision on this urgent issue will constitute an important precedent on a public health strategy to control and prevent obesity. The Department's calorie labeling initiative, along with its other preventive initiatives,²⁸ will help achieve its goals.

Mandatory calorie labeling is a risk mitigation strategy analogous to any other public health approach that encourages behavioral change such as banning cigarette smoking in public indoor establishments. New York City should not have to wait until overweight and obesity surpass tobacco smoking as the number one contributor of death in America in order to adopt these measures. We strongly encourage the Board to adopt the Department's proposed amendment to the Health Code.

Appendix: The importance of obesity as a public health problem

Unhealthy eating habits, overweight, and obesity are at the root of America's major public health challenges. The obesity epidemic represents a serious public health concern for New York City, and the Board is surely aware of the alarming national and local statistics: In the United States, an estimated 65% (130 million) of Americans are overweight and more than 30% are obese.²⁹ Unless the pace of development of these conditions is halted, it is expected that 40% of the population will be considered obese within the next five years.³⁰ Poor nutrition, overweight and obesity directly influence the leading causes of death in the United States – heart disease (for example, heart attack, congestive heart failure, high blood pressure, sudden cardiac death, chest pain and abnormal heart rhythm), stroke, cancer and diabetes.³¹ All of these are preventable chronic diseases. Overweight and obesity also increase the risk for respiratory heart problems, arthritis, sleep apnea (*i.e.*, interrupted breathing during sleep), pre-menopausal breast cancer in women, gall bladder disease, fatty liver disease, pregnancy complications, and depression.³²

As of 2001, an estimated 300,000 deaths per year were attributed to diet and weight-related diseases.³³ According to the Centers for Disease Control (CDC), it is expected that one in three U.S. children born in 2000 will develop diabetes mellitus in their lifetime because of obesity,³⁴ shortening the lifespan of the younger generation. According to some estimates, the total economic cost of obesity in the United States is about \$100 billion per year, including more than \$50 billion in avoidable medical costs, more than five percent of total annual health care expenditures.³⁵ In New York, obesity-related expenditures exceed \$6 billion per year.³⁶

The prevalence of overweight and obesity among New Yorkers is similar to that in the rest of the country.³⁷ In New York City alone, where three-quarters of a million residents are known to have diabetes, more than half of the population is overweight and one in five is obese (approximately 1 million).³⁸ New York City has been cited as having among the highest nationwide childhood obesity rates, with 21% of kindergarten children already qualifying as obese.³⁹ Almost half of the children in the City's public elementary schools are overweight,⁴⁰ and 29.5% of New York City high school students are overweight or obese.⁴¹ As these children grow, so will the rates of diabetes and other chronic diet-related diseases unless firm steps are taken to halt the growing epidemic. These statistics demand serious and urgent attention.

Notes

¹ U.S. Food and Drug Administration (FDA) and Center for Food Safety and Applied Nutrition (CFSAN). *Counting Calories, Report of the Working Group on Obesity*, at Appendix B - Text Boxes on Body Mass Index (BMI), Energy (Calorie) Balance, Carbohydrates and Other Macronutrient Contributions to Caloric Value, 2004 <http://www.cfsan.fda.gov/~dms/owg-appb.html> (accessed October 14, 2006)

² Nielsen, S. J., and B. M. Popkin. 2003. "Patterns and trends in food portion sizes, 1977-1998." *JAMA: The Journal of the American Medical Association* 289, (4) (Jan 22-29): 450-453.

See also, Ello-Martin, J. A., J. H. Ledikwe, and B. J. Rolls. "The Influence of Food Portion Size and Energy Density on Energy Intake: Implications for Weight Management." *The American Journal of Clinical Nutrition* 82, no. 1 Suppl (Jul, 2005): 236S-241S.749. See also, Young, L. R. and M. Nestle. "The Contribution of Expanding Portion Sizes to the US Obesity Epidemic." *American Journal of Public Health* 92, no. 2 (Feb, 2002): 246-249. See also, Guthrie, J. F., B. H. Lin, and E. Frazao. 2002. Role of food prepared away from home in the American diet, 1977-78 versus 1994-96: Changes and consequences. *Journal of Nutrition Education and Behavior* 34, (3) (May-Jun): 140-150.

³ Backstrand J., M. Wootan, L. Young, J. Hurley. *Fat Chance*. Washington, DC: Center for Science in the Public Interest (CSPI), 1997. 22. See also Wansink, B. and P. Chandon. "Meal Size, Not Body Size, Explains Errors in Estimating the Calorie Content of Meals." *Annals of Internal Medicine* 145, no. 5 (Sep 5, 2006): 326-332. See also, Young, L. R. and M. Nestle. "Expanding Portion Sizes in the US Marketplace: Implications for Nutrition Counseling." *Journal of the American Dietetic Association* 103, no. 2 (Feb, 2003): 231-234.

⁴ National Restaurant Association, *2004 Industry at a glance*, April 15, 2004, p 2.

⁵ Lin, B. Guthrie, J. Frazao, E. 1999. Away-from-home foods increasingly important to quality of American diet. USDA, Economic Research Service, Washington, D.C. Agric. Inf. Bull. 749.

⁶ Nutrition Labeling and Education Act (NLEA; P.L. 101-535). NLEA requires food manufacturers to include more nutrition information on their labels to assist consumers in selecting a healthful diet, and prohibits food manufacturers from making health claims on their labels that are permitted by the Department of Health and Human Services. Restaurants are exempt from the requirements under NLEA.

⁷ U.S. FDA/CFSAN *Counting Calories*, at Appendix G, Report from the Division of Market Studies Office of Scientific Analysis and Support.

⁸ U.S. FDA/CFSAN *Counting Calories*, 2004, at p. 7

⁹ National Alliance for Nutrition and Activity. *From Wallet to Waistline, the Hidden Costs of Super Sizing*, 2002, Washington DC. See also, Burton, S., E. H. Creyer, J. Kees, and K. Huggins. "Attacking the Obesity Epidemic: The Potential Health Benefits of Providing Nutrition Information in Restaurants." *American Journal of Public Health* 96, no. 9 (Sep, 2006): 1669-1675. See also, Nestle, M. "Increasing Portion Sizes in American Diets: More Calories, More Obesity." *Journal of the American Dietetic Association* 103, no. 1 (Jan, 2003): 39-40.

¹⁰ Backstrand J., et al. *Fat Chance*. at 22. See also, Burton, S. et al. "The Nutritional Content of Restaurant Foods: How Much do Consumers Now and Does it Matter?," M&PP Conference Proceedings (2004). See also, CPSI. *Anyone's Guess. The Need for Nutrition Labeling at Fast-Food and Other Chain Restaurants*. Washington, DC: 2003.

¹¹ Burton, S., E. H. Creyer, J. Kees, and K. Huggins. "Attacking the Obesity Epidemic: The Potential Health Benefits of Providing Nutrition Information in Restaurants." *American Journal of Public Health* 96, no. 9, at p. 1674 (Sep, 2006)

¹² CSPI. *Anyone's guess: The need for Nutrition Labeling at Fast-Food and other Chain Restaurants*. Washington, DC: CSPI, 2003, p. 7

¹³ Nestle, M., (2003), at p. 40.

¹⁴ CSPI. *Nutrition Labeling at Fast-Food and Other Chain Restaurants*. Washington, DC: 2005, http://www.cspinet.org/nutritionpolicy/Nutrition_Labeling_Fast_Food.pdf (accessed October 14, 2006).

¹⁵ Burton, S. et al, (2006), consumer reaction to chef's salad.

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- ¹⁶ Wootan, M. G., M. Osborn, and C. J. Malloy. "Availability of Point-of-Purchase Nutrition Information at a Fast-Food Restaurant." *Preventive Medicine* (Aug 24, 2006).
- ¹⁷ Wootan, M. G. and M. Osborn. "Availability of Nutrition Information from Chain Restaurants in the United States." *American Journal of Preventive Medicine* 30, no. 3 (Mar, 2006): 266-268.
- ¹⁸ Keystone Forum. Away-from-home foods: Final report released by the keystone forum. 2006. *Health Care Food & Nutrition Focus* 23, (9) (Sep): 10-12.
- ¹⁹ Burton, S. et al (2006).
- ²⁰ American Dietetic Association. *Nutrition and You: Trends 2000 Survey* (2000). <http://www.eatright.org/ada/files/trends02release7.pdf> (accessed October 19, 2006).
- ²¹ Neuhofer, M. et al. "Use of Food Nutrition Labels is Associated with Lower Fat Intake." *Journal of the American Dietetic Association* 99 (1) (1999): 1, pp. 45, 50, 53. *See also*, S.Y. Kim, R.M. Nayga, and O. Capps, "The Effect of Food Label Use on Nutrient Intakes: An Endogenous Switching Regression Analysis," *Journal of Agricultural Resource Economics* 25 (2000): 215-231.
- ²² Global Strategy Group. Study Conducted for the Center for Science in the Public Interest. "Public Support for Menu Labeling at Chain Restaurants," Sep 2003 http://www.cspinet.org/new/pdf/census_menu_board_question.pdf (accessed October 14, 2006).
- ²³ Jacoby, Jacob, Robert W. Chestnut, and William Silberman. "Consumer use and Comprehension of Nutrition Information." *The Journal of Consumer Research* 4, no. 2 (Sep., 1977): 119-128. O'Dougherty, M., L. J. Harnack, S. A. French, M. Story, J. M. Oakes, and R. W. Jeffery. "Nutrition Labeling and Value Size Pricing at Fast-Food Restaurants: A Consumer Perspective." *American Journal of Health Promotion: AJHP* 20, no. 4 (Mar-Apr, 2006): 247-250, at 247.
- ²⁴ Testimony of Lynn Silver, Assistant Commissioner, New York City Department and Mental Hygiene, before the New York City Council Committee on Health Regarding the Obesity Epidemic, 2006, <http://www.nyc.gov/html/doh/html/testi/testi20040504silver.shtml> (accessed October 17, 2006).
- ²⁵ New York City Department of Health and Mental Hygiene and Administration for Children's Services/Head Start. *Obesity in Early Childhood*. Vol. 52006, <http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2006childobesity.pdf>.
- ²⁶ Ness-Abramof, R. and C. M. Apovian. "Diet Modification for Treatment and Prevention of Obesity." *Endocrine* 29, no. 1 (Feb, 2006): 5-9. *See also*, U.S. FDA/CFSAN, *Counting Calories*, at p. 3.
- ²⁷ Fourteen states, the District of Columbia, the U.S. Senate, and the U.S. House of Representatives have introduced legislation that would affect chain restaurants.
- ²⁸ State of New York Health Department. *Strategic Plan for Obesity and Overweight Prevention*. Albany, NY: December 20, 2004, http://www.health.state.ny.us/prevention/obesity/strategic_plan/docs/strategic_plan.pdf (accessed October 18, 2006). *See also*, Silver, Testimony.
- ²⁹ U.S. Department of Health and Human Services (DHHS). *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*. Rockville, MD: DHHS, Public Health Service, Office of the Surgeon General, 2001, <http://www.surgeongeneral.gov/topics/obesity/calltoaction/CalltoAction.pdf> (accessed October 17, 2006). *See also*, U.S. FDA/CFSAN, *Counting Calories*, at Box 1 – Facts and Figures on Overweight and Obesity.
- ³⁰ Morrill, A. C. and C. D. Chinn. "The Obesity Epidemic in the United States." *Journal of Public Health Policy* 25, no. 3-4 (2004): 353-366.
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- ³² U.S. DHHS. *Overweight and Obesity: Health Consequences*. Washington, DC, http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_consequences.htm (accessed October 14, 2006).

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- ³³ U.S. DHHS. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*, 2001, at p 1.
- ³⁴ U.S. DHHS, CDCP. *Overweight and Obesity: Frequently Asked Questions (FAQs)* 2006, <http://ezproxy.library.nyu.edu:2794/nccdphp/dnpa/obesity/faq.htm#adults> (accessed October 17, 2006).
- ³⁵ U.S. FDA/CFSAN. *Counting Calories*, 2004.
- ³⁶ State of New York Health Department. *Strategic Plan for Obesity and Overweight Prevention*. at p. 42.
- ³⁷ *Idem*.
- ³⁸ New York City Department of Health and Mental Hygiene. *NYC Vital Signs*, Vol. 4, No. 2, 2005, <http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2005obesity.pdf> (accessed October 17, 2006).
- ³⁹ Silver, Testimony.
- ⁴⁰ New York City Department of Health and Mental Hygiene and Administration for Children's Services/Head Start. *Obesity in Early Childhood*. Vol. 5, 2006, <http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2006childobesity.pdf> (accessed October 17, 2006).
- ⁴¹ State of New York Health Department. *Strategic Plan for Obesity and Overweight Prevention*. at p. 26

Resolution Comments - Fwd: Trans-fat free and low in saturated fats

From: <ALWVIEW@aol.com>
To: <RESOLUTIONCOMMENTS@health.nyc.gov>
Date: 10/30/2006 8:29 AM
Subject: Fwd: Trans-fat free and low in saturated fats

I hope you have a very productive and fruitful meeting today. I am sorry that I have commitments in the Philadelphia region that prevent my attending. A couple of the bakeries that have tested our product may be represented at your meeting. I look forward to news about how it goes. Again, Eger Crystal Oils are trans-fat free and low in saturated fats. The mixture of oils and other ingredients is flexible enough that the right taste combination and health concerns can be addressed.

Sincere Regards,

Alan Weintraub
301 Ironwood Circle
Elkins Park, Pa 19027
alwview@aol.com
215-885-1978

Trans Fats and Cardiovascular Health

Dariush Mozaffarian, MD DrPH FACC FAHA

Harvard Medical School and Harvard School of Public Health

I am a cardiologist at Harvard Medical School and an epidemiologist at the Harvard School of Public Health. I would like to thank the NYC Dept. of Health for the opportunity to speak at this hearing.

Harmful effects of trans fats on blood cholesterol levels are clearly established: trans fats increase the “bad” LDL cholesterol and decrease the “good” HDL cholesterol. Trans fats also affect other important risk factors for cardiovascular disease. Studies in humans demonstrate that trans fats increase inflammation in the body, a potent risk factor for CVD, diabetes, and other diseases. Trans fats also decrease the health of the endothelium, the cells lining the arteries of the body which are essential to cardiovascular health. Studies in primates demonstrate that trans fats cause weight gain, especially increasing abdominal fat which has the greatest metabolic consequences, and worsen insulin resistance, the precursor to diabetes.

Based on these powerful adverse effects of trans fats on risk factors, one would expect powerful harmful effects on disease outcomes. Indeed, this is exactly what is seen. In large studies involving over 140,000 participants, trans fat consumption is consistently associated with increased risk of CHD. Importantly, the risk is seen at very low levels of trans fat consumption. These studies have spanned a range of populations and cultures, including studies in the U.S., Europe, Australia, and Central America.

When we combined the evidence, there was 23% higher risk of CHD for each 2% of calories from trans fat. This is staggering. 2% of calories represents 40 calories for an average 2000 cal/day diet – calorie-for-calories, trans fats are the most harmful nutrient in our diet. Some of the most powerful heart medications we have, cholesterol-lowering statin drugs, lower CHD risk by ~ 25%. So, 40 calories of trans fat nearly cancels out the benefits of some of the most powerful medications we have, and many people eat much higher levels of trans fats. This level of risk is much higher – much higher – per calorie than for saturated fat.

Based on this evidence, we calculated estimates of the impact of artificial trans fat consumption on CHD events in the U.S. By the most conservative estimates, based only on the effects of trans fats on blood total cholesterol and HDL cholesterol levels, 6% of heart attacks in the U.S. are due to the consumption of artificial trans fats. In NYC, this corresponds to ~1400 deaths from heart attacks each year. This is a remarkably high percentage, given that heart attacks are the number one cause of death in the U.S.

Importantly, this is likely an underestimate, given the harmful effects of trans fats on many other risk factors beyond total cholesterol and HDL cholesterol levels. Based on the relationship between trans fat consumption and CHD risk seen in human studies,

which may better account for the total harmful effects, up to 22% of heart attacks may be due to consumption of artificial trans fats.

Whether the true effect is 6% or as high as 22%, artificial trans fats are a dangerous additive in our food supply. Artificial trans fats have no nutritional value, have great potential for harm, and can be easily replaced by natural fats and oils without compromising food taste, price, or availability.

The strength of the evidence, and the magnitude of the health risks, for artificial trans fats are greater than for other food contaminants or pesticide residues which are already appropriately regulated to very low levels. As a matter of food safety, I strongly support the NYC initiative to eliminate the use of artificial trans fats by restaurants.

From: "Judy Dausch" <judy.dausch@heart.org>
To: <Resolutioncomments@health.nyc.gov>
Date: Thu, Nov 2, 2006 10:28 AM
Subject: Comments from the American Heart Association on the Trans Fat Proposal

Dear Lynn,

As we discussed, the American Heart Association is submitting the attached comments in response to the recent proposal to restrict trans fats in restaurants. Please let this corrected version replace the earlier document that was submitted on Friday, Oct. 27th. Thank you for considering our comments, and we are always available to talk further about our mutual goal to reduce the risk of heart disease.

Judy Dausch <<AHA Comments on NY City DOHMH Trans Fat Proposal 11-02-06 (4).doc>>

Judith G. Dausch, Ph.D., R.D.
Regulatory Relations Manager
Department of Advocacy
American Heart Association
National Center
1150 Connecticut Ave., NW Suite 300
Washington, DC 20036
Tel. (202) 785-7941
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judy.dausch@heart.org <judy.dausch@heart.org%20>

CC: <lsilver@health.nyc.gov>

**American Heart Association
Comments and Recommendations
New York City Department of Health and Mental Hygiene
Proposed Ban
Trans Fat in New York City Restaurants
October 2006**

Introduction

The American Heart Association appreciates the opportunity to submit its written comments to the New York City Board of Health with regard to the current proposal (Article 81 of the New York City Health code) that would restrict the service of products containing artificial trans fat at all food service establishments in its jurisdiction.

The American Heart Association and American Stroke Association represent 22.5 million volunteers and supporters. We are dedicated to reducing disability and death from cardiovascular disease (CVD) and stroke. However, in spite of enormous gains over the past 50 years, cardiovascular diseases, including stroke remain the No. 1 killer of adults in the United States.

The mortality and morbidity rates for CVD still startle. Nearly 2,500 Americans die each day – an average of one death every 35 seconds. Heart disease and stroke remain the first and third leading causes of death, respectively, for both men and women in the United States. More than half of men and nearly 40 percent of women will develop cardiovascular disease during their lifetime.

A healthy diet coupled with regular physical activity and smoking cessation can reduce the risk of CVD. “Learn and live” is the motto of the American Heart Association and the American Stroke Association. That means we must make more people aware of the very real health risks posed by consuming trans fat in our homes and restaurants, awareness that will help them to make healthy choices.

A Balanced, Phased-in Approach to Reduction

Many well-designed and reputable scientific studies have unequivocally identified trans fat (primarily partially hydrogenated vegetable oil) intake as an important risk factor for the development of CVD. Unfortunately, consumers – even those aware of the relationship between trans fat consumption and heart disease – often do not know if trans fat is present in their food. This is particularly true in restaurants, which are not required to list the amount of trans fat in the meals they serve. By contrast, packaged foods found in grocery stores carry “Nutrition Fact” labels that show the amount of trans fat per serving, facilitating choice.

Although there has been a notable decline in trans fat in the past twenty years, consumption of trans fat is still too high. The American Heart Association applauds the

15-month “Trans Fat Education Campaign” that the New York Department of Health and Mental Hygiene launched in August, 2005. It was commendable to encourage restaurants to voluntarily remove partially hydrogenated vegetable oils from their kitchens. That effort formed an excellent foundation upon which the public health community can build and mount a more aggressive campaign against trans fat consumption.

The American Heart Association is concerned that the ban of trans fat in restaurants in its current form may not be the best course of proposed action. We believe it would be prudent to approach this change in a sufficiently gradual fashion to ensure that the supply chain can keep up with a substantial increase in demand. We are concerned that there is the potential for unintended and adverse consequences, such as restaurants returning to the use of oils high in saturated or animal-based fat if healthier oils are in short supply. Despite everyone’s best intentions, this proposal has the potential to divide the community which should be partnering in this important fight against CVD.

As we attempt to address these concerns, the American Heart Association encourages the Department to include and/or strengthen provisions in the proposed regulations that would do the following: ensure that there would be no substitution with less-healthy oils; provide for exemptions for restaurant operations if there is a disruption or lack of availability of healthier oil alternatives; and allow time for the restaurant industry to receive specific guidance on which cooking oils to use and how to incorporate them and trans fat-free shortenings into their menu and food preparation processes. The timeline for the implementation of the regulation needs to take these practical concerns into consideration.

Practical Supply Chain Issues & Functionality

The mandatory switch to “trans fat free” oils, such as low linolenic soybean oil and canola oil, would place a sudden demand on suppliers. An adequate supply of oils and shortening is dependent on seed growing time, processing capacity, advancements in food technology, and federal regulatory approval. In addition, consumer testing and reformulation of a menu item can be difficult and can take time to complete. All of this takes time.

Requiring restaurants to use trans fat free oils could lead them to use alternative oils, such as those high in saturated fat. These unhealthy substitutes also pose important heart health risks. Any proposed regulations should be written to recognize and address the relative cardiovascular risk posed by both trans fat and saturated fat.

We also need to acknowledge the economics of production, supply and demand. Market factors may lead to increased costs associated with obtaining healthier cooking oils and shortening alternatives.

Guidance to Restaurants

Restaurants can and should be our partners from the start in the campaign to reduce trans fat consumption and improve the health of the people of New York City—the customers on whom their businesses depend. One way we can engage the restaurants in this important mission is to provide them with specific and tailored guidance they need to remove artificial trans fat from the products they make and serve. Although restaurants represent the highly visible end of the food chain, we should also recognize that the challenge of delivering trans fat-free products extends throughout the broader food chain.

Important operational issues must be addressed if we are to be successful in reducing trans fat in restaurant food. For example, restaurants are now finding that reformulating their menu items does not yield to one single solution. They will require time and guidance on the use of the portfolio of oils and other fats that will be developed to meet the needs for frying and baking in their establishments. Indeed, chefs and the food preparation staff may have to re-learn parts of their trade. Restaurants will also need education on how to manage newer products, e.g., oil fry life.

Even when restaurants switch to trans fat free oils, there is still the challenge of finding enough supplies of food items that are free of trans fat because some menu items may have been “par-fried.” For example, French fries are often par-fried, or fried in partially hydrogenated oil by food manufacturers and sold to restaurants for final preparation. Thus, the presence of trans fat in foods may be unknown to restaurants, depending on whether they incorporate pre-prepared food items on their menus. This may be harder for the New York City Department of Health to regulate, but it is still an important part of reducing this key CVD risk factor.

Conclusion and Summary

The American Heart Association agrees with the New York City Department of Health and Mental Hygiene that trans fat consumption in restaurants should be reduced. A growing body of evidence suggests that a decrease in trans fat consumption will lead to an overall lower risk of CVD.

The American Heart Association believes that a long-term, comprehensive strategy on trans fat – one that includes an adequate period of phase-in – is most likely to achieve this goal. The strategy we envision involves consumer education and collaboration among nutrition scientists, food technologists and chemists, food manufacturers, restaurant professionals, processing industries, distributors and government and regulatory staff. Bringing all of these stakeholders to the “restaurant table” would maximize the chance for a successful trans fat reduction.

We greatly appreciate your attention to this important public health issue and would like very much to talk with you further about this. For questions or additional information, please contact Megan Lozito at 214-706-1359.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Andrea Brekke <amb388@nyu.edu>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 5:33 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Andrea Brekke
Email amb388@nyu.edu
Address 120 West 73rd St
City : New York
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Sheryl Larsen <slarsen4@netzero.net>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 11:15 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It seems reasonable to limit trans fats as there are enough healthy fats to choose from. The health of the general public is worth the effort to make this happen. :).

Sincerely,

Name : Sheryl Larsen
Email slarsen4@netzero.net
Address 8831 Ft. Hamilton Pkwy
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jerry Silianessis <jnessis@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 10:41 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I hope NEW YORK CITY can continue to lead by example and make changes for the betterment of humanity...After all, NYC is the melting pot of society and a change here can affect change throughout the rest of the country and world. Thank you. .

Sincerely,

Name : Jerry Silianessis
Email jnessis@yahoo.com
Address 32 Sears Place
City : Wayne
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jill Merritt <jamerritt@aol.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 10:22 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As African American I am deeply concern over the numerous health issues that affect my community that does not affect other communities to the same degree. Alot of which I cannot control as they are genetic and culturally related. I want to excersize my choice in wheather or not to eat transfat in my food. I do not want the choice made for me. Restaurants need to become even more responsible to their public. I no longer want to pay the hefty price of eating out with my health. .

Sincerely,

Name : Jill Merritt
Email jamerritt@aol.com
Address 15 Park Place
City : Brooklyn
State : New York

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Lenore Blake <rblake@snet.net>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 10:08 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

As a frequent visitor to N.Y. restaurants I support efforts to eliminate trans fats .

Sincerely,

Name : Lenore Blake
Email rblake@snet.net
Address 46 Prospect St
City : Torrington
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Ellen Procope <ellenprocope@aol.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 9:03 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Also, restaurants should post the health benefits of not eating trans fats. .

Sincerely,

Name : Ellen Procope
Email ellenprocope@aol.com
Address 18 S. Ronald Dr.
City : Amityville
State : N.Y.

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: JAY TRAN <OM_66@HOTMAIL.COM>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 8:00 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : JAY TRAN
Email OM_66@HOTMAIL.COM
Address 229 ST JOHNS PL
City : BKLYN
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Phyllis DiDonato <Phylliskodner@AOL.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 10:33 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I am writing on behalf to request that restaurants and vendors STOP using hidden artificial trans-fats in ALL restaurants including fast food chains where our children like to eat: McDonalds, Wendy's, Burger King, Taco Bell, and Kentucky Fried Chicken establishments. This is causing serious health issues affecting the lives of many adults, young adults and young children. It is also escalating unnecessary medical health costs. Clinical studies confirm the unnecessary deaths caused by Trans Fat. I respectfully submit this petition to restrict Trans Fat from all restaurants immediately. Sincerely, Phyllis DiDonato .

Sincerely,

Name : Phyllis DiDonato
Email Phylliskodner@AOL.com
Address 20 Notus Ave
City : SI
State : NY

From: "Rachel Meltzer" <rachel.meltzer@gmail.com>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Tue, Oct 31, 2006 1:19 PM
Subject: regarding trans fats

Attached is a letter for your review. Thank you.

Rena Bryant
Secretary to the Board of Health
125 Worth Street CN-31
New York, NY 10013

Dear Members of the New York City Board of Health:

As a resident of New York City, I urge you to support the Department of Health and Mental Hygiene's recommendation to limit the amount of trans fat in restaurant food and to require certain restaurants to list calories on menus.

Trans fat promotes heart disease, killing roughly 50,000 Americans each year. Many restaurant foods contain far too much trans fat. A three-piece Extra Crispy combo meal (with a drumstick, two thighs, potato wedges, and a biscuit) at KFC contains a staggering 15 grams of trans fat. The American Heart Association recommends that people eat no more than 2 grams of trans fat per day.

People have gotten used to having nutrition information on packaged foods in grocery stores and have a right to know what is in their food in restaurants. Without clear, easy-to-find nutrition information, it is difficult to make informed choices at restaurants. Otherwise how can you know that a tuna fish sandwich has 50% more calories than a roast beef sandwich? Or that a small chocolate milkshake at McDonald's has more calories than a Big Mac?

The Department of Health's recommendation to both limit trans fat in restaurant foods and to require calorie disclosure on menus in certain restaurants are excellent steps toward helping New Yorkers watch their weight and reduce their chances of getting heart disease. Please support these important health measures.

Sincerely,

Rachel Meltzer
New York, NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Cheryl Spinaci <spin110@verizon.net>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 11:02 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

It's time to stop deceiving the public about what they're really eating and educate them about the negative consequences that are inevitable if eating habits do not change. .

Sincerely,

Name : Cheryl Spinaci
Email spin110@verizon.net
Address 8811 63rd Drive - # 601
City : Rego Park
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Patricia Vaughn <pvaughn@optonline.net>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 10:23 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Patricia Vaughn
Email pvaughn@optonline.net
Address 45 Pine Street
City : Port Jefferson
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Jessica DeAcetis <deacetis@gmail.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 7:49 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Jessica DeAcetis
Email deacetis@gmail.com
Address 161A Asharoken Ave.
City : Northport
State : NY

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Alicia Castellano <ali_castellano@hotmail.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 7:32 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

Sincerely,

Name : Alicia Castellano
Email ali_castellano@hotmail.com
Address PO Box 56142
City : Houston
State : TX

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Beth Eckhaus <beth_eckhaus@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 7:03 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

Please include my comments as testimony in support of the proposals to add § 81.08 and §81.50 to Article 81 of the NYC Health Code. I understand that § 81.08 would restrict the serving of products containing artificial trans fats in NYC restaurants. §81.50 would require restaurants that make nutritional information available to post caloric information for individual items on menu boards and menus. This would enable consumers to make informed choices among such items at the time of ordering.

I fully support this effort and really hope that it goes through ... if it can be done in NYC, it can be done in every city across the country ... even Washington, DC! Thank you for your attention to this matter and I look forward to your success at getting this passed and improving the health of the nation! .

Sincerely,

Name : Beth Eckhaus
Email beth_eckhaus@yahoo.com
Address 3811 Veazey St., NW
City : Washington
State : DC

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Linda Ruggiero <luggiero@verizon.net>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 5:45 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Linda Ruggiero
Email luggiero@verizon.net
Address 78 Morning Watch Rd
City : Wayne
State : NJ

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Emily Bowe <etb722@yahoo.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 4:58 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Emily Bowe
Email etb722@yahoo.com
Address 321 Hayes St.
City : Hollywood
State : FL

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Karolyn Franz <midgie@gettingabetterlife.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 4:14 PM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Karolyn Franz
Email midgie@gettingabetterlife.com
Address 469 Massachusetts Ave
City : Lexington
State : MA

From: VINCENT LAMARCA <v.lamarca@verizon.net>
To: <RESOLUTIONCOMMENTS@HEALTH.NYC.GOV>
Date: Tue, Oct 31, 2006 3:51 PM
Subject: Yes to Calorie Labeling in Restaurants

I support the regulatory requirement of posting calorie information on menu boards. This will give consumers some idea of the calorie content of foods.

Sincerely,
Vincent La Marca
1863 85th St., Apt. A
Brooklyn, NY 11214-3100
(718) 259-1086

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Phyllis DiFiore <phylliscalabria@cox.net>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 11:53 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : Phyllis DiFiore
Email phylliscalabria@cox.net
Address 150 Windmill Hill
City : Wethersfield
State : CT

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: SUZANNE ROBBINS <rbsuzy@optonline.net>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 11:39 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

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Sincerely,

Name : SUZANNE ROBBINS
Email rbsuzy@optonline.net
Address 122 bristol dr
City : woodbury
State : ny

Resolution Comments - Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

From: Joan Sherwood <jsherw6704@aol.com>
To: <resolutioncomments@health.nyc.gov>, <worksgeorge@gmail.com>
Date: 10/31/2006 11:37 AM
Subject: Support proposal to add §81.08 and §81.50 to Article 81 of the NYC Health Code

Dear Ms. Bryant,

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The goal of each individual is to contribute to the preservation of humanity. Transfat is contrary to the good of humankind and does not serve a beneficial purpose, therefore it should be banned from all foods. .

Sincerely,

Name : Joan Sherwood
Email jsherw6704@aol.com
Address 725 East 21 Street
City : Brooklyn
State : NY