



THE UNIVERSITY OF  
**TOLEDO**  
*College of Health  
and Human Services  
Department of Public Health  
and Rehabilitative Services*

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September 29, 2003

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

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Toledo, Ohio 43606-3390  
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To Whom It May Concern:

Obesity rates in the United States rose dramatically over the past decade. Americans are consuming too many calories, and they are not getting enough physical activity to burn off the excess calories. According to data from the United States Department of Agriculture (USDA), Americans are consuming twice as much added sugar in our diets as what is recommended. However, many Americans are unaware of how much added sugar they are consuming in their daily food and beverage selections.

I am writing to you because I am concerned about the Nutrition Facts label placed on products. There has not been an established "Percent Daily Value" for added sugars placed on the label. I would like the FDA to set a "Percent Daily Value" for added sugars, including grams per serving and percent Daily Value. Ideally, I would like to see this value set at 40 grams, the equivalent of 10 teaspoons, because it is the USDA's recommended limit for a 2000-calorie diet. Placing a "Percent Daily Value" on the Nutrition Facts labels will allow consumers to be more informed on the products they choose to consume.

Sincerely,

A handwritten signature in cursive script that reads "Judy Murnan".

Judy Murnan, MPH  
Graduate Student in Health Education

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