



DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service

Food and Drug Administration
Washington, DC 20204

12 March 1999

Allison Yates, Ph.D., R.D.
Director
Food and Nutrition Board
Institute of Medicine
National Academy of Sciences
2101 Constitution Avenue
Washington, DC 20418

Dear Dr. Yates:

As you know, section 303 of the Food and Drug Modernization Act of 1997 (FDAMA) provides for the use, on the label or in labeling of foods, of a health claim based on an authoritative statement from a federal scientific body of the National Academy of Sciences (or any of its subdivisions). We have received a notification under section 303 of FDAMA that identifies the following statement from *Diet and Health: Implications for Reducing Chronic Disease Risk* (National Research Council, National Academy of Sciences, 1989) as an authoritative statement:

Diets high in plant foods--i.e., fruits, vegetables, legumes, and whole-grain cereals--are associated with a lower occurrence of coronary heart disease and cancers of the lung, colon, esophagus, and stomach.

This statement appears on page 8 of the cited report and was submitted as the basis for a claim about the relationship between low fat diets rich in whole grain foods and other plant foods and heart disease and certain cancers.

To assist FDA in its evaluation of this statement, we would appreciate the Academy's comments on whether the statement meets the requirements of section 303 of FDAMA.

Sincerely,

Christine J. Lewis, Ph.D., R.D.
Special Assistant
Office of Special Nutritionals
Center for Food Safety and Applied Nutrition

99P-2209

LET 1