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Erin Inglet
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Dear Mr. Thompson:

I was very pleased to learn about the efforts being made to include trans fats on the nutrition label. Heart disease runs in my family. Currently, my mother and father are making special note of what is on a nutrition label to ensure that their cholesterol is maintained within healthy limits. Including trans fats will do more to assist them in choosing foods that will not raise their cholesterol. However, having the label plainly state that a food either contains trans fats or does not contain trans fats may not be enough information.

I am a student studying dietetics at Utah State University. I have learned in my nutrition classes that trans fats are similar to saturated fat under the idea that both may increase LDL cholesterol. In order for a person to eat healthy, it is recommended that he or she consumes 20 grams of saturated fat at the most. Nutrition labels inform the consumer what percent of those 20 grams of saturated fat the food may contain. If saturated fat and trans fat are similar in nature, it would make sense to inform the consumer of the percent of trans fat that the food contains in relation to the recommended daily amount for a healthy diet. As a dietetics student, I know what trans fats are and what they do, but I do not know how much is too much in a diet. Most people that I have talked to do not know how much is too much either. Therefore, I suggest that in addition to including trans fats on the nutrition label, there should be a comparison of the amount of trans fats in a food to the recommended daily amount for a healthy diet. As a result, consumers who are concerned about eating a heart healthy diet are given better direction on which foods to choose that are low in trans fats so that they can live healthier lives.

Thank you for your considerations to these suggestions.

Sincerely,



Erin Inglet
Utah State University Dietetics Student

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