

COLEGS-COLE



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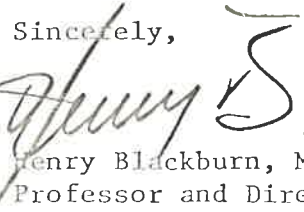
Dear Colleagues:

I have "enjoyed" reading the publications of the newly formed American Council of Science and Health of which you are a leading part. It seems to be the most prestigious organized group so far gathered to do battle against National Dietary Goals.

Naturally, I am wondering how such respected and admired and informed colleagues could be "cosignatories" to pamphlets I have read from that organization and to such statements as those in the April editorial that, "There is no evidence that current levels of consumption of cholesterol, saturated fats and sugar contribute to any disease in an otherwise healthy person. Over consumption of any food is a problem. There is no reason to separate out these nutrient categories. It would seem prudent for our regulatory agencies to limit their advice or guidelines where the link between environmental factors and the risk of disease is well established." I can't imagine that your scientific evaluation of the evidence indicates no contribution of the diet quality or composition!

The basic thrust of your message seems to be that caloric overconsumption is the main problem in the affluent world. Maybe. You will be interested by Ancel Keys' latest analysis of our Seven Countries findings published last month by Harvard University Press. I am taking the liberty of forwarding you his interesting interpretation of the data on obesity and overweight.

I'm sure you will not mind if I pull your leg and tweak your ear from time to time about editorial contributions from your new and "exciting" organization.

Sincerely,

Henry Blackburn, M.D.
Professor and Director

cc: Elisabeth Whelan
encl. Chapter 10 - Seven Countries book

copy sent to...
Health Sciences