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August 16, 1977

RECEIVED

AUG 19 1977

LAB OF PHYSIOLOGICAL
HYGIENE

Henry Blackburn, M.D.
Professor of Medicine
University of Minnesota
School of Public Health
Laboratory of Physiological Hygiene
Stadium Gate 27
Minneapolis, Minnesota 55455

Dear Henry:

Enclosed you will please find a copy of McGovern's answer. It is unbelievable; they are not in a position to debate Dr. Mickelsen's findings and therefore, they will continue to promote the "High Bread Diet" for weight reduction. There is certainly nothing I can do about it, but if you feel we should do something in this respect, please let me know.

With kind regards.

Cordially yours,



S. Heyden, M.D.
Professor

SH/cb
Encl.

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United States Senate
SELECT COMMITTEE ON NUTRITION AND HUMAN NEEDS
(CREATED PURSUANT TO S. RES. 281, 90TH CONGRESS)
WASHINGTON, D.C. 20510

August 4, 1977

S. Heyden, M.D.
Community Health Sciences
Duke University Medical Center
Duke Comprehensive Cancer Center
200 Atlas Street
Durham, North Carolina 27705

Dear Dr. Heyden:

Senator McGovern asked me to respond to your second letter written in reference to your lengthy comments concerning the Dietary Goals report. Other staff members and I are in the process of reviewing all comments sent to us with an eye to possible revisions in the report, as well as to the publication of the responses in a separate companion report.

We have as yet made no decisions with respect to the changes that may be made in the report. However, I can partially comment on the points you have raised.

First, I am not in a position to debate Dr. Mickelsen's findings. I do know that at least in one of his bread eating experiments, he used a low calorie, high fiber product. More generally, excess caloric intake, whether it is bread, refined sugars or fat, is going to cause obesity. Weight reduction requires either eating fewer calories or maintaining one's calorie intake while increasing one's caloric expenditure.

As you know, the Dietary Goals report sets forth a total diet concept appropriate for the general population, including the obese. The report does recommend an increase in carbohydrate consumption, particularly complex carbohydrates which can include whole wheat breads. We believe such a diet can help in weight control.

Your concern over bread consumption would seem to

be tied to the workmen's diet. Obviously, when one is eating only 700 calories a day, then there might be reason for concern over whether one is receiving a balanced diet if bread is consumed as a relatively significant portion of that diet.

Second, it is my understanding that Ms. Weir, who is responsible for the table in Appendix A, is at present updating that table. If it is completed in the near future, it would be included as a revision in the report.

We thank you for your continued interest and look forward to any ideas you might have for increasing its distribution.

Sincerely,



Chris Hitt
Staff Member