

Dear Ms Baich:

concerned

Chocolate was long a ~~matter of concern~~ to cholesterol watchers because it is high in fat ~~and that fat is largely~~ of the saturated type. However, stearic acid is the major saturated fatty acid in chocolate and we found in controlled experiments ^{some years ago} on man that chocolate, or other sources of stearic acid, have ^{no} effect on the blood cholesterol ^{level.} This finding explains some puzzling results published by others ~~and now~~ our discovery that chocolate is without effect on the blood cholesterol has been confirmed in other laboratories. So in your concern about cholesterol you may happily forget about chocolate.

significant
Sincerely,

Ancel Keys, Prof. Emer.