

July 15, 1968

Mr. Leonard Cook
American Heart Association
44 East 23rd Street
New York, New York 10010

Dear Len:

I call your attention to the AHA diet statement of May 15, accepted without any discussion by the Board (Exhibit C, Appendix A). Presumably small wording or emphasis changes could be made without delaying its issue and the points I consider worth changing are listed below. If these changes would jeopardize its release I don't believe we should insist on them.

One might object to or modify these statements:

- 1) "physical inactivity" a proven association of CHD
- 2) "less than 40% of calories from fat" might be made into a positive statement of 35-40% fat calories, etc.
- 3) The vagueness of the admonition against "excessive use of sugar"
- 4) The vagueness on recommendations for the young and the pregnant.
- 5) Use of the Yudkin reference.
- 6) The careless language of "There is a growing probability that suitable measures will reduce the incidence . . ." etc.
- 7) The entity of "familial coronary heart disease"
- 8) "Dietary habits represent only one important risk factor," etc. Elimination of only would make the statement a positive one and be as correct.

I wonder if the only 2 citations of actual diet experiments being those of the chairman are appropriate in a bibliography that could go several hundreds of references.

Regards,

Henry Blackburn, M. D.

HB/rk

c. c. F. Epstein, J. Stamler