

UNIVERSITY OF MINNESOTA
TWIN CITIES

Laboratory of Physiological Hygiene
School of Public Health
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FILE COPY

April 9, 1980

Elwood W. Speckmann, Ph.D.
Director
Nutrition Research
National Dairy Council
6300 North River Road
Rosemont, IL 60018

Dear Mr. Speckmann,

Your letter inquiring about our sticker, "ice cream is about 12% saturated fat", used in a nutrition education program in Minneapolis has been forwarded to me by the Minnesota Heart Association as the Principal Investigator. Your point is well taken and we have removed this sign from our educational displays.

As we consider the educational issue of fat content in ice cream in the future it may make more sense to consider its composition in total calories rather than weight. Regular ice cream would be about 49% total fat and 27% saturated fatty acids. About 65% of the total calories in rich ice cream would be fat and 36% of its total calories are from saturated fatty acids.

Thank you for bringing the error to my attention. The purpose of the educational materials is not to discourage the use of dairy products. Rather, it is to encourage the use of the many lower fat dairy products on the market.

Please feel free to contact me if you desire additional information.

Sincerely,

Robert W. Jeffery, Ph.D.
Assistant Professor

RWJ:pn