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? 2006

Dear Henry,

Well, I started this months ago, People you mentioned brought back memories of things I hadn't thought about for years. But then it seemed pretty trivial and I lost interest but now maybe I'll send it off anyway.

It provokes me now that I never kept any records or any of my papers or correspondence. I have now recollection of how many House or Senate committee hearings there were where I testified or just sat in. In one Jerry Cassidy- he was one of the McGovern staff and now runs Cassidy & Associates in D.C.- told me he had never heard better testimony. So I wish I knew who they were and what I said.

If the Chairman was sympathetic we had a good hearing; if not they practically ignored us. There was one where Phil Handler, Bob Olson and Alf Harper testified for several hours and then the Chairman said it was getting pretty late so would we keep what we had to say short. We did and that was the end. One of his staff came and apologized and said "you have to realize that the Senator represents (who ever it was) I think the Iowa Beef Producers.

In another, the Beef Producers demanded hearing after the Dietary Goals were published. They went on for a few hours about how stupid the Goals were, no evidence, etc. Finally only Bob Dole of the Committee was left. He stood up and said something like "Look, I've dome this, and this for you. If you think everything I do has to have your approval, I don't know that I want to represent you anymore". That really stopped everything. Too bad Dole was in the wrong party. Obviously the Dietary Goals were no

political advantage for those from the Midwest like McGovern and Dole. In McGovern's autobiography he never mentioned the Goals or the committee.

Bob Levy. He called once and asked if I would come out to see him. Jack Iacono and I went out to see him and had a pleasant conversation for about 20 minutes. I said to Jack, I wonder what that was all about. It turned out that Jean Mayer had offered him a job. Jean said he came up and looked everything over and said, "Well, I need this and this, etc". Jean said, "Well, that's up to you to get what you need". So he didn't stay. The life at the national labs is pretty easy; they don't appreciate what we had to do. However, I was raised in the easy days when most applications were approved. When I was Chairman of the Nutrition Study Section, there was one occasion when we turned down three applications, I think. I called the Section back for an hour to be sure we hadn't been too tough. Later I became an Established Investigator which made it even easier.

Don Fredrickson. I think it was he that inadvertently produced the job I had at the USDA. I believe that he testified before the Ag Committee (McGovern Chairman) that he didn't think the NIH or he should take a position on the Dietary Goals; that that might bias their research. I think that upset McGovern or his staff so the Ag Bill that year told the USDA to upgrade Nutrition to higher position and specified that the USDA was the agency primarily responsible for nutrition except clinical nutrition. The latter was almost silly considering the amount of money NIH had in Nutrition and the USDA had no really viable grant system. However, they did create the Administrator of Human Nutrition that I became. This was at the third level below the Secretary.

When it comes right down to it, the USDA has little interest in Nutrition but they have the

School Lunch, etc., a lot of money there- so they have to pay attention. But nutrition research, particularly then, was seen as inconsistent with the USDA support of agriculture. More later.

Strangely enough I looked in a drawer that I haven't examined since I moved over here and find a clipping from the New York Times about a report by the Dietary Allowance committee that was never accepted by the Academy. It's dated October 1985 so this was about the time your committee started meeting, I guess. I had simply forgotten about it but after Phil told me that the FNB would never accept "that kind of nonsense" he obviously started out to set the record straight. He appointed a Board of people that were already on record of opposing the Guidelines who published the report you called "a big zero". Then he appointed a Dietary Allowance Committee headed by Henry Kamin, one of his boys from Duke. I can remember reviewing the report that recommended lowering the Allowances of several nutrients and sending in a negative review. It is relevant that Frank Press was President of the Academy. I find that Phil died in 1981. Sounds to me as though there was considerable argument within the Academy, otherwise your committee would probably have been under the Food and Nutrition Board if Phil Had been the president or never would have been appointed. That period between the publication of the Dietary Guidelines and your report practically ruined the Academy as a force in Nutrition.

(NAS/NRC)

The recent reports of the RDA committee, now called The Dietary Reference Intakes, in several volumes, are so complicated that they are almost useless. Unnecessarily so. So the Dietary Guidelines become the only useful standard even though we need some kind of standards for the specific nutrients.

Ernst Wynder. I think I met Ernst at the first hearings on the Dietary Goals. I was at several meetings at his place in New York.

later. That's where I met your friend Puska. Ernst gave me his award and when the Reagan administration came in I was given a demerit for accepting it even though I had shown the invitation to my superior and had his approval as was required. After I came back to Boston he invited me down to Valhalla and, I guess, offered me a job. Since I was with my wife we stayed with the Weisberger's. I suppose otherwise I might have seen his gallery. I couldn't figure out what the job was so nothing came of that.

Scott Grundy. I have a completely different reaction to Scott's stuff on monos. They started out by saying the monos hadn't been studied very much. I thought that was not true considering what Ancel and we had published. Then they concluded that the monos actively reduced cholesterol level. Again, I think untrue. However, the real damage of that paper was that the NIH then spent millions supporting work to verify their conclusion. I don't think a conclusion was ever reached.

I think there are two possible explanations for their findings. The first time we fed olive oil we found a lowering almost like corn oil. We fed it 6 more times and, as did Ancel, found no lowering. My guess is that Procter and Gamble gave us a high quality oil, full of stuff, the first time and then a refined oil later on. We had no records but I expect there are sterols, etc. in the high quality oil that affect cholesterol levels.

The other possibility is that they used a cholesterol-free diet. There are not enough data available but there are some that suggest that the response to fats is different with such a diet.

While I'm at it I would point out that Ancel did a no-no when he added cholesterol to his equation. When you add a new component to a regression equation it changes the coefficients of the other factors. It would

have lowered the coefficient of S since the saturate and cholesterol content of diets is correlated. The great merit of Ancel's equation was that it came out 2 to 1- easy to remember. Also, although I haven't looked it up, I think we reported later that the best approximation of the response to dietary cholesterol is an exponential, where it is almost a straight line at lower levels.

George Mann. George was in our department for awhile. He was impressed with the stuff someone whose name I can't remember did on (Gotmann) lipoproteins. So he was running an ultracentrifuge. After I saw him throw a small beaker at his assistant, I never liked him. When Bill Darby asked me for a letter of recommendation, it was the most difficult I ever wrote. I thought he was smart but I wouldn't have the job in my department. Not sure what I actually wrote.

Olestra. We had them here and I recall thinking that the only manufactured product Fred Stare ever opposed was tobacco. Hate to think what would have happened if he had been able to get money from them!

Finally, I was invited to the U of Iowa, or Nebraska or somewhere out there. I was told that the Beef people went to the President and objected to me being on the campus. Always nice to be popular.

I had a few others but this is getting out of hand.

Hope you have a good year!

Marks

30 March 2007

Mark Hegsted
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Dear Mark;

We are back from a productive and otherwise delightful two months in our Florida cottage, near my hometown of Bradenton, and around a few remaining relatives. Even my longest friend, my brother's nanny, Thelma, was alive there until last year, giving roots to my itinerant life.

You can't imagine the interest and pleasure your recent letters provided, along with your account of the Dietary Guidelines. Since writing the book about the /guidelines is no longer in your plans, we are fortunate to have this compilation.

It tells the story straight, with rich anecdotes, and calls a spade a spade but not in any personally derogatory way. Therefore, I am hoping that, by return mail or email, you will give me permission to put it in the documentary or essay segments our U. of Mn History Website. I will be scanning it and could return you an email copy that you could edit further if you feel the need, but I hope you won't feel the need. It is a great story, as is.

The stories about the testimony, the courage of Bob Dole, the arrogance of the NAS and the FNB, the effectiveness of the Senate Committee and of you, Foreman, and Bergland in getting things done, are rich history and a much needed record.

Please let me know if I can post it as an "Inside Story of the U.S. Dietary Guidelines" by Mark Hegsted? Check out the

other essays on the website if you can, at :
www.epi.umn.edu/cvdepi

I am sending along today one of the more delightful little books I've recently found, sent me by a British friend, entitled "Olives, the Life and Lore of a Noble Fruit" by Mort Blumberg. If you've seen it, please give this copy to a friend.

The history website moves apace. My book is too much--no longer a passion but a tyrant!

Please stay in touch.

Regards,

Henry