

UNIVERSITY OF WASHINGTON
SEATTLE, WASHINGTON 98195

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School of Medicine
Department of Medicine

HEAD, DIVISION OF METABOLISM, ENDOCRINOLOGY, AND GERONTOLOGY

Mary Winston, Ed.D.
Nutritionist
American Heart Association
7320 Greenville Avenue
Dallas, TX 75231

Dear Mary:

I have recently had the opportunity to discuss with industry scientists fat modification of a major food component of the diet, i.e., chocolate. As you well know, its fat content is high in saturated fat, mainly in the form of cocoa butter. The chocolate manufacturers have indicated to me that they can modify the milk fat using skim milk solids rather than whole milk, and would be able to label the product "skim milk chocolate". However, the FDA would prevent the modification of the major fat component, cocoa butter, if the manufacturers still want to refer to the product as "chocolate".

As it stands, milk chocolate has approximately (by weight) 10% chocolate liquor, 20% cocoa butter added, 25-27% milk solids including fat, 40-45% sugar, and less than 1% lecithin, vanillin, etc. The chocolate manufacturers would be willing to reduce the amount of added cocoa butter, using either substitution with vegetable fat derivatives or perhaps no substitution at all to reduce total calories if the flavor holds. In view of the position taken by the FDA, there is no incentive for the chocolate manufacturers to want to modify their product. Since in our Diet-Heart Statement deliberations, we would like to urge manufacturers of food products to modify the fat content of their products, I believe this is an example of where we run into a bureaucratic road block. I would be interested in your views as to whether or not the Heart Association should get involved with the FDA regarding the fat modification of foods, as illustrated by this example.

With best wishes,

Sincerely,



Edwin L. Bierman, M.D.
Professor of Medicine

ELB:jld

cc: Dawn Bryan, AHA Public Policy
Dr. Barry Zoumas, Hershey Foods Corp.
Richard T. O'Connell, Chocolate Manu. Assn.

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