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January 25, 2007

Commissioner Ted Wheeler, Chair
Commissioner Maria Rojo de Steffey
Commissioner Jeff Cogen
Commissioner Lisa Naito
Commissioner Lonnie Roberts
501 SE Hawthorne Boulevard, Suite 600
Portland, OR 97214

Dear Commissioners:

I was very happy to learn that the Multnomah County is holding hearings on a bill that would regulate the use of oils/shortenings/margarines with trans fat in restaurants. As a member of the 2005 US Dietary Guidelines Advisory Committee, I want to convey my strong support for the passage of this bill.

As you know, there is overwhelming evidence regarding the adverse health effects of consuming trans fat. It's equally clear that restaurant foods often contain huge amounts of trans fat. Accordingly, I think it's terrific that Multnomah County would promote the replacement of partially hydrogenated oils and trans fat with healthier oils. Ideally, the ordinance would apply to *all* restaurants. If some restaurants are exempted – due to overwhelming pressure from the food industry – these restaurants should at least be required to put a notice on menus stating something like "Some foods contain trans fat, which increases the risk of heart disease." Such a message would be consistent with the 2005 US Dietary Guidelines that advise Americans to keep trans fat intake "as low as possible". The passage of the trans fat bill in Multnomah County would encourage the adoption of similar bills in other counties nationwide.

Again, I strongly support the passage of the trans fat bill. If you have any questions, or if I can be of any assistance, please feel free to contact me at: ccamargo@partners.org

Sincerely,

Carlos Camargo, MD, DrPH

Member, 2005 US Dietary Guidelines Advisory Committee