



March 8, 2004

Dear Colleague:

I am pleased to be partnering with the U.S. Department of Health and Human Service's Food and Drug Administration in a variety of ways to help older adults remain healthy and active. This month we are partnering with FDA to share valuable nutrition information with you as we celebrate National Nutrition Month<sup>®</sup>.

The American Dietetic Association began sponsoring National Nutrition Month<sup>®</sup> in 1980 as a way to promote sensible eating choices. The American Dietetic Association developed this year's theme, "Eat Smart, Stay Healthy," as a way to suggest that Americans be smart about the foods they eat, know what they are eating, and make wise food choices. FDA has developed a number of consumer brochures that may help older Americans be smart about the foods they eat including:

Growing Older, Eating Better  
Eating for a Healthy Heart  
Keep Your Food Safe

These brochures may be viewed at <http://www.fda.gov/opacom/catalog/alpha.html>. Additional copies of these brochures can be obtained by fax at (301) 827-5308 or by writing to:

Consumer HealthCare Products Association  
Publications Department  
1150 Connecticut Ave., N.W., Washington, D.C. 20036  
For more information about National Nutrition Month<sup>®</sup> go to: [www.eatright.org](http://www.eatright.org).

We look forward to continuing to work with you and hope that you will find these nutrition brochures useful to your organization in promoting the health and independence of older Americans.

Sincerely,

A handwritten signature in black ink, appearing to read "J. Carbonell", written in a cursive style.

Josefina G. Carbonell  
Assistant Secretary for Aging