

PhysiciansCommittee

for Responsible Medicine

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Oct. 29, 2015

Congressman K. Michael Conaway
2430 Rayburn House Office Building
Washington, DC 20515

FAX: 202-225-1783

Dear Rep. Conaway:

Thank you for convening the Oct. 7 hearing on 2015 Dietary Guidelines for Americans. I too share your “concerns with the process of developing the Dietary Guidelines.” The guidelines should not be swayed by special interests seeking to remove disease-fighting cholesterol warnings. This week, billboards near your Texas offices will alert you to the dangers Americans face if cholesterol warnings are removed.

The billboards, which feature the image of a cracked egg and the URL TheTruthAboutEggs.org, were created in response to the Scientific Report of the 2015 Dietary Guidelines Advisory Committee, which, as you know, recommended removing cholesterol warnings from the guidelines. Eggs are the leading source of cholesterol in the American diet.

A report (which I’ve included for your review) in the autumn 2015 *Good Medicine* magazine finds that this recommendation may have been influenced by egg-industry-funded cholesterol research. America’s heart disease and diabetes epidemics will continue unabated if the egg industry succeeds in its efforts to get cholesterol warnings out of the guidelines.

Cholesterol is as big a health threat as ever. A recent study in the journal *Atherosclerosis* found that eggs can increase diabetes risk by 68 percent and heart disease risk by 19 percent.

I urge you to continue your efforts to ensure that “Americans will ultimately be presented with the best and most reliable information for making healthy food and beverage choices” that are free of industry influence.

Sincerely,



Neal Barnard, M.D.