



I was diagnosed with type 2 diabetes when I was 65 years old. I was under a doctor's care but something happened. Two things. ~~Really, I didn't educate myself and my doctor didn't do his job.~~ I was getting my glucose checked every three months and in between a three month period my sugars went from pre-diabetes to off-the-chart, over-the-line with a 700 count—I had been sent to a class, finally, and they gave me a kit. That's who discovered my rapid climb—European tour few weeks before—. As a result, I have some neuropathy in my toes, and who knows what else. I immediately started a program (I had lost 10 pounds which I found out was one of the symptoms). Apparently, I have a "strong constitution" or something because I didn't really feel bad at all. I was probably 60 pounds overweight. Within a couple of months, I lost 35 pounds. I wasn't on insulin very long, few months, because I watched my diet and kept on top of my disease. I've had the disease for over nine years now and have controlled the diabetes. My A1c has been under 6 for years. I am down to 2.5 mg Glipizide twice daily. An endocrinologist wants to try something else because my numbers can go low at noon (have been seeing family doctor). I've lost another 10 pounds. I find myself easing up on my carbs because I've been so good. Ha! Put on a couple pounds. I don't know why people don't change their eating habits. I really say, if I can do it, anyone can—I love food and carbs.

The article by Mike Jacobson, Ph.D written in Nutrition Action is the reason I'm writing this letter. Of course, we should try to control children's eating habits. That's a "no brainer". I know it's got to be so much easier to go to a fast-food restaurant on the way home from work. When both breadwinners are working, it's got to be the pits. But it's their children who are at risk and it's their children who should be their highest priority. Learn to cook a lot at one time and freeze for the week. Your own frozen food meal without the preservatives. Change is hard, and sometimes involves hard work. I wish I had changed years ago. Kids today can do it with the proper education about food. Help Mom. Start the kids on fruits and veggies early. A friend of mine started her kids on veggies from day 1—fresh veggies. They love them today like I like carbs. Can't afford it. Find a way to do it—grow your own garden (great exercise) and the self satisfaction you gain, and your kids gain is a plus. Can for the winter. I may sound like Little House on the Prairie, but we need to go back to some of that. It's all in the education and practice of eating the right foods as kids. That can carry over to a lifetime of liking things that are good for us rather than the multitude of choices that bombard us everyday. I still haven't reached my ideal weight. My other problem is exercise. I detest the word as much as I like the word "sandwich". Start early. I wonder if I could have been forced to love exercise. I don't know, but if my parents were involved in hiking or sports, maybe I would have been more inclined to do it. Some of us are not competitive and love to curl up with a good book, but some of us need to change our habits a little.

I'm rambling, I know, but this proposal that was brought up as far back as the late '70's to put guidelines on food that would limit unhealthy fats, sodium and added sugar in foods advertised to children under 18 is a no-brainer. We have to do something. America is in a decline whether we like it or not. The food we put in our mouths is just one way we can stop that decline by raising healthier people who will live without the constraints of poor health. Just one way. There are so many other ways to keeping America strong, but those ways are other stories for another day. At least keep advertising for unhealthy foods off the children's programs. At least!!!!

I sent this letter to <https://ftcpublic.commentworks.com/ftc/foodmarketedtochildreniwc> and couldn't get it through with this address so am mailing same

Phyllis Wisz

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