



## **RE: FDA: Labeling and Preventing Cross-Contact of Gluten for Packaged Foods; Request for Information**

**Janet Page-Reeves**, University of New Mexico

Dear Secretary Makary,

Thank you for the opportunity to comment on changing the rules related to labeling and cross-contamination in foods. I have severe allergy to gluten, corn, soy, and nuts. These are not only found as primary ingredients in many, many foods, they are also secondary ingredients buried deep in the ingredients list, or are potentially cross-contaminated in the production process. Labeling and cross-contamination information is essential information in whether or not I can eat the product. If there is no required ingredient labeling and cross-contamination reporting, I would have to avoid the product or risk an exposure.

Because of my food allergies, I do much of my own cooking from scratch or near-scratch. If you remove the requirement for ingredient-labeling and cross-contamination reporting, how will I be able to even cook from near-scratch? I need to have information about the ingredients in foods in order for me to be able eat. I do not buy anything without consulting the ingredients list. Without ingredient labeling and cross-contamination information, I would be reduced to eating only foods that I prepare from single-ingredient scratch in my own kitchen.

If you move forward with removing required ingredient- and cross-contamination labeling on foods, that would have a devastating impact on my ability not only to buy foods, but also would severely negatively impact my diet and my health. It would also have an economic impact, as I am an upper-income person, and I would no longer be able to eat at a restaurant or purchase relatively expensive packaged food that I currently purchase primarily at upscale grocery stores—because those are the only places that carry them. And I know that I am not alone, so this would not be an isolated effect.

Thank you for your consideration.