
RUSSELL SIMMONS

June 22, 2012

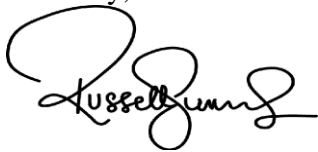
Dr. Thomas Farley, M.D., M.P.H.
New York City Health Commissioner

Via e-mail: tfarley@health.nyc.gov

Dear Dr. Farley,

As a native New Yorker, I applaud your initiative to combat obesity in our city by proposing a 16-ounce size limit on sugary drinks. Limiting soda consumption is a good step, but to achieve real results, people need to eliminate dairy products, too. Drinking milk and other dairy products can lead to weight gain and other health problems. A 2005 nationwide study led by a Harvard Medical School researcher showed that children who drank more than three 8-ounce servings of cow's milk per day were 35 percent more likely to become overweight than kids who drank only one or two servings (or a maximum of 16 ounces) per day. The study also found that replacing soda with cow's milk, which is loaded with artery-clogging cholesterol, provided no weight-loss benefit—*none*. In light of this information, my friends at PETA and I urge you to include cow's milk and other dairy-based drinks in your proposed beverage regulations.

Sincerely,

A handwritten signature in black ink that reads "Russell Simmons". The signature is fluid and cursive, with a large loop at the beginning and a long tail.

Russell Simmons