

1-26-08

Dear Dr. Kafasi

Thank you for your kind thoughts and the nice letter you sent to me.

I am doing my usual exercises and I already eat many of the things you mention in your Nutrition notes.

I limit my fats, am big on grain + cereal Oatmeal, raw bran mixed in cereal.

I am big on vegetables and weak on sweets cookies, candy etc.

I love Sardines and fish in general.

I am trying to curb my appetite for sweets and take all of your suggestions.

Thank you for thinking of me.

Sincerely,

John Sullivan