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FLUORIDE CONTENT OF A REPRESENTATIVE DIET
OF THE YOUNG ADULT MALE

A study was conducted by the U.S. Army Institute of Dental Research, Walter Reed Army Medical Center, Washington, D.C., on the fluoride content of a representative diet (Baltimore, Md.) of 16 to 19 year old males for the years 1967 and 1968. The data indicated a total fluoride intake of 2.1 to 2.4 mg per day. The authors concluded that "the total dietary intake of fluoride in a young adult male population receiving water fluoridated at about 1.0 ppm does not exceed levels consistent with good health."

A reprint of the article describing the study is enclosed.*

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Enclosure*

Reprint not enclosed. Study was published in Clinica Chimica Acta 31 (1971), 453-457.