

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001051

Submission Date: 06/18/2010

Organization Type: Educational Institution

Organization Name: Charleston Area Medical Center

First Name: Susan

Last Name: Poindexter

Job Title: Nutrition and Diabetes Educator

Key Topic: Alcoholic Beverages, Carbohydrates, Energy Balance/Physical Activity, Fats

Sub Topic: Glycemic index, Saturated fatty acids, Trans fatty acids, Weight loss, Whole grains

Attachment: N

Comment: Stronger advice warranted against use of alcohol.
Stronger advice to use carbohydrate containing food as close as possible to natural state - i.e. whole grains, un sugared fruits, vegetables.
Stronger advice to avoid trans fat.
Stronger encouragement of plant based diet.
Stronger recommendation to make all grains consumed whole grains.
Stronger message to eat less, move more.

Comment ID: 001537

Submission Date: 07/09/2010

Organization Type: Educational Institution

Organization Name: universidad tecnologica de tecamac

First Name: david

Last Name: Gonzalez

Job Title: e student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss

Attachment: N

Comment: this is very interesting because i know some people who has over weight and i am a plump person because i didn't do excersise and i want to do some excersice because its haelthy and i want to be healthy guy, that's so cool i am a person who wants to be active

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002151

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Baylor College of Medicine

First Name: Jennette

Last Name: Palcic

Job Title: Research Coordinator

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss, Weight maintenance

Attachment: Y

Comment: There was significant discussion within the Dietary Guidelines Advisory Committee regarding dietary fat and adiposity in children. However, in a landmark USDA funded study in its 5th year has seen unparalleled data with an intervention that involves eating a small portion of (one ounce) peanuts daily. Over 5 years, the study has involved 9 cohorts and hundreds of subjects with two year data that shows almost 80% of the children continued to lose or keep weight off who were in treatment group, while just the opposite occurred with the control group who actually gained weight.

Comment ID: 002101

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Cornell University Cooperative Extension

First Name: Sonya

Last Name: Islam

Job Title: Extension Associate

Key Topic: Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Nutrient Density/Discretionary Calc, Other

Sub Topic: Oils, Unsaturated fatty acids, Sodium, Trans fatty acids, Weight loss, Weight maintenance

Attachment: Y

Comment: The comments provided are with regards to the areas of creating healthy environments for children, breastfeeding, sodium recommendations, fatty acid recommendations, and the maximal intake of daily calories from added sugar.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 000968

Submission Date: 06/15/2010

Organization Type: Educational Institution

Organization Name: Thee Wellness Institute

First Name: Michael

Last Name: Edwards

Job Title: Owner/Health Educator

Key Topic: Energy Balance/Physical Activity, Other

Sub Topic: Other, Weight loss, Weight maintenance

Attachment: N

Comment: The only answer to our obesity epidemic is to create more awareness and prevention programs, and couple them with the proper incentives-whether they be through tax rebates, insurance rebates, or other positive rewards. Health Educators are tremendously underused and their programs are pushed aside in the place of drugs and expensive therapy or "treatments".

A single Certified Health Educator could develop, promote, and implement a prevention programs that could prevent thousands of accidents, illnesses, diseases, and deaths.

Why is it so difficult to find work in this country when we are one of the best solutions to our growing "healthcare" problems? Perhaps it's because our efforts are so successful that treatments and drugs would not be necessary. Perhaps I could prevent individuals having to go to the doctor, emergency room or an ambulance called?

Perhaps I could encourage someone to begin a fitness or nutrition program, where they would have no need for medical interventions-where they never DEVELOPED diabetes, heart disease, or had a stroke or defeloped other disabilities? We are currently investing 5-cents out of every dollar spent on "healthcare" on prevention. We will never control our costs or increase health if the same designers of our current failed system are asked to create a new plan.

My answer is to train and staff more Health Educators in the schools, businesses, and in government offices. Within a year, you will see our levels of wellness increase across the board, and our healthcare costs drop like a brick from the sky!

Comment ID: 001983

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Dennis T

Last Name: Gordon

Job Title: PhD

Key Topic: Carbohydrates, Energy Balance/Physical Activity, Nutrient Density/Discretionary Calc

Sub Topic: Fiber, Whole grains

Attachment: Y

Comment: Please see attached comments.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001022

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title: veterinarian

Key Topic: Eating Patterns, Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: A large percentage of Americans are overweight because of dietary and physical activity (or lack thereof) choices. Modifying the dietary guidelines and requirements for various food products is not the answer. People must learn to make wise food choices. People need to be accountable for their actions; they need to understand that the choices they make with regard to food and exercise are reflected in their weight and overall health. They need to choose what to eat and how much to exercise accordingly, in order to maintain a healthy weight. This is not a place for government intervention, but an opportunity to teach the general public the results of current choices and the benefits of making better choices. Regardless of the modifications made, people with obese tendencies will continue to make poor choices with regard to diet and exercise. In order to change that, we need to change the way these people think, not the options available at the grocery store.

Comment ID: 001052

Submission Date: 06/18/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Paul

Last Name: Boisvert

Job Title: Coordinator

Key Topic: Eating Patterns, Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: Three steps to lower your calories are suggested: Cut portions, eat less when dining out and drink fewer sugary beverages. To achieve these goals, efforts must come from the government (taxation of sugary beverages), the industry (portion size serving in restaurant and calories shown on the menu) and individuals (moderation in eating). Without changing the food environment, people don't stand a chance of following the advice in the dietary guidelines. Americans; Today, healthy eating is like swimming upstream. It's not that you can't do it, it's just it's so hard

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001313

Submission Date: 06/30/2010

Organization Type: Individual/Professional

Organization Name: A-Town Dre Communications

First Name: Johnny

Last Name: Ponder

Job Title: CEO

Key Topic: Eating Patterns, Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: Dear Dietary Guidelines Advisory Committee,

For your consideration, I have composed and arranged a song which serves the purpose of a Public Service Announcement (PSA) entitled "Let's Get Healthy" based on the Dietary Guidelines for Americans, Physical Activity Guidelines for Americans and the Surgeon Generals vision for a Healthy and Fit America. The song offers the Let's Move initiative and the US Department of Health and Human Services a powerful tool to communicate important information based on federal guidelines for a healthy and fit America. Designed to appeal to Americans of all backgrounds, the PSA entertains, motivates, and educates listeners to adopt a healthier lifestyle as advocated by the US Department of Health and Human Services and the Let's Move initiative.

While I recognize that such submissions are often not reviewed by you, I am hopeful that you will take a brief moment to review the material. If you do, I trust you will share my vision that it is a production that will capture the imagination of millions of Americans as they create a lifestyle that will benefit their families for years to come. However, we need the support of individuals like you to pursue broadcasting opportunities for the project in connection with "Cheddar Man" a multicultural character design to provide leadership for children and a healthier America by initiating, coordinating and supporting disease prevention and health promotion activities, programs and information for the Department of Health and Human Services through collaboration with HHS agencies and other partners in prevention.

I am unfamiliar with the policies of submitting such material to the HHS. Perhaps, if you could direct my attention to the appropriate party, we could discuss how the White House and federal agencies could support and adopt this project for the Let's Move initiative.

I look forward to hearing from you

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001344

Submission Date: 07/02/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Cathy

Last Name: Cohen

Job Title: Nutritionist

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups, Nutrient Density/Discretionary Calc, Other

Sub Topic: Fruits, Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids, Vegetables, Weight loss, Weight maintenance

Attachment: N

Comment: Research is emerging that a Mediterranean eating style may be the most healthful and protective from disease. Guidelines should emphasize the importance of whole foods, plant foods, and consumption of healthy fats and oils (olive oil, canola oil, nuts and seeds, avocados, fatty fish), de-emphasizing the erroneous notion that fat is unhealthy and is to be avoided. Fat intake at even 40% of caloric intake may be very healthful for those who are able to maintain a healthy weight by keeping total calorie intake within age and weight-appropriate target range . At the same time, guidelines should emphasize the potential detrimental health effects of refined grain products which should be included in the discussion of added sugars. Guidelines for daily consumption of vegetables and fruits should be increased so as to replace other foods that are less nutrient-dense and more calorie-dense to aid in weight management. Physical activity guidelines should include simple ways to accumulate shorter bouts of activity during the day as an alternative to (or in addition to) one 30 or 60-minute session, since the idea is get people moving more frequently overall, outside of scheduled formal exercise. Lastly, ways to actually get people to read the Dietary Guidelines and adhere to them should be explored - which of course may entail changes on the industry and policy levels.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001042

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Genie

Last Name: Killoran

Job Title: Health/Nutrition Writer

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fluid and Electrolytes

Sub Topic: Sodium, Weight loss, Weight maintenance

Attachment: N

Comment: I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are the same recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 dietary recommendations down. They are superb!

Comment ID: 000965

Submission Date: 06/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Michael

Last Name: Moon

Job Title: Vice President for Engineering

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: N

Comment: I see no mention of electronic entertainment technology in this guideline. Although arguably outside the purview of the Department of Agriculture, some mention must be made of the negative effects these devices (television, Internet, video games, handheld games) have on health. The only activity children should perform while sitting on their duffs is reading books or schoolwork. Tell our nation's parents and teachers to get their offspring and students on their feet!

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001028

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name: The Zola Diet

First Name: Christopher

Last Name: Lytle

Job Title: VP

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: You can trace the obesity epidemic back to the first food pyramid and the advice to load up on carbohydrates. The attached document offers links to Gary Taubes' lecture at Dartmouth where he makes a convincing case that obesity is not a disease of overeating, but one of fat accumulation. And the reason our bodies produce fat is an overload of insulin. Insulin production is driven by sugar and high fructose corn syrup. There is little mention of high fructose corn syrup in the report. The Corn Refiners Association would have us believe that sugar and HFCS have the same effect on the body. If the "experts" who put this latest report together believe that, then there is little hope for Americans who follow these guidelines. The advice to exercise 150-300 minutes a day is a prescription for knee and hip replacements.

Comment ID: 000980

Submission Date: 06/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Matthew

Last Name:

Job Title: PR Manager

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: There is no question healthier living is a balance between proper diet and proper exercise. My comments focus on proper exercise. I believe there is a direct correlation between childhood obesity and our declining requirements for physical education in our schools. The federal government needs to pressure states to modernize their curriculum requirements that include more physical education for our children. In the 70s and 80s, I had phys ed at least 3 times a week for 45 minutes. Children were much thinner 20-30 years ago.

I also believe parents need a financial kick in the butt to get their kids more active. Obese people should pay more for their health insurance. This might motivate parents to take this issue seriously. It's a shame that they allow their children to down thousands of calories each day while parked in front of a tv or video game.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Oh, and by the way, you feel better with more energy when you lead an active lifestyle!

Comment ID: 000988

Submission Date: 06/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Daniel

Last Name: Stutzbach

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: I noticed a small error. Table D1.4, shows "Beer, can" portion sizes went from "12 oz" to "8-24 oz", or a "33% - 100%" increase. However, going from 12 oz to 8 oz is actually a decrease, so the first percentage should be negative 33%.

Comment ID: 001426

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Richard

Last Name: Simmons

Job Title: Fitness Professional

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss, Weight maintenance

Attachment: N

Comment: Dear Secretary Sebelius and Committee,

As a deeply passionate fitness professional for over 36 years, I am so pleased to see that the new 2010 edition of the Dietary Guidelines contains a very comprehensive section on energy expenditure through exercise and physical activity. I am especially grateful to see the information provided on exercise and activity as it relates to children, particularly the call for an increase in "physical education classes and improved quality of recess.?"

I have devoted much of the last four years of my career crusading to have quality, effective, all inclusive PE returned to every school in the nation.

Each and every day, I talk to parents and teachers of overweight and inactive children who have alarming health issues: diabetes, high blood pressure, high cholesterol, even depression. They are desperate for help.

Kids need all the same components of exercise that grown-ups do: cardiovascular exercise, strength training and flexibility exercise. (Recommendations regarding Flexibility exercise are the only "missing" guidelines that I feel you might want to add to your overall recommendations.)

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Children spend the greatest amount of their day in school. It is the most sensible and safe place to provide the type of physical activity needed for health, well being, self worth, and academic performance.

Thank you so very much for your hard work and great effort.

Respectfully, Richard Simmons, Beverly Hills, California

Comment ID: 001607

Submission Date: 07/11/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lucie

Last Name: Maguire

Job Title: Nutrition Educator

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other, Weight loss, Weight maintenance

Attachment: N

Comment: We cannot truly address the obesity epidemic or the health problems Americans face because of the barrage of food without clearly recommending EATING LESS. This is an imperative component of healthful eating and preventing obesity and disease.

As large businesses, food manufacturers must make profits every quarter. Therefore, they must increase sales quarter over quarter. This overwhelming pushy environment has promoted too much food in the diet.

The DGA must take the responsibility to recommend less caloric intake, regardless of the money and aggressiveness the food manufacturers use to push the contrary idea.

Comment ID: 001197

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Terri

Last Name: Weitze

Job Title: Paralegal

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss

Attachment: N

Comment: We need to stop focusing on weight and start concentrating on health. Medicine/science cannot supply a method of long term weight loss. Science proves that fat people can be healthy and fit. Concentration on calorie restriction merely leads to a fatter population with disordered relationships with food and their bodies.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002148

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Bonnie

Last Name: Matlow

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: Please read the following attachment. I wish there was more time to comment, considering the delays in NEL entries. I am so glad to have witnessed the oral comments and hope the openness of the entire process continues in the years to come.

Comment ID: 001151

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Scott

Last Name: Cohen

Job Title:

Key Topic: Energy Balance/Physical Activity, Fats

Sub Topic: Saturated fatty acids

Attachment: N

Comment: It's frustrating to see the committee double down on a failed strategy of attempting to reduce saturated fat intake. The country keeps getting fatter as we continue to suggest reductions in saturated fat intake. I have read both useful reviews (Good Calories, Bad Calories) and original research from Walter Willet and I have yet to see any convincing evidence for avoiding saturated fat. The most consistent finding is that HDL increases as saturated fat intake increases.

By all means, let's increase vegetable intake but let's eat it with high-quality grass-fed beef.

Scott Cohen

MSPH UNC Chapel Hill

MS Exercise Science UMASS

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002048

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Grocery Manufacturers Association

First Name: Jeffrey

Last Name: Barach

Job Title: Vice President, Science Policy, New Technologies

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Nutrient Density/Discretionary Calc

Sub Topic: Added sugars, Saturated fatty acids

Attachment: Y

Comment: The Grocery Manufacturers Association (GMA) represents the world's leading food, beverage and consumer products companies. The Association promotes sound public policy, champions initiatives that increase productivity and growth and helps ensure the safety and security of consumer packaged goods through scientific excellence. The GMA board of directors is comprised of chief executive officers from the Association's member companies. The \$2.1 trillion food, beverage and consumer packaged goods industry employs 14 million workers, and contributes over \$1 trillion in added value to the nation's economy.

GMA congratulates the 2010 Dietary Guidelines Advisory Committee (DGAC) on their achievement. We thank the staff of Office of Disease Prevention and Health Promotion and Center for Nutrition Policy and Promotion for this opportunity to provide comments on how we believe the 2010 DGAC report should be used to build a strong and effective 2010 Dietary Guidelines for Americans.

Comment ID: 002082

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: American Beverage Association

First Name: Maureen

Last Name: Storey

Job Title: Senior Vice President of Science Policy

Key Topic: Carbohydrates, Energy Balance/Physical Activity

Sub Topic: Added sugars, Other, Weight maintenance

Attachment: Y

Comment: Comments on the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

Please see attached document.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002113

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: National Confectioners Association

First Name: Alison

Last Name: Bodor

Job Title: Senior Vice President, Public Policy

Key Topic: Carbohydrates, Energy Balance/Physical Activity, Fats

Sub Topic: Saturated fatty acids, Weight loss, Weight maintenance

Attachment: Y

Comment: I. There is a need for clear communication to consumers about the impact of stearic acid on blood lipids.
II. Modest dark chocolate and cocoa consumption in the context of a balanced diet may have a role in reducing cardiovascular disease risk.
III. Chewing gum can be part of a strategy to promote dental health and weight management.
IV. NCA recommends a correction of the definition of "Sugars" in Table D5.1.
V. There is a place for "little pleasures," such as candy, in an overall lifestyle that supports health, wellness and happiness.

Comment ID: 001999

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: American Meat Institute

First Name: Betsy

Last Name: Booren

Job Title: Director, Scientific Affairs

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fluid and Electrolytes, Food Groups, Food Safety, Minerals, Nutrient Density/Discretionary
Calc, Other, Protein, Vitamins

Sub Topic: B Vitamins, Folate, Iron, Meat, Beans, Eggs, Fish, and Nuts, Other, Potassium, Sodium, Vitamin A and Carotenoids, Weight loss, Weight maintenance, Zinc

Attachment: Y

Comment: See attached document for AMI comments.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002006

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Atkins Nutritionals, Inc.

First Name:

Last Name:

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: Please see the attached comments of Atkins Nutritionals, Inc.

Comment ID: 002095

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Calorie Control Council

First Name: Lyn

Last Name: Nabors

Job Title: President

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: See attached

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001946

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: National Restaurant Association

First Name: Scott

Last Name: DeFife

Job Title: Exec VP, Policy and Government Affairs

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other

Attachment: Y

Comment: The comment is attached.

Comment ID: 001721

Submission Date: 07/12/2010

Organization Type: International Organization

Organization Name: Global Health Management

First Name: Dr. William

Last Name: Thallemer

Job Title: President, International Development and Academic Medical Partnerships

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: N

Comment: As an international firm, we have seen these same behaviors creeping into the Chinese and Indian cultures. We have a solution for this concept. Create local youth centers where educational, physical, and medical services can be provided to the community through outreach and in-house programs. Address culinary education (food safety and preparation), medical education (diabetes and heart disease), and 1 hour physical activity sessions. The centers will be responsible for coordinating efforts with K-12, local YMCAs and Gyms, and will hold summer and after school programs. We have the model currently available if you would like to see this unique concept.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002062

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: American Cancer Society Cancer Action Network

First Name: Christopher

Last Name: Hansen

Job Title: President

Key Topic: Alcoholic Beverages, Energy Balance/Physical Activity, Nutrient Density/Discretionary Calc, Protein

Sub Topic:

Attachment: Y

Comment: The American Cancer Society Cancer Action Network is pleased to submit comments on the Dietary Guidelines Advisory Committee report.

Comment ID: 002041

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: American Heart Association

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Nutrient Density/Discretionary Calc, Protein

Sub Topic: Added sugars, Cholesterol, Fiber, Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Saturated fatty acids, Sodium, Trans fatty acids, Whole grains

Attachment: Y

Comment: Please see attached document

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002186

Submission Date: 07/30/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Family, Career & Community Leaders of America, Inc.

First Name: Rhonda

Last Name: Ashburn

Job Title: Director of Fundraising and Financial Development

Key Topic: Eating Patterns, Energy Balance/Physical Activity

Sub Topic: MyPyramid

Attachment: Y

Comment: This comment was submitted on 7/15/10 at 1:30 PM EDT but due to technical difficulties, it could not be uploaded.

Comment ID: 002140

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: The Peanut Institute

First Name: Pat

Last Name: Kearney

Job Title: Program Director

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: We commend the committee for their tireless work in preparing a thorough report on the state of the evidence and look forward to the agencies development of the Dietary Guidelines. We want to point to some exciting research on snacking data improving childhood obesity in Mexican-American children. The committee stated they found moderate evidence from prospective cohort studies suggests that increased intake of dietary fat is associated with greater adiposity in children; however, no studies were conducted under isocaloric conditions.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001845

Submission Date: 07/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name: NAAFA

First Name: Lisa

Last Name: Tealer

Job Title: Director of Programs

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: Founded in 1969, NAAFA is a non-profit human rights organization dedicated improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support. We recommend that the Advisory Committee review a growing body of research that supports a paradigm shift on health and weight. We support good nutrition and physical activity from a health-centered, not weight centered perspective and based on the Health At Every Size (HAES) tenets. The war on obesity has turned into a war on fat people through biased views and stereotypes which negatively can impact one's health. Please review our letter and web site at www.naafa.org.

Comment ID: 001638

Submission Date: 07/12/2010

Organization Type: Other

Organization Name: General Mills Inc.

First Name: Kathryn

Last Name: Wiemer

Job Title: Fellow/Director, General Mills Bell Institute of Health & Nutrition

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Groups, Nutrient Density/Discretionary Calc

Sub Topic: Added sugars, Fiber, Fish oil, Omega 3 fatty acids, Grains, Whole grains, Saturated fatty acids, Sodium, Trans fatty acids, Whole grains

Attachment: Y

Comment: Please see attached letter outlining General Mills' comments on the 2010 Dietary Guidelines Advisory Committee's Technical Report. We appreciate the work of the DGAC Committee during the development process. Please contact me with any questions regarding our comments. Kathy Wiemer

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002075

Submission Date: 07/15/2010

Organization Type: Other

Organization Name: Kellogg Company

First Name: Nelson

Last Name: Almeida, PhD, FACN

Job Title: Vice President, U.S./Global Nutrition Science, Labeling and Marketing

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Food Groups, Nutrient Density/Discretionary Calc

Sub Topic: Fiber, Grains, Whole grains, Whole grains

Attachment: Y

Comment: Attached are comments on the Final Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

Comment ID: 002116

Submission Date: 07/15/2010

Organization Type: Other

Organization Name: American Council of Fitness and Nutrition

First Name: Alison

Last Name: Kretser

Job Title: Executive Director

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Groups

Sub Topic: Potassium

Attachment: Y

Comment: We welcome the suggestion by the committee to develop a strategic plan to help Americans implement the 2010 Dietary Guidelines for Americans. This would include a standard of education that emphasizes nutrition education and physical activity teaching children energy balance.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001678

Submission Date: 07/12/2010

Organization Type: Other

Organization Name: EatingWell Media Group

First Name: Nicci

Last Name: Micco

Job Title: Deputy Editor, Features and Nutrition

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Safety

Sub Topic: Fish oil, Omega 3 fatty acids, Other, Saturated fatty acids, Water

Attachment: Y

Comment: On June 21, EatingWell Magazine posted a blog (on EatingWell.com, Shine.yahoo.com and the Yahoo.com homepage) about the dietary guidelines proposed by the Dietary Guidelines Advisory Committee. At the end of the blog, readers were encouraged to respond with comments they wanted to submit to the USDA. The comments ranged greatly and covered topics including eating patterns, energy balance, fats, fluids and food safety. We've summarized the commenters' concerns below. (We've also attached a document that includes all comments relevant to the dietary guidelines.) Please note that these -unedited- comments do not necessarily represent the position of EatingWell Magazine or its editors.

*Several readers emphasized the need for more consistency and clarity on portion sizes. They complained that the word "moderate" seemed too vague. One reader suggested that the guidelines should provide more information on how to calculate caloric needs and intake.

*An overwhelming number of people suggested that the guidelines should encourage whole, natural foods over artificial ones. Many comments also addressed the idea that healthy foods (e.g., fruits and vegetables) are considerably more expensive than processed foods. Several readers requested that the guidelines mention that grass-fed cattle produce meat and dairy products that are lower in saturated fat and higher in omega-3s than corn-fed cattle.

*There were a few suggestions related to fluid intake. One suggestion was to include a water recommendation in the guidelines because drinking water may help maintain good health and can assist in controlling hunger. Some readers mentioned that sugar-laden beverages should be discouraged because they lead to weight gain.

*Food safety was a popular theme. Some issues readers wanted the guidelines to address: contaminated seafood (and the sustainability of fishing practices), chemical additives in foods, growth hormones, MSG, high-fructose corn syrup, pesticides and artificial sugars.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002105

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Dietetic Association

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages, Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Groups, Food Safety, Other, Protein, Vitamins

Sub Topic:

Attachment: Y

Comment: The American Dietetic Association is pleased to provide the attached comments on the translation of the Dietary Guidelines Advisory Committee report into the 2010 Dietary Guidelines for Americans.

Comment ID: 002011

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Public Health Association

First Name: Donald

Last Name: Hoppert

Job Title: Director, Government Relations

Key Topic: Alcoholic Beverages, Eating Patterns, Energy Balance/Physical Activity, Fats

Sub Topic:

Attachment: Y

Comment: Please find attached the American Public Health Association's comments regarding the final Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 002079

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Academy of Pediatrics

First Name: Judith

Last Name: Palfrey, MD

Job Title: President

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Food Safety, Other

Sub Topic: Other

Attachment: Y

Comment: Please find the attached comments from the American Academy of Pediatrics.

Comment ID: 001993

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Congress of Obstetricians and Gynecologists

First Name: Anna

Last Name: Hyde

Job Title: Government Affairs Representative

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: Y

Comment: Comments on pregnancy and postpartum sections of the report attached.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001670

Submission Date: 07/12/2010

Organization Type: Professional Association

Organization Name: American Society for Nutrition

First Name:

Last Name:

Job Title:

Key Topic: Energy Balance/Physical Activity, Food Safety, Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: Y

Comment: Americans over-consume SoFAS; we are grateful that energy density was given appropriate attention by the committee.

Comment ID: 002121

Submission Date: 07/15/2010

Organization Type: State/Local Government Agency

Organization Name: Boston Public Health Commission

First Name: Lisa

Last Name: Conley

Job Title: Director of Intergovernmental Relations

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Nutrient Density/Discretionary Calc, Other

Sub Topic: Added sugars, Other, Saturated fatty acids, Weight loss

Attachment: Y

Comment: The Boston Public Health Commission commends the work of the DGAC in attempting to distill a large and often contradictory body of scientific evidence into a comprehensive set of guidelines that for the first time move beyond individual behavior to policy and environmental systems change. We appreciate the Committee's recognition of the severe health threat posed by the increasing rates of obesity and overweight in American communities, and especially the racial inequities in the factors contributing to obesity and related chronic disease; the disparities in rates of obesity and overweight by race and ethnicity are also increasing. As the recipient of Communities Putting Prevention to Work funding from the CDC, BPHC is strongly committed to working in partnership with our local communities and the federal government to utilize the best science to create healthier environments for nutrition and physical activity for all neighborhoods in Boston. BPHC agrees with the Dietary Guidelines Advisory Committee that reducing obesity and chronic disease requires a "coordinated system-wide, multi-sectoral approach" that engages "those in education, government, healthcare, agriculture, business, advocacy and the community" with a fundamental emphasis on primary prevention. We urge the committee to move quickly from advice to an action plan with funding and local government and community partnership.

Comments Summary Report

Submission Date Between 06/15/2010 and 07/30/2010

Key Topic: Energy Balance/Physical Activity

Comment ID: 001471

Submission Date: 07/09/2010

Organization Type: State/Local Government Agency

Organization Name:

First Name: Janet

Last Name: Johnson, RD, LD, IBCLC

Job Title: Regional Breastfeeding Coordinator

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other, Weight loss, Weight maintenance

Attachment: Y

Comment: Please see attachment.