

Comments Summary Report

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

Key Topic: Fluid and Electrolytes

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.

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!

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

Key Topic: Fluid and Electrolytes

Comment ID: 001436

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Deborah

Last Name:

Job Title: Family & Consumer Sciences Teacher

Key Topic: Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: When the pyramid is updated, it must include water and liquids. I teach the pyramid to my students, but the importance of hydration is missing, as is why it so important to keep your body hydrated. Students need to learn that their bodies are mostly made up of water and that when they are thirsty, they may already be dehydrated. Water is so important to children and teens. I let them know that besides water, 100% juice is fine, but they need to keep sports drinks to a minimum. If the new pyramid includes why sports drinks should be kept to a minimum, that would be great too. My students need to see water included in the pyramid, especially in hot weather. Thank you for giving me the opportunity to comment.

Comment ID: 000993

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lisa

Last Name: Begley

Job Title:

Key Topic: Fluid and Electrolytes

Sub Topic: Sodium

Attachment: N

Comment: Referring to the article titled: Guidelines reheated! Until the food manufactures/processers stop putting so much salt in the foods we buy during processing, we will be getting far too much salt in our daily diets! It is practically impossible to stay at the 1500 mg./day unless we grow it ourselves. And keep in mind, going out to eat! One meal can be over the previous allotted amount of 2,300 mg. The USDA needs to put a stop on this practice just like with Trans. fats. With their help maybe we can achieve this goal and save lives! There are so many other flavorings that are now recommended for optimum health they could be using for flavoring, NOT more salt!

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

Key Topic: Fluid and Electrolytes

Comment ID: 000990

Submission Date: 06/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Carol

Last Name: Merrill

Job Title:

Key Topic: Fluid and Electrolytes, Other

Sub Topic: Sodium

Attachment: N

Comment: Thank you so much for the new guidelines. I hope manufacturers will listen!! Salt is way overdone in processed foods and terribly so in school lunches.

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 Heath 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.

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

Key Topic: Fluid and Electrolytes

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.

Comment ID: 001023

Submission Date: 06/17/2010

Organization Type: International Organization

Organization Name: Fresenius Medical Care

First Name: Nichole

Last Name: Haynes

Job Title: Renal Dietitian

Key Topic: Fluid and Electrolytes

Sub Topic: Other, Potassium

Attachment: N

Comment: Potassium and Phosphorous contents of foods are difficult for the general (and professional, for that matter) populations to ascertain. Sub-groups of populations, such and ESRD patients, must strictly limit/monitor these natural occurring and artificially added substances. As it stands, patients must memorize which foods are high/low K and P sources, a very difficult task. If the food industry feels pressured to decrease the amount of sodium used in products, either as flavor enhancers or preservatives, and begin to use more potassium/phosphorous additives, the effect could be deleterious for our specialized population.

Please ADD potassium and phosphorous to the nutrition labels.

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

Key Topic: Fluid and Electrolytes

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

Comment ID: 002027

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Association of State & Territorial Public Health Nutrition Directors

First Name: Joan

Last Name: Atkinson

Job Title: Director of Special Projects

Key Topic: Eating Patterns, Fluid and Electrolytes, Other

Sub Topic: Water

Attachment: Y

Comment: The Association of State & Territorial Public Health Nutrition Directors (ASTPHND) respectfully submits the following comments to strengthen the report:

? The HHS/USDA guidance materials developed to translate the committee's recommendations into action should provide clear, compelling advice. We suggest that the guidance include references to actual foods rather than nutrients whenever possible. For example, food recommendations should go beyond ?limit added sugar? and list those foods most likely to add to the overconsumption of sugar.

? We commend the committee on formulating strong, science-based guidelines, especially in reference to sugar sweetened beverages, sodium, saturated fat, and whole grains. We strongly agree with recommendations that Americans move towards a more plant-based diet that emphasizes vegetables, cooked dry beans and peas, fruits, whole grains, nuts and seeds.

? It is crucial that the schools and institutions serving children and vulnerable populations adhere to the US Dietary Guidelines. To this aim, more emphasis should be given to the policy and environmental changes needed for childhood obesity prevention in the Advisory Report in Part B, Section 3 ?An Urgent Need to Focus on Children.

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? We also encourage the committee to review the folic acid recommendations and consider strengthening the language in regards to the role of supplements for women of childbearing age in reducing the risk of neural tube defects.

? Children should have ready access to safe water in all schools and child care settings. Water should also be easily accessible in parks and recreations centers. These are critical steps towards reducing consumption of SSBs. Add this element to the children?s section of Part B, Section 3: Translating and Integrating the Evidence: A Call to Action.

?? Cultural diversity and the associated eating and physical activity practices go hand in hand with lifespan approaches in the Dietary Guidelines.

Comment ID: 002119

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Kidney Foundation

First Name:

Last Name:

Job Title:

Key Topic: Fluid and Electrolytes

Sub Topic: Other, Potassium, Sodium

Attachment: Y

Comment: PDF document of comments attached.

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: Fluid and Electrolytes

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.

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

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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.

Comment ID: 001347

Submission Date: 07/03/2010

Organization Type: Other

Organization Name:

First Name: Ann

Last Name: Bendall

Job Title:

Key Topic: Fluid and Electrolytes

Sub Topic:

Attachment: N

Comment: I heartily support the new USDA guidelines for the sodium content of food.

Comment ID: 000978

Submission Date: 06/15/2010

Organization Type: Other

Organization Name: Michael Fialho, M.D.

First Name: Michael

Last Name: Fialho

Job Title: Physician (Internal Medicine)

Key Topic: Fluid and Electrolytes

Sub Topic: Sodium

Attachment: N

Comment: The recommendations regarding salt are ridiculous. Sodium in normal quantities poses no problem to normal healthy people. It is only an issue for those with high blood pressure, CHF and kidney problems. To suggest that salt is some kind of a threat to normal, healthy individuals is alarmist and misleading.

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

Key Topic: Fluid and Electrolytes

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.