

Comments Summary Report

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

Key Topic: Other

Comment ID: 002074

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Harvard School of Public Health

First Name: Walter

Last Name: Willett, MD, DrPH

Job Title: Chair, Dept of Nutrition; Fredrick John Stare Professor of Epidemiology and Nutrition

Key Topic: Carbohydrates, Fats, Food Groups, Minerals, Other, Vitamins

Sub Topic: Added sugars, B Vitamins, Calcium, Folate, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vitamin D, Whole grains

Attachment: Y

Comment: The report has made positive changes but has some shortcomings (see attachment). Positive changes: stronger recommendation to reduce sugary beverages; greater emphasis on sodium reduction; and much less emphasis on the percentage of energy from total fat, which is correctly described as not related to weight gain, obesity, or any other major health outcome. Shortcomings: (1) Total fat is still recommended to be less than 35% of calories, and there is no basis for setting an upper limit on total fat. (2) The recommendation for three servings of milk per day is not justified and is likely to cause harm to some people. Prospective studies and randomized trials have consistently shown no relation between milk intake and fracture risk, yet many studies have shown a relation between high milk intake and risk of fatal or metastatic prostate cancer. (3) The recommendation for high intake of lean meat is worrisome: There is substantial evidence that high heme iron intake may increase diabetes risk; red meat consumption has been associated with incidence of colorectal cancer; and there is some data that red meat consumption during adolescence and early adult life is associated with higher risks of premenopausal breast cancer in women. (4) The report seems relatively silent on vitamin D, even though there is strong evidence that blood levels are not optimal for 2/3 of Americans. Vitamin D supplementation is probably the safest way to increase levels, and it has been shown to reduce risk of fractures in randomized trials if the dose is 700 IU per day or more. (5) The report does not reinforce adequately the CDC recommendation that women of reproductive age who might possibly become pregnant should take a supplement of folic acid, which is most conveniently done as part a multiple vitamin. (6) The report still suggests that having half of grains as refined grains is healthy. Refined grains have adverse metabolic effects and provide many empty calories and minimal benefits.

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

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

Key Topic: Other

the maximal intake of daily calories from added sugar.

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: 002081

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Wayzata West Middle School (Public)

First Name: Patricia

Last Name: Anderson

Job Title: Teacher, Family & Consumer Sciences (FACS)

Key Topic: Food Safety, Other

Sub Topic:

Attachment: N

Comment: I've taught Family & Consumer Sciences (FACS) for many years. We've always used the Dietary Guidelines in our required, comprehensive 7th grade nutrition units. Students

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Key Topic: Other

get a copy of the Summary and it is also included in our current textbooks. We compare and contrast the Dietary Guidelines to the Pyramid and discuss why the government publishes these tools for Americans. We do extensive food safety education using Minnesota Dept. of Health curriculum materials which include microbiology, food storage basics, hand washing, cross-contamination issues, food shopping and storage rules, and use of thermometers. Our students are concerned with breakfast nutrition, vegetarian diets, eating disorders, alcohol use, chocolate nutrition, how to grow vegetables at home, store vs farmers market foods, sports/vitamin drinks, choosing good snacks at sporting events, and what to do about huge portion sizes at restaurants. They want to learn to cook, bake and prepare food for/and entertain their friends. Any guidelines from the government need to include the following: preventing obesity, families eating together at the table, preparing food at home, increasing consumption of low-fat milk, choosing low-cost nutrient dense foods, shopping skills, how to store food and clean a refrigerator, how to avoid pop, (our pop machines are already gone) and how to read labels. We need to require Family & Consumer Science classes in every Middle and High School in this country because these are basic life skills.

Comment ID: 002080

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Harvard School of Public Health

First Name: Sari

Last Name: Kalin, MS, RD, LDN

Job Title: Program Coordinator, Dept of Nutrition

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The report has made positive changes but has some shortcomings (see attachment). Positive changes: stronger recommendation to reduce sugary beverages; greater emphasis on sodium reduction; and much less emphasis on the percentage of energy from total fat, which is correctly described as not related to weight gain, obesity, or any other major health outcome. Shortcomings: (1) Total fat is still recommended to be less than 35% of calories, and there is no basis for setting an upper limit on total fat. (2) The recommendation for three servings of milk per day is not justified and is likely to cause harm to some people. Prospective studies and randomized trials have consistently shown no relation between milk intake and fracture risk, yet many studies have shown a relation between high milk intake and risk of fatal or metastatic prostate cancer. (3) The recommendation for high intake of lean meat is worrisome: There is substantial evidence that high heme iron intake may increase diabetes risk; red meat consumption has been associated with incidence of colorectal cancer; and there is some data that red meat consumption during adolescence and early adult life is associated with higher risks of premenopausal breast cancer in women. (4) The report seems relatively silent on vitamin D, even though there is strong evidence that blood levels are not optimal for 2/3 of Americans. Vitamin D supplementation is probably the safest way to increase levels, and it has been shown to reduce risk of fractures in randomized trials if the dose is 700 IU per day or more. (5) The report does not reinforce adequately the CDC recommendation that women of reproductive age who might possibly become pregnant should take a supplement of folic acid, which is most conveniently done as part a multiple vitamin. (6) The report still suggests that having half of grains as refined grains is healthy. Refined grains have adverse metabolic effects and provide many empty calories and minimal benefits.

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Key Topic: Other

Comment ID: 002078

Submission Date: 07/15/2010

Organization Type: Educational Institution

Organization Name: Harvard School of Public Health

First Name: Lilian

Last Name: Cheung, DSc, RD

Job Title: Lecturer, Director of Health Promotion & Communication, Dept. of Nutrition

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The report has made positive changes but has some shortcomings (see attachment). Positive changes: stronger recommendation to reduce sugary beverages; greater emphasis on sodium reduction; and much less emphasis on the percentage of energy from total fat, which is correctly described as not related to weight gain, obesity, or any other major health outcome. Shortcomings: (1) Total fat is still recommended to be less than 35% of calories, and there is no basis for setting an upper limit on total fat. (2) The recommendation for three servings of milk per day is not justified and is likely to cause harm to some people. Prospective studies and randomized trials have consistently shown no relation between milk intake and fracture risk, yet many studies have shown a relation between high milk intake and risk of fatal or metastatic prostate cancer. (3) The recommendation for high intake of lean meat is worrisome: There is substantial evidence that high heme iron intake may increase diabetes risk; red meat consumption has been associated with incidence of colorectal cancer; and there is some data that red meat consumption during adolescence and early adult life is associated with higher risks of premenopausal breast cancer in women. (4) The report seems relatively silent on vitamin D, even though there is strong evidence that blood levels are not optimal for 2/3 of Americans. Vitamin D supplementation is probably the safest way to increase levels, and it has been shown to reduce risk of fractures in randomized trials if the dose is 700 IU per day or more. (5) The report does not reinforce adequately the CDC recommendation that women of reproductive age who might possibly become pregnant should take a supplement of folic acid, which is most conveniently done as part a multiple vitamin. (6) The report still suggests that having half of grains as refined grains is healthy. Refined grains have adverse metabolic effects and provide many empty calories and minimal benefits.

Comment ID: 001435

Submission Date: 07/08/2010

Organization Type: Educational Institution

Organization Name:

First Name: Kelly

Last Name: Rupp

Job Title: Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: While I believe it is important for consumers to have nutrition information readily available, especially at restaurants, I don't know whether the information will change

Comments Summary Report

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

Key Topic: Other

eating/physical activity habits. I think a follow up study is important and that more should be studied concerning why people make unhealthy choices even when informed.

Comment ID: 001566

Submission Date: 07/10/2010

Organization Type: Educational Institution

Organization Name: Miami Dade Public High School

First Name: Susan

Last Name: Rivera

Job Title: Culinary Operations Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As a teacher I see first hand that society as a whole has lost site of the basic nutritional value provided by foods without being processed and re-processed into other forms of edible items. By the time we consume these food items, they provide very little nutritional value to our bodies. We have also lost site of foods and ingredients available locally or home grown and the tremendous nutrient values these foods offer. I would like to see more emphasis on a grass roots movement of a 'back to basics food preparation and cooking approach'. This approach would use unprocessed and minimally processed foods and ingredients that are nutrient rich and prepared in a short amount of time without a lot of fan fare into simple and delicious 'nutritional' meals, thus improving the overall health of our society.

Comment ID: 001035

Submission Date: 06/17/2010

Organization Type: Educational Institution

Organization Name:

First Name: Beth

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: At its current levels, federal subsidies for the five agricultural products are essentially funding extreme obesity in this country. People eat sugary, fat-laden, salt-filled food not only because it tastes good, but primarily because it is cheap. Rather than subsidizing the ingredients that go towards making unhealthy junk food, the government should help Americans make healthy food choices a reality by lowering the cost of healthy decisions. The first step would be to decrease the amount of subsidies that are provided to farmers of corn and soy, and provide subsidies for fruits and vegetables that have been proven to be the base of a healthy diet. Family farmers who are providing vegetables should not be shut out of the subsidy program, which currently goes towards providing huge corporations with even more money than they already have.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001058

Submission Date: 06/19/2010

Organization Type: Educational Institution

Organization Name: Owensboro Public Schools

First Name: Lisa

Last Name: McCarty

Job Title: School Nutrition Director

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The report provides a lot of good information needed to encourage individuals to make life style changes regarding food choices. One important question I am sure we all ask: How can we motivate/encourage individuals to make life style choices regarding food. Hopefully, we can provide this information in an easy to read brochure so that the average person can comprehend what the report means.

Comment ID: 001087

Submission Date: 06/23/2010

Organization Type: Educational Institution

Organization Name: Harris County PC

First Name: Margaret

Last Name: Zachry

Job Title: Health & PE Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: This is wonderful. As an educator, I felt obligated to stick with the Pyramid....but did not feel the content had the most up to date nutrition info, so had to supplement. Hurry and put out auxiliary materials. Thanks so much.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001113

Submission Date: 06/23/2010

Organization Type: Educational Institution

Organization Name: Elon University

First Name: Cindy

Last Name: Novak

Job Title: Wellness Coordinator

Key Topic: Other

Sub Topic:

Attachment: N

Comment: USDA's formulation of dietary guidelines is a complete waste of taxpayer money and has resulted in a health crisis of epidemic proportions, especially in our children. I work with people daily that are sicker than ever trying to follow the food pyramid. The Guidelines should be scrapped and the committee members should be replaced with individuals who have no ties to the food processing industry or to universities that accept funding from the food processing industry. I am disgusted that my tax money is going to creating a sicker America.

Comment ID: 001139

Submission Date: 06/23/2010

Organization Type: Educational Institution

Organization Name: Institute of Taoist Education and Acupuncture, Inc.

First Name: Sandra

Last Name: Lillie

Job Title: President of college

Key Topic: Other

Sub Topic:

Attachment: N

Comment: 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 similar to the 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 guidelines down."

Comments Summary Report

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

Key Topic: Other

Comment ID: 001294

Submission Date: 06/29/2010

Organization Type: Federal Agency

Organization Name: Dietary Guidelines Advisory Committee

First Name: p

Last Name: schroeder

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I would like to see our dietary guidelines provide more explicit recommendations on what to eat and what not to eat. Namely, I think it's worthwhile to say that people should drink less soda and eat less processed foods. I would also prefer to see clearer policy suggestions -- better labeling would help people understand what they are eating and how many servings they are consuming.

Comment ID: 001409

Submission Date: 07/08/2010

Organization Type: Federal Agency

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Here we go again; can't the gov't do anything for the good of the people anymore. Why is it so hard to ignore science, America's health and future to line the coffers of Big Pharma. We are the people, not them.

Comments Summary Report

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

Key Topic: Other

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.

Comment ID: 001668

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: jan

Last Name: nunes

Job Title: retired

Key Topic: Eating Patterns, Fats, Other

Sub Topic:

Attachment: N

Comment: I am disappointed that the 2010 report does not properly emphasize the important health information which has been proved by Dr. Dean Ornish, Neal Barnard and John McDougall about the role that animal products play in the vast majority of chronic diseases that afflict Americans today. Both sides of this issues should be adequately presented so that the consumer can make up their own mind about this very important matter instead of stating that consumers should "increase intake of fat-free and low-fat milk and milk products and consume only moderate amounts of lean meats, poultry and eggs" which is to continue eating the animal foods that have caused our current health crisis. Thank you for your consideration of this very important preventive measure which would improve the health of the citizens of this country. The truth about what we eat is more important

Comments Summary Report

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

Key Topic: Other

than ever. Sincerely, Jan Nunes

Comment ID: 002114

Submission Date: 07/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Ed

Last Name: Lynch

Job Title:

Key Topic: Eating Patterns, Other

Sub Topic:

Attachment: Y

Comment: DGFA must be understandable by the public in a way that creates better health in the future or it is worthless to the citizens of this country.

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.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001054

Submission Date: 06/18/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Shannon

Last Name:

Job Title: Mother

Key Topic: Food Groups, Other

Sub Topic:

Attachment: N

Comment: As you revise the Dietary Guidelines for this country, I think it is excellent to promote fresh (organic) fruits, veggies, whole grains, and truly natural foods. However, I don't think simply encouraging people to reduce their overall caloric and fat intake is wise; after all, that's what's been communicated over the last 20-some years, and obesity has continued to soar as have cancer rates and other health problems caused by artificial sweeteners, "fake" trans fats, and our nation's supply of nutrient-deficient processed food. I FIRMLY believe that biggest problem in this country causing obesity, cancer, etc. is most Americans daily ingestion of chemically-laden, nutrient-deficient processed foods and the misleading belief that lower-calorie (i.e. artificially sweetened) and lower-fat (i.e. plasticized) foods are healthier. Let's get back to REAL food! People need to be educated about the INGREDIENTS in their food, not the calories and fat content. If something in the ingredient list wasn't around at the turn of last century and you don't really know what it is, it's probably not something you should be putting in your body. I know the chemical industry has a stronghold in the food industry because they both seem to have made profit, not consumer health, their bottom line more often than not. We HAVE to change that, or no other effort will significantly change the current obesity crisis in our country.

Comment ID: 001014

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name: Room For All

First Name: Rich

Last Name: Murray

Job Title: information activist

Key Topic: Food Safety, Other

Sub Topic:

Attachment: Y

Comment: Woodrow C Monte, PhD, Emiritus Prof. Nutrition gives many PDFs of references -- methanol (11% of aspartame) is made into formaldehyde in brain: Rich Murray 2010.06.16
http://rmforall.blogspot.com/2010_05_01_archive.htm
Thursday, May 13, 2010
[at end of each long page, click on Older Posts]

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Key Topic: Other

<http://groups.yahoo.com/group/aspartameNM/message/1601>
[You may have to Copy and Paste URLs into your browser]

[Other formaldehyde sources include alcohol drinks and tobacco and wood smoke, while adequate folic acid levels protect most people, but not for brain and retina harm.]

Methanol: A Chemical Trojan Horse as the Root of the Inscrutable U, Prepublication Copy; Medical Hypotheses -- 06 November 2009 (10.1016/j.mehy.2009.09.059)
[http://www.medical-hypotheses.com/article/S0306-9877\(09\)00693-8/abstract](http://www.medical-hypotheses.com/article/S0306-9877(09)00693-8/abstract)
Woodrow C. Monte PhD
Professor of Food Science (retired)
Arizona State University
corresponding author : Woodrow C. Monte PhD
470 South Rainbow Drive
Page, Arizona 86040
Key Words:
food epidemiology; diseases of civilization; methanol; formaldehyde; aspartame; autism; multiple sclerosis; Alzheimer's; U-shaped curve.

<http://thetruthaboutstuff.com/index.shtml>
[German and Dutch also available]

<http://whilesciencesleeps.com/about>

<http://whilesciencesleeps.com/references>

589 references

<http://thetruthaboutstuff.com/articles.shtml>
223 references with abstracts or full and partial texts

<http://whilesciencesleeps.com/montediet>

avoid methanol in many foods

Comments Summary Report

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

Key Topic: Other

Comment ID: 001015

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name:

First Name: James

Last Name: Hennen

Job Title: retired

Key Topic: Other

Sub Topic:

Attachment: N

Comment: It is time for the Federal Government and its various "regulatory agencies" to back down a bit with regards to the eating habits of the people of the United States. To be blunt, we, the people, have been doing a fairly decent job of regulating our own food intakes and diets. It is one thing to publish dietary guidelines, it is another to begin "enforcement" of those suggested guidelines. I believe, no, make that I know more about what my body needs than any senator, congressional representative or federal bureaucracy. There is absolutely NO language in the Bill of Rights nor in the Constitution and its various amendments that gives any federal oversight committee or agency the right to enforce food guidelines. We have the safest food supply in the world, the greatest abundance of food choices of any peoples or nation, and yet you want to restrict our foods and damage our food safety. Live your life as though you are eating poison (and might I suggest it could be a good addition to your diet each day) and leave me the right to choose, by my purchasing dollar what foods I desire for my household. If you cannot watch TV without being unduly influenced by the advertising claims of the various food advertisers, perhaps you need to a) watch less TV, turning instead to reading and learning; b) become less dependent on claims (are you so swayed by the faulty claims of the various attorneys advertising on TV or by the promises of politicians seeking to wallow in the taxpayers trough?); c) get a life outside the Beltway and see what this nation and its peoples is all about.

Comment ID: 001017

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kerri

Last Name: Pawlowicz

Job Title: Security

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The government should stay out of my drinks and food!
If I choose to purchase food low in salt, sugar, fat
that should be my choose. I think the government should let chefs cook with all the salt they want, and not be told by the government they cut all salt. www.salthhealth.org

Comments Summary Report

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

Key Topic: Other

Comment ID: 001021

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Laura

Last Name: Sen

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Eating the right amount is what makes a person healthy. The right amount is 32 ounces per day.

Comment ID: 001025

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Patricia

Last Name: Yates

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Revise and update school cafeteria requirements. The meals are junk food, unhealthy and not at all well balanced. Real food, fresh food should be offered instead of highly process, salt laden ed who knows what.. I would not allow my child to eat what is provided.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001026

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Patricia

Last Name: Yates

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Fast food drive thru's should be abolished. It is a waste of gas, it pollutes the atmosphere to have 10-12 people sitting in line.

Comment ID: 001027

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Julie

Last Name: Westwood

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: RE: Feedback & comments on the new Advisory Committee report on dietary guidance.

Only in America the poorest citizens are among the most morbidly obese. <http://www.docshop.com/2007/11/20/obesity-and-poverty-examining-the-link/>

In America a dollar buys more calories in the junk food isle than in the produce isle. <http://www.scienceline.org/2008/11/10/blog-bond-junk-food-price-health-nutrition/>

One can't deny that there is a link between the obesity crisis & USDA crop subsidies. Junk food is cheap thanks to subsidies for crops like corn, wheat & soy. These products are processed into ingredients like high fructose corn syrup, a key component of cheap, overly processed foods. Federal subsidies flow to a favored few crops & a favored few farmers. Over 75% (\$170 billion over 15 years) of farm subsidies supported the production of just 5 crops: corn, wheat, cotton, rice & soy. The vast majority of farm subsidies go to raw material for our industrialized food system, not the foods we actually eat. Even less money goes to support the production of fruits & vegetables that are the foundation of a healthy diet. <http://farm.ewg.org/summary.php>

The new Dietary Guidelines state that the 2nd step is to eat more vegetables, beans, peas, fruits, whole grains, nuts, & seeds. In addition, eat more seafood fat-free & low-fat milk & milk products, & moderate amounts of lean meats, poultry, & eggs. http://www.letsmove.gov/blog/advisory_committee_report.html

The second step will never be reached as long as the USDA continues to subsidize corn, wheat, & soy that go into cheap, fatty, processed foods. A complete overhaul of the USDA subsidy program must be made to reach the second step. Until the foods we actually eat; as those listed in step 2, are subsidized & brought to the price point as the

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Key Topic: Other

fattening junk foods produced from current subsidized crops, the new Dietary Guidelines are just a waste of paper and tax payer dollars.

Comment ID: 001032

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Edward Gwyn

Last Name: Anderson III

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Official serving sizes for most packaged foods and drinks are just too small! This means that even health conscious Americans can find calorie counts listed on the Nutrition Facts misleading if not intentionally deceptive. If the ultimately goal of nutrition labeling is to help consumers make healthier choices and improve their diets then they need to understand portion and serving sizes. Serving sizes need to directly tied to the amount the average American will eat of that particular item in a single sitting. For many products (i.e. potato chips, soda, pizza, fast-food, etc.) this could increase the calorie count 2-5 times that which is currently listed.

Comment ID: 000981

Submission Date: 06/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kathaleen

Last Name: Briggs Early, PhD, RD, CDE

Job Title: Assistant Professor, Registered Dietitian, Certified Diabetes Educator

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Please see attached document.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000969

Submission Date: 06/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Terrell

Last Name: Brock

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Following are two statements that I recommend you change. In the last week or two I was at a meeting with a fast food industry VP and she stated that the food labeling requirements in the health care reform law will prompt a change in the fast foods offered due to the change in consumer food purchases, so healthier foods will deign appearing. This company has tried offering healthier options but they did not sell well, so had to be pulled. The label changes will drive the consumer to purchase healthier meals so the fast food of today may not be the fast food of tomorrow, but it may latter become a problem to ?un?- vilify them in the health professional and public mind.

If in 5 years the fast food industry has healthier foods then this zoning will be unfair and a hassle to undo. I challenge you to determine if the meals offered at the school are much or any healthier than that offered by the fast food restaurant. I the VP mentioned that registered dietitians (RDs) are the biggest enemy of their ability to gain customers who want healthier choices to come in so their healthy options can stay on the menu. So be very cautious!

?Factors associated with preventing excess adiposity in children are incorporated into the total diet described here, and include:
Infrequent consumption of meals from quick service (i.e., fast food) restaurants?

?Develop and enforce responsible zoning policies for the location of fast food restaurants near schools and places where children play.?

Sincerely,

Terrell Brock, MPH, RD
Public Health Nutrition Consultant

Comments Summary Report

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

Key Topic: Other

Comment ID: 001055

Submission Date: 06/18/2010

Organization Type: Individual/Professional

Organization Name: hartsmart

First Name: Hart

Last Name: Oldenburg

Job Title: Food critic

Key Topic: Other

Sub Topic:

Attachment: N

Comment: It has stayed concealed from food science and myself too long creating health and financial havoc.
My involvement: From 1940 - 1947, I suffered through 7 brutal years of food deprivation and starvation. The ultimate education. One gets close to ones inner workings, the gut and I, a perfect co-op. I got very perturbed about the pyramid guide, not knowing why, an instinctive reaction.
It became very clear when I took obesity apart, the material to build a prevent food future.

Comment ID: 001057

Submission Date: 06/19/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Monty

Last Name: Giver

Job Title: Retired

Key Topic: Other

Sub Topic:

Attachment: N

Comment: "I heartily support the new 2010 dietary g...uidelines, 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. Do NOT allow the food industry to water these recommendations down."

Comments Summary Report

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

Key Topic: Other

Comment ID: 001073

Submission Date: 06/22/2010

Organization Type: Individual/Professional

Organization Name:

First Name: weston

Last Name: munzel

Job Title: Urban Planner

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: I would ask the committee to add a requirement that elementary schools provide 25 minutes for students to eat their lunch. Not enough time is being provided in many schools. Please see attached comments.

Comment ID: 001060

Submission Date: 06/20/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Merry

Last Name: Scho

Job Title: Farmer

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As a farmer, I am exposed on a daily basis to animals that have vastly different nutritional requirements based upon what was available to eat in part of the world they evolved in. For instance, one breed of sheep that was isolated to a northern island and had scarce food other than seaweed, can tolerate minerals that would kill other breeds of sheep.

Likewise, we humans adapted to locally available foods, as well. Studies that try to prove that all bodies respond to similar nutrients in the same way are bad science. The food pyramid is a one-size-fits-all, failed approach to nutrition.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001061

Submission Date: 06/21/2010

Organization Type: Individual/Professional

Organization Name: Vitality Inc

First Name: Linda

Last Name: DeFever

Job Title: President

Key Topic: Other

Sub Topic:

Attachment: N

Comment: OK who are you kidding - if we are fatter and sicker than we have ever been why the heck would you one more time would you go down the same road again. Do your homework - cholesterol is NOT THE CAUSE OF HEART DISEASE AND OBESITY!. I wonder what monies are behind these new guidelines - Kraft? General Mills? Because it is so clear that these guidelines are intended to keep Americans fat and sick and big food companies and big pharma rich - because if we are sick Big Pharma keeps cranking out drugs -

Comment ID: 001070

Submission Date: 06/21/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Harmony

Last Name: Gullette

Job Title: Student/Musician

Key Topic: Other

Sub Topic:

Attachment: N

Comment: School lunch programs need to be reevaluated and reorganized all over the country. In Cincinnati, the public school lunches are atrocious. The lowest quality of "food" is served to our children - grilled cheese, cheese pizza, nachos with cheese, canned fruit and tasteless, overcooked veggies - and it all contributes to the lack of concentration and poor behavior that teachers deal with. If schools were to utilize local farmers and community garden projects to provide the fresh produce, plus use whole grains and eliminate processed carbs and sugars, our children would thrive. If our children learn to feed themselves healthfully, they'll become more conscientious teens, and more productive adults.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001036

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title: RD

Key Topic: Other

Sub Topic:

Attachment: N

Comment: 1. Thank you for including environmental factors! Emphasis should be given to the difficulty of making healthy decisions in our current environment, and practical recommendations should include ways individuals can change the environment around them to help make the healthy choice easier.
2. Often times people are fatalistic about being able to follow the recommendations, so an emphasis on how making small changes can have big effects on health - such that if a person is unable to meet the recommended diet, even a step in the right direction will help.

Comment ID: 001007

Submission Date: 06/16/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Stop subsidizing the large producers of foods that are not healthy for anyone. Encourage the farming and eating of vegetables and fruits. If there are to be subsidies, they should be for those who produce vegetables and fruit, so more people can afford these whole and healthy foods. The healthiest people are vegan. Below 7% fat in diet is good. Lower sodium is good. Encouraging exercise is good. Tell the people the truth; remove the industry lobbies from the process. Make sure people understand protein is found in all foods, even vegetables, and animal products are not needed for protein. Milk is not needed to prevent osteoarthritis. Heart disease is the #1 killer in this country, and the government must start telling the truth about diet and stop subsidizing those who produce high fructose corn syrup, sugary cereals, meat, and other foods that are killing us, literally.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001043

Submission Date: 06/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Virginia

Last Name: O'Kelly

Job Title: Registered Dietitian

Key Topic: Other

Sub Topic:

Attachment: N

Comment: This is totally ignoring the Elephant in the room which is comparing the \$ of subsidies to the intake of foods in the U.S. Many of the foods you are promoting as needing to eat less of are the cheapest and most available foods. Please help dietitians in the battle by including a section on business models of food supply vs healthy eating recommendations. Otherwise, this is a waste of taxpayer's money to print.

Comment ID: 001046

Submission Date: 06/18/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Joseph

Last Name: Perrotta

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I found your web site in the USA Today "health" article on June 16, 2010 "four steps to fighting obesity". It was a good article, but it did not mention anything about high fructose corn syrup being added to almost everything we buy at the grocery store. HFCS is usually the 1st or 2nd ingredient in these foods. It is unhealthy in that it leads to obesity and it can almost be considered habit forming. - Heinz recently had an article in the news saying that they would be making their ketchup healthier by reducing the sodium level. But one of the major ingredients in it is HFCS and there was no mention of reducing that. The problem is that most people are unaware of the effects of HFCS. The DOA and HHS need to make all Americans aware of the adverse effects of HFCS as a flavor additive to the foods they purchase. Thank you, Joe Perrotta

Comments Summary Report

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

Key Topic: Other

Comment ID: 001047

Submission Date: 06/18/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title: Registered Dietitian

Key Topic: Other

Sub Topic:

Attachment: N

Comment: After reading the guidelines, I do not have a good, clear understanding of the changes that are being proposed, other than the addition of specific recommendations for the weekly amounts of the different colored vegetables. It would be nice if you would include a detailed summary of the proposed changes. There are hundreds of pages for review on the Guidelines but yet there is not a section that clearly identifies the proposed changes.

Comment ID: 001114

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Michelle

Last Name: Garrido

Job Title: Homemaker

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The USDA guidelines are not suited for every American. It should be emphasized that these guidelines are suggested and certainly not blindly enforced in our schools. Parents should still have the responsibility to decide for their own families what is nutritious for their children and be responsibility to enforce their nutrition policy.

For my family, eating the amount of grains recommended in the Food Guide Pyramid would make us all gain unwanted weight. Also, when my daughter was diagnosed with chronic diarrhea at age 1, we went on a high-grain diet for months (rice, toast - BRAT diet). This ended up making her condition worse and I believe it made her intolerant to wheat, rice, and corn. Luckily she is not celliac.

We live in a society that does not have the problems that our grandparents did health wise. One must take a wise look at diet and consider if that is the culprit.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001118

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Mark

Last Name: Williamsen

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Within the last year I have resolved a long list of chronic symptoms, not treated by physicians, by refusing to buy or eat brand name labeled foods. Am I the only person who suffers from what I call "brand name" disease? Seems unlikely, doesn't it. Dietary guideline documents must address the issue of brand name disease by acknowledging that for some (perhaps most) people, brand named foods must be avoided at all times. In my case, there is no middle ground, as even a small dose of manufactured food brings back the symptoms.

Comment ID: 001134

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Heather

Last Name: Choe

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I think the main reason behind the failure of many Americans to meet the recommendations of the 2010 DGAC is lack of awareness. A lot of people do not pay attention to what they consume and just eat what is easy and convenient for them, causing them to fall into the category of unhealthy and overweight. I believe that the easiest way to create a change is to educate students on how to live a healthy lifestyle, so that they will be able to incorporate it into their lives earlier on. Another big problem is the cost in both money and convenience in eating healthier foods ? many times food with high levels of SoFAS are much cheaper than healthier options and are much more convenient to obtain. I am interested in what kind of incentives will be offered to Americans, especially those with low income, to switch to healthier foods.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001135

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nelson

Last Name: Lorance

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Doctors will tell you people with normal cholesterol have as much heart attacks or strokes as people with abnormal cholesterol.

So, it's not the blood fats and it targeted association to high fat foods.

My mother was the only know survivor of a circulation disorder according to two doctors and to their suprise did not need an amputation of her left feet. Many years as passed and she still has her feet despite being diabetic.

She and I ate a relatively high-fat kosher diet during this time, avoiding non-processed foods as much as possible following the Weston Price principle of diet.

Meanwhile, my family is all fat following the USDA diet guidelines, while my mother is not fat at all, neither am I.

Comment ID: 001136

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Paul

Last Name: Sutherland

Job Title: Personal Coach/ Trainer/ Assistant

Key Topic: Other

Sub Topic:

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)

Comments Summary Report

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

Key Topic: Other

such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the 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 guidelines down."

Comment ID: 001137

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Alice

Last Name: Mignerey

Job Title: Professor

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I was a bit incredulous when I read the proposed new dietary guidelines that have just been announced. They are even more deficient in scientific basis than the current ones. While I recognize the dangers of vegetable oils that have been chemically treated to produce a solid form, grouping them with healthy (and essential) saturated fats is gross misrepresentation. Our bodies require adequate intake of saturated fats for optimal health. And there are many essential vitamins that are only absorbed with fat in the diet, and whose main source is healthy animal fats. Cholesterol is another area of very warped guidelines. Eggs are one of the most complete foods that we have and discouraging the consumption of eggs based on their cholesterol content goes against many studies that show that moderate consumption of eggs has essentially no effect on cholesterol in the blood, in fact we make most of the cholesterol and ingesting less just means we will make more to compensate. Your guidelines also encourage the consumption of many too many carbohydrates than is optimal for the insulin response of many people. This will lead to an even greater incidence of diabetes, which is already at an all time high. Why? because we are over consuming, not only refined sugars, but carbohydrates in general - including the so-called "healthy" whole grains. Where is the science??!! Aren't there any true scientists involved in this process? I thought we were driven by the scientific evidence. What has been proposed is contrary to the evolutionary biochemistry of the human body and puts the health of the nation in even greater danger than it already is.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001148

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Leigh Anne

Last Name: Krook

Job Title: student/homemaker

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Hello. I am extremely concerned about the dietary guidelines for 2010. Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease. The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese. By restricting healthy animal fats in school lunches and diets for pregnant women and growing children, the Guidelines will perpetuate the tragic epidemic of learning and behavior disorders. The vitamins and fatty acids carried uniquely in saturated animal fats are critical to reproduction. The 2010 Guidelines will increase infertility in this country, already at tragically high rates. The Guidelines are not based on science but are designed to promote the products of commodity agriculture and-through the back door-encourage the consumption of processed foods. The Guidelines should be scrapped and the committee members should be replaced with individuals who have no ties to the food processing industry or to universities that accept funding from the food processing industry.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001152

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Vanessa

Last Name: Mann

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: 1. The proposed 2010 Dietary Guidelines perpetuate the mistakes of previous guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources.

2. When a healthy food like cheese is singled out as a food to be avoided, there must be something wrong with the premises on which the guidelines are based.

3. Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.

Comment ID: 001154

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nicky

Last Name: Lin

Job Title: Homemaker, mother

Key Topic: Other

Sub Topic:

Attachment: N

Comment: By following previous FDA guidelines and the food pyramid I became very sick due to digestive problems and asthma. I now have celiac disease due to my previous high whole

Comments Summary Report

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

Key Topic: Other

wheat and low fat diet.

After eliminating gluten and reducing carbohydrates I don't need medication for my asthma anymore which only flares up if I consume gluten containing foods. I also suffered from constipation and constant heartburn on the FDA recommended diet. Once again I no longer suffer from those issues because I cut out all gluten. Ten years ago I discovered my wheat allergy and back then no one knew what it was. Now it's clearly a national issue if restaurants all over the country have gluten free menus. You must not ignore these issues. The FDA guidelines are making our country sick. And it's costing us in healthcare. It's pretty clear that low fat high carb high fiber is very dangerous. You know it already.

Comment ID: 001155

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Heather

Last Name: Sullivan

Job Title: RN

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Isn't reducing dietary fat essentially persuding people to increase their consumption of carbohydrates? I have spent twenty years adhering to USDA guidelines of a high carbohydrate diet and have suffered poor results. I have recently added increased fat and cholesterol to my diet and I no longer suffer from acute anxiety and depression. I reversed my malnourished state as a low fat vegetarian. I always felt eating bread was best, but it is not best. I think of the tyranny of the food pyramid and how harmful it was to me and to others. Please be responsible and promote health by encouraging people to eat FOOD, not processed products with artificial vitamins.

Comment ID: 001156

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jeanne

Last Name: Shepard

Job Title: Occupational Therapist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Your recommendations are the opposite of the way I have been eating to the benefit of my health for the past few years. I can only conclude you are affected by corporate (agricultural) funding.

Comments Summary Report

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

Key Topic: Other

I predict, if people do attempt to follow these "new" guidelines, that public health will continue to deteriorate.

Comment ID: 001157

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Linda

Last Name: Harkness

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: These new guidelines are not healthy. Countless generations in cultures around the earth understood that pregnant/nursing women and growing children need large amounts of healthy animal fats to remain healthy and develop properly. Traditional cultures went out of their way to ensure these groups were given these foods on a consistent basis to insure strong, intelligent, beautiful and healthy children.

By restricting healthy animal fats in school lunches and diets for pregnant women and growing children, the Guidelines will perpetuate the tragic epidemic of learning and behavior disorders. The nutrients found most abundantly in animal fats and organ meats-including choline, cholesterol and arachidonic acid-are critical for the development of the brain and the function of receptors that modulate thinking and behavior. Studies show that choline helps the brain make critical connections and protects against neurotoxins; animal studies suggest that if choline is abundant during developmental years, the individual is protected for life from developmental decline.

My family and I tried a diet similar to what the Guidelines suggest, but our health suffered. When we switched to a traditional diet with lots of egg yolks, animal fats, few grains, etc., our health and moods improved. The change was greatest in our children, who became much more calm, happy and cooperative. Please strongly consider revising these guidelines.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001160

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kim

Last Name: Rodriguez

Job Title: MS RD LD

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: What exactly is the matter with those creating this? Trying to create more profit for the grain and medical industry? Take a look at countries eating saturated fat ...they are healthy. Please get lobbyists out of your decision making and look at studies done without someone's profit in mind...THE NEW DIETARY GUIDELINES ARE ABSURD. ..Let watch our incidence of diabetes and heart disease and autism increase... and it looks like there is no mention of the dangers of trans fats...What happened to telling us of these dangers? This is only making us sicker.

Comment ID: 001161

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jan

Last Name: Healy

Job Title:

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comments Summary Report

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

Key Topic: Other

Comment ID: 001162

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name: mother

First Name: Dawn

Last Name: Gillespie

Job Title: chef

Key Topic: Other

Sub Topic:

Attachment: N

Comment: RE: School lunches. Please focus on giving kids ONLY healthy options for lunch. Energy, focus, behavior are ALL affected by what they eat. The cheap, empty calorie, high fat food that is served in the lunch room is counterproductive to, not only a child's overall health, but also their ability to function throughout the course of the day. Offering a health option alongside a junk food option will almost always end in the child choosing the junk. These options should be eliminated and only healthy, non-fried, low sugar/no corn syrup, food with healthy carbs served. Serving chocolate milk, cheeseburgers, pizza, and french fries are as good as taking a child to McDonald's everyday during school. Educate the children in an educational environment!

Comment ID: 001097

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Terri

Last Name: Warriner

Job Title: retired educator

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As a person who has followed dietary guidelines, only to be diagnosed with cancer, I have been doing research since my diagnosis into health and especially diet. I am concerned that the proposed dietary guidelines only benefit the food industry in this country, and not its citizens.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001102

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Dione

Last Name: Del Monico

Job Title: Attorney

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: My family changed our diets from the SAD based on the FDA guidelines, to the principles of the Weston A. Price Foundation about 12 years ago. Within 6 months, all three of my children grew 3-5 inches. Their blood work, which was showing preliminary cholesterol and blood sugar issues and high CRP (from the high sugar vegetarian based diets we were following), came back into a healthy range. They never had another cavity in their mouth. They had no behavioral or learning problems requiring medication like the majority of their friends. They went through the teenage years with beautiful skin and hair and nails - no acne products in our house. They never get sick, have never had antibiotics, and have not seen a doctor, except for annual checkup, in over 10 years. They are each tall and lean and strong boned, intelligent and well-adjusted, and they love their raw milk, raw milk cheeses, raw cream, coconut cream and oil, grass fed beef rare or raw, sushi, raw egg smoothies with raw kefir and yogurt and honey, and homemade raw ice cream I make for treats. We eat very little grains, and always prepared authentically by soaking first. Same with seeds and nuts - they are a daily snack - but they are properly prepared by soaking and dehydrating. Fresh fruits are a treat, fresh vegetables are a staple of each meal, along with high quality protein and fat. Processed foods do not come through our door, and we do not take vitamins, minerals or other processed supplements. We rely on whole and living foods for nourishment.

I am so glad that I found the work of Dr. Weston A. Price and that there are dedicated supporters that have kept his work and learnings alive.

Attached is an excerpt from WAPF regarding what is wrong with the new Dietary Guideline the FDA is proposing. I could not agree more whole heartedly and I speak from experience.

I will watch with great interest, how this process proceeds. At least my family will remain strong and healthy.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001085

Submission Date: 06/22/2010

Organization Type: Individual/Professional

Organization Name: USA (citizen)

First Name: Jahon

Last Name: Hobbeheydar

Job Title: Director of Strategy

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please do not allow industry to water down these results. Do not give in to the temptation to make dietary goals more "achievable" or "realistic." Please give me, a citizen and consumer of your output, the benefit of being able to make my own decisions with the best information available.

Comment ID: 001086

Submission Date: 06/22/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Mitra

Last Name: Sticklen

Job Title: Organic Farmer, Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As a young woman farmer who became interested in sustainable food production in college, I believe that more should be done to encourage/provide communities across the country with local organic food. Young people should be taught in school how to cultivate some of their own food, and how to prepare it. Many classroom topics can be framed through an "outdoor classroom" in the garden, or a "cooking classroom" for meal preparation. Some schools have even offered farming as a physical education class, because the work is indeed physically demanding (and part of a healthy active lifestyle!) ..

Those are just my two cents! If anyone is interested in employing a young and passionate farmer/educator with a bachelors and masters degree plus permaculture and mycological expertise, call me at the number listed above ... In these hard times, what skills are truly valuable to our society and the world our children will live in?

Comments Summary Report

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

Key Topic: Other

Comment ID: 001107

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Falecha

Last Name: Englett

Job Title: registered nurse

Key Topic: Other

Sub Topic:

Attachment: N

Comment: This new guideline is truly a waste of my hard earned money. This is evidently not to the benefit of the american people, but based on what is good for the pocketbooks of big agriculture. We need someone who looks at the science behind what foods do for the body. Why we need the foods that are high in saturated fats, meats, dairy. We need to return to the foods our ancestors ate. Apparently, your guidelines don't work because we are now the most malnourished, obese people in the world. This information is simple bogus. You are pushing the american people into rebellion. You don't need to be a rocket scientist to see what's going on here. I truly feel sorry for the school children who are going to be fed this crap when this sometimes can be the only truly nutritious meal they will get all day. Do your homework please

Comment ID: 001110

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Elaine

Last Name: Gardner

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am very concerned about nutrition for my family. I have studied nutrition in college and spent countless hours in private study only to conclude that the USDA dietary guidelines are quite problematic. First and foremost, there is no reference made to the quality of food ones is recommended to eat. Commercially raised animals and produce are inferior in nutritional content to animals and produce that are raised on nutrient dense soil that is free of synthetic additives, pesticides, hormones, etc. Also, the food pyramid is heavily based on carbohydrates. There is ample scientific evidence to show that more than 2-3 servings of grain based carbohydrates daily wrecks havoc of all sorts in the body with the main issues being raised cholesterol, irritation of the blood vessels which can lead to high blood pressure and cardiovascular issues and changes in the bodies ability to safely handle blood sugar, contributing the ever rising occurrence of Type II diabetes.
I think it is irresponsible to ignore all this science and continue to recommend dietary guidelines that put the countries population at risk for developing so many different diseases. I sincerely hope that the review board will reconsider the guidelines.

Comments Summary Report

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

Key Topic: Other

I sincerely thank you for the ability to comment on this issue!

Comment ID: 001112

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: So, it's quite obviously politics as usual and more of the same, eh, folks? Reckon the checks and perks supplied by the carbo industry must have been a LOT larger than the ones supplied by the meat industry.

Comment ID: 001125

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Ryel

Last Name: Kestano

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I recently reviewed the 2010 Guidelines and am completely shocked and dismayed that the USDA continues its campaign of misinformation and mis-guidance. Clearly, given the state of health of Americans today, the guidelines have failed miserably in the past in keeping our citizens and most importantly our children healthy and free of disease.

The notion that healthy saturated fats from pastured animals is lumped in with trans fats and other unhealthy fats is absurd. There is an enormous distinction between these solid fats and the guidelines do an incredible disservice to the farms and ranches that raise pastured animals in a natural environment, and the nutrient dense foods they provide.

The guidelines create massive nutrient deficiencies by recommending certain foods and combination of foods that fundamentally do not provide the nutrients we need. The recommendation to avoid eggs - particularly organically raised, small farm eggs - is overlooking one of nature's most perfect and nutrient dense foods.

I am ashamed and appalled by these guidelines and will do all that I can to ensure that Americans are provided with accurate and relevant information.

Comments Summary Report

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

Key Topic: Other

For whoever is reading this, PLEASE find ways to support our local farms and local food production facilities. Mass-scale industrial agriculture will kill us all, and the blood will be on your hands.

Comment ID: 001126

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sharon

Last Name: Gries

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: It is difficult to understand why you do not take the opportunity with new food guidelines to address some of the REAL reasons for the epidemic health issues our country faces. Not specifying Trans Fats and lumping them under solid fats despite the overwhelming evidence that trans fats are dangerous to heart health; not singling out High Fructose Corn Syrup as an additive to avoid, when it is a major contributor to the obesity in the US, suggesting that cheese although high in protein, calcium and other nutrients is bad because it is a solid fat, and the suggestions that intake of animal fats should be restricted robs individuals of vital nutrients and vitamins that impact brain and muscle development. Suggesting reduced levels of salt will increase the use of MSG in foods. Today many of our processed foods have high levels of both HFCS and MSG plus a host of other additives that prolong shelf life none of which have nutritional benefit. The work of this committee developing food guidelines should be done by professional nutritionists, scientists and doctors, not individuals tied to the food processing industry who cater to lobbyists.

Comment ID: 001127

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Susan

Last Name: Driscoll

Job Title: CEO

Key Topic: Other

Sub Topic:

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

Comments Summary Report

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

Key Topic: Other

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 similar to the 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 guidelines down."

Comment ID: 001128

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Dawn

Last Name: Coughlin

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The Guidelines are not based on science but are designed to promote the products of commodity agriculture and-through the back door-encourage the consumption of processed foods. The Guidelines should be scrapped and the committee members should be replaced with individuals who have no ties to the food processing industry or to universities that accept funding from the food processing industry.

Comment ID: 001129

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name: June 23, 2010

First Name: Judith

Last Name: Griffin

Job Title: Retired Elementary School Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Regarding USDA Dietary Guidelines for 2010, how are those guidelines working for you? It looks like we're going from the frying pan into the fire. With a national epidemic of cancer, heart disease, diabetes, immune system diseases, and obesity, it looks like the USDA could come up with something other than making their previous guidelines even worse.

When will the USDA wake up and realize that trans fats and processed foods are the problem? White sugar, white flour, and some clear oils are toxic to our bodies.

Comments Summary Report

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

Key Topic: Other

What we need to do is go back to a traditional, old fashioned diet including animal foods (meat, poultry, eggs, fish, whole milk and cheese and broth), whole grains, legumes and nuts, fruits and vegetables, and fats and oils (including butter, animal fats, palm oil, coconut oil, olive oil, and cod liver oil).

Foods we need to avoid contain refined sweeteners such as candies, sodas, cookies, cakes, etc., white flour products such as pasta and white bread, processed foods, polyunsaturated and partially hydrogenated vegetable oils and fried foods.

When America goes back to its roots, we will see an improvement in our health. Meanwhile, I don't want a government agency telling me what to eat since they don't know what they're talking about. I am enjoying better health now at 67 years of age than I have previously through a whole foods diet and natural foods like my grandparents ate. Please look at the science and start over on your guidelines.

Comment ID: 001131

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed 2010 Dietary Guidelines perpetuate the mistakes of previous guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources. Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease. The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000967

Submission Date: 06/15/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Eating healthier is certainly on many peoples minds. Unfortunately, the healthier you want to eat, the higher the cost. For example, if you're like me, you'd like to get the whole wheat dry pasta, but its three bucks while the less healthy option is 99 cents. Fresh fruits and vegetables don't keep, I always end up throwing them out because they rot before I can use them. Its sad, but its really a matter of economics and not choice.

Comment ID: 001293

Submission Date: 06/29/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I'm 65 and staying in excellent health on a LOW-carb, high FAT diet. The USDA Food Pyramid is completely wrong in my experience and merely supports the highly subsidized agricultural corporations whom the government serves at the expense of the taxpayers. It's time to do the right thing and oppose the Healthcare BUSINESS and Big Agricultural CORPORATIONS whose profits are generated by ever worsening ill health.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001296

Submission Date: 06/29/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jennifer

Last Name: Miskiel

Job Title: Stay at Home Mom, whole foods chef background

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Emphasis should be placed on quality of food and nutrient density rather than caloric intake. In fact, calories should be taken completely out of the recommendations. For example, raw whole milk plain yogurt is more nutrient dense than a 100 calorie light and fat chemical laden food product. I do not look at the nutritional column when I grocery shop. I encourage my clients and family members to look straight at the ingredients. The American public should be educated on how to read ingredients and learn that if they cannot pronounce it that they should put it down. Americans should also be encouraged to eat most of their meals from fresh ingredients. In the past the dietary guidelines have been confusing. Encouraging Americans to eat whole grains and then recommending boxed cereal is contradictory. Cereal is not a whole food/whole grain. The cereal is extruded and heated to high temperatures to be in those cute little shapes. Cheerios is not found in nature. To allow manufacturers to make claims that their cereal contains whole grains is part of the overall problem. Americans are confused!!!!!! As a health counselor and whole foods chef, I still would advise my clients to ignore the USDA food pyramid as any sort of healthy guideline even with the 2010 revisions. The current guidelines are too wrapped up in appeasing lobbyists and subsidized corn and soy agribusiness to make any real healthful comprehensible recommendations to the average Joe. Watch Food, Inc. or read the research of Weston A. Price and then go back to the drawing board.

Thank you for taking the time to read my comments.

Comment ID: 001298

Submission Date: 06/30/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Patrick

Last Name: Colvin

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: While this report offers some valuable information, it troubles me that there is very little specific, actionable advice in plain English. "Consume fewer foods containing added sugar

Comments Summary Report

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

Key Topic: Other

and solid fats" is extremely unhelpful and obfuscates the issues at hand. "Avoid soft drinks" and "Eat less red meat" are easier to understand and easier to follow. Specific policy recommendations regarding environmental issues, especially regarding school nutrition programs, would also be extremely helpful.

Comment ID: 001299

Submission Date: 06/30/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Rachel

Last Name: Ginsberg

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I believe very strongly that in order for this report to be effective, its language must be unequivocal in its determination of what is wrong with food in this country and how it must be fixed. Although it is clear that special interests play a huge role in this debate, these interests are killing America, literally. If this committee is not willing to take a strong step towards impactful language resulting from what is obviously rigorous scientific analysis, who will? Who will fight for the health of my children, because it is clear that in this kind of food environment, I cannot do it alone.

Comment ID: 001302

Submission Date: 06/30/2010

Organization Type: Individual/Professional

Organization Name: OUR TOWN

First Name: Enid

Last Name: Futterman

Job Title: Co-Editor/Publisher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: 1. The proposed guidelines perpetuate previous mistakes in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole dairy products, and fatty meats. The obesity epidemic emerged as vegetable oils and refined carbohydrates replaced traditional fats.

2. Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglycerides and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite, leading to bingeing, weight gain and chronic disease.

3. The guidelines will perpetuate deficiencies present in all population groups of vitamins A, B12, B6, and D, and minerals like calcium and phosphorus, which require A and D

Comments Summary Report

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

Key Topic: Other

for assimilation. Moreover, low intakes of vitamin K2, found mostly in egg yolks and full-fat cheese, are associated with increased risk of heart disease and cancer.

4.. The guidelines lump trans fats together with saturated fats-calling them Solid Fats-thereby hiding the difference between unhealthy industrial trans fats and healthy traditional saturated fats. Trans fats contribute to inflammation, depress the immune system, interfere with hormone production, and lead to cancer and heart disease. Saturated fats do the opposite.

5. The vitamins and fatty acids carried uniquely in saturated animal fats are critical to reproduction

6. The Guidelines are designed to promote the products of commodity agriculture, especially processed foods, and should be determined by those without ties to the food processing industry or to universities that accept funding from the industry.

7. A diet high in grains, even whole grains, can contribute to digestive disorders unless properly prepared.

8. Blood sugar problems are caused by a diet high in carb

Comment ID: 001312

Submission Date: 06/30/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lynn

Last Name: Wright

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The proposed new USDA Guidelines have little to do with scientific fact, common sense, the history of human civilization or what constitutes a healthy diet. It has everything to do with bowing to the pressure and monetary power of food manufacturers and growers of commodity agriculture. Eat close to the (family) farm, not the central aisles of the supermarket. Eat the foods that kept our ancestors healthy and our species alive.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001314

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Reggie

Last Name: Goebel

Job Title: Jazz Artist/ Teacher

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comment ID: 001317

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Ann

Last Name: Burrows

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Instead of protecting starving or malnourished citizens the government should guard against degraded nutrition and ballooning fats in our food supply/choices. Begin with providing good nutrition in all geographical areas, from rural to poor. Cut health care costs by increasing the cost of poor nutrition choices.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001324

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Patty

Last Name: Bordner

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: My husband, Bob, and I changed from eating a typical SAD to a healthy diet on February 2, 2009. Within 3 months all our vital signs were normal or below normal. Within 6 months we became slim-normal weight. We are both in our early 50's and are on no medications. We supplement our diet with B12 sublingual tablets. We eat at least a pound of raw green leafy vegetables, 2 pieces of whole fruit, brown rice or quinoa, cooked beans, and I sprout wheatberries and grind them, form them into small buns and cook at a low temperature. We eat a loaf of this bread between the two of us every day. We include spices such as turmeric, cayenne, cumin, fennel, and cinnamon in our diet every day. I make cookies from sprouted soft wheat for our snacks. We eat oil-free granola that I make or cooked oatmeal with raisins and nuts for breakfast. We drink water as needed and grow our own vegetables from organic, non-gmo seeds. We use non-toxic diatomaceous earth as a pesticide. We eat no processed foods. We use no processed oil. We eat no product that once had parents. After 17 months we are more healthy now than we have ever been in our whole lives. The change was difficult during the initial 21 days but now we will never go back to our unhealthy ways. We do not consume alcohol, smoke, or use recreational drugs. We exercise no more than we did before February 2, 2009. That said, we both have active work. Bob is a butcher in a local grocery store :-), I am a petsitter and gardener. I make all our cosmetics, laundry detergent, toothpaste from safe ingredients. Now, one by one, I am teaching people that are tired of being sick and on medications that make them feel worse. One by one. You should study the affects on the human body of a low fat, whole food, starch rich vegan diet if you really want to be impressed with a healthy way of life. Thank you for reading. Patty Bordner

Comment ID: 001325

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lynn

Last Name: Kerman

Job Title: nutritional educator

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am writing to voice my concern about what kind of influence business has on this report. I urge you to only allow evidence regarding what is healthy food for humans to eat from qualified professionals that have no ties to agribusiness or other special interests that can skew the opinions in favor of their products. And the USDA does represent those

Comments Summary Report

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

Key Topic: Other

interests so shouldn't have input into this report. We are doing the people a disservice by not giving them independent information about what kind of diet provides the best health because clearly the standard american diet as it is does not for we have the highest incidence of all the chronic diseases that are easily cured by a healthy diet of organic, fresh food without added hormones, anit-biotics or genetically modified organisms. I urge you to relook at what sources help make this report and stop the conflict of interest. Thank you.

Comment ID: 001326

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Maxwell

Last Name: Murphy

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Human nutrition is very complicated. Your job is to make it simple. I can help.

What if the USDA Nutrition Guidelines looked something like this:

- If you wouldn't or couldn't kill it yourself, don't eat it.
- If it didn't exist 25,000 years ago, don't eat it.
- Don't add fats/oils.
- Don't remove the fiber.
- Don't add sugar.
- Save most of the processing for your teeth.
- Salt to taste.

The fundamental problem with the American diet is that we eat high-tech foods that aren't designed to mimic the foods found in nature. Our bodies aren't built for it. The foods we eat *seem* normal because they've existed for 25 or 50 or 200 years, but there's nothing "normal" about them when you consider the human body and digestive system have remained largely unchanged for 500,000 years.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001329

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: brenda

Last Name: strickland

Job Title:

Key Topic: Other

Sub Topic:

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. Do NOT allow the food industry to water your 2010 guidelines down."

Comment ID: 001333

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Shelly

Last Name: Fromholtz

Job Title: Administrative Specialist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please, please, please do the right thing. Which might not necessarily be the political right thing, or the financially-feasible right thing, or the lobby-favoring right thing, but the ETHICAL & HUMANE right thing. Listen to the science and do what's right for us - the people. Obesity and bad health is dragging this country down. It's in our country's best interest for us to be a healthy population.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001334

Submission Date: 07/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Barbara

Last Name: Butler

Job Title: Payroll Accountant

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Seriously, no cheese?

These guidelines should be scrapped and the committee members should be replaced with individuals who have no ties to the food processing industry or to universities that accept funding from the food processing industry.

We are organic by nature and can only survive and reproduce with the proper fuel - please stop using American's as guinea pigs.

Comment ID: 001248

Submission Date: 06/26/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Trish

Last Name: Townsend

Job Title: homemaker

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The USDA should be applauded for their desire to see Americans eat healthier diets and get more exercise in their daily routine. An awareness of the current diet of children and their lack of exercise is critical to this country, and especially for parents to see because they may very well be modeling for their children the negative dietary habits that may affect them the rest of their lives. However, looking at these guidelines leads one to think that the only healthy way to eat is to eat processed food. Does it not make more sense to study the patterns of traditional healthy people groups from ages past who did not have the health problems our country has now? My grandparents raised all their food and fed their 9 children a diet of beef, pork, and chicken with all the fat included, full-fat raw milk that was also used to make butter and buttermilk, salt-cured meats, fresh vegetables, wholesome sweeteners like honey and molasses that were produced on the farm, and more. The only processed foods they brought into their home was white flour and an occasional treat of candy at holidays. They lived to be in their upper 80's. My father died last year at 90. Maybe the best guideline for our youth, elderly, and everyone in-between is to eliminate processed food altogether and learn how to cook and eat traditionally prepared foods.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001253

Submission Date: 06/27/2010

Organization Type: Individual/Professional

Organization Name: Formerly obese individual who has maintained a 68 pound weight loss for 3 years

First Name: Naomi

Last Name: Heghinian

Job Title: President

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Between May 2005 and May 2007 I lost 68 pounds and have maintained that weight loss for over 3 years. 90% of the weight loss is maintained by focusing on meals consisting of Protein, Vegetables, Fruits, Fats and a little whole grain. Having been overweight or obese my entire life, it was not easy to loose and maintain this weight loss, but the process was amazingly simple. In addition to focusing on eating whole, natural foods, I avoid refined grains (like flour products) and anything that contains any kind of sugar. I do not use any kind of unnatural sweeteners either. My Cholesterol, triglycerides, and glucose levels are normal. This is how I solved my obesity problem.

The simple answer to the national obesity epidemic is really is very simple. As a nation we would gradually implement a tax on sugar products, and any refined grain product and that tax would only be used to immediately and highly subsidize organic vegetables, grass feed beef and lamb, free range poultry and eggs, and fish as well as organic, non-GMO, whole grains. The government would only buy organic produce, grass fed beef and whole grains for school lunch programs. The government could also offer incentives to ?mom and pop? stores to create whole, healthy ?fast food?.

As healthy whole food becomes the food of choice for a generation, only then will the obesity epidemic be corrected. Within 20 years the obesity epidemic will turn around as it becomes cost prohibitive to buy the expensive and potentially addictive sugar and refined grains and healthy whole foods become the inexpensive food of choice for a generation of children growing up. Feel free to contact me for follow-up.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001256

Submission Date: 06/27/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lisa

Last Name: Lammert

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I would like to see these key points addressed at the USDA public hearing on July 8th.

1. Saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking should not be demonized. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources.
2. When a healthy food like cheese is singled out as a food to be avoided, there must be something wrong with the premises on which the guidelines are based.
3. Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.
4. The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese.
5. The Guidelines should be scrapped and the committee members should be replaced with individuals who have no ties to the food processing industry.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001259

Submission Date: 06/27/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Rob

Last Name: Malcomnson

Job Title: Urban Agriculture Technician/Organic Farmer

Key Topic: Other

Sub Topic:

Attachment: N

Comment: 1. The proposed 2010 Dietary Guidelines perpetuate the mistakes of previous guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources.

2. When a healthy food like cheese is singled out as a food to be avoided, there must be something wrong with the premises on which the guidelines are based.

3. Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.

4. The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation.

Comments Summary Report

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

Key Topic: Other

Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese.

5. Guidelines fail to distinguish between natural solid fats and processed solid fats; the latter is the problem.

Comment ID: 001261

Submission Date: 06/27/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Scull

Job Title:

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comment ID: 001263

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Stephanie

Last Name: Tourles

Job Title: lic. esthetician, herbalist, nutritionist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The new 2010 Dietary Guidelines are even worse than ever! An abomination being forced on the American public! My family and I can't eat this way or else we get sick! Our joints hurt, skin and eyes dry out, vitamin D & A stores drop from lack of good, clean animal fats including raw fermented cod liver oil and raw grass-fed, full fat cow/goat milk. Animal fats and grass fed beef/buffalo, free-range organic fowl, and wild fish were the staples of our ancestors. They had very good health without all of the diseases of modern man such as arthritis, cardiovascular heart disease, obesity, cancer, and diabetes. If the "powers that be" would only look at the "covered up scientific facts" they would realize that all the excess carbohydrate they are recommending and omega-6-rich vegetable oils will sicken this country even further. This type of diet will not promote health. We need

Comments Summary Report

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

Key Topic: Other

nutrient-dense foods, not GMO grains, soy, and pasteurized, chemical-laden dairy. Another thing . . . there is nothing wrong with saturated solid fats - provided they come from grass-fed cows. Solid fat from cows inflicted with antibiotics, hormones, and fed a diet that is far from natural . . . corn & grain, changes their solid fat from being rich in health-producing Omega-3 fats to a fat that is high in Omega-6's.

All of this carbohydrate that you are recommending turns into sugar in the body . . . an amount of sugar that the body cannot handle . . . thus the inflammation and damage to the arteries and pancreas. Thus more CHD and diabetes.

Please, for the sake of our health, change your guidelines and quit catering to the wealth of the big agricultural corporations who promote soy, corn, and wheat. Those 3 foods don't promote health in humans and don't promote it in cows and chickens either. Those 3 foods are fed to those animals to increase weight and maturation. This is not what is needed in the human.

Comment ID: 001265

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I urge you to reconsider the stance that saturated fats are the root of most American's health problems. I believe that hundreds/thousands of years of people eating that fat with no visible health issues prove that saturated fats are NOT the issue. But pre-packaged/sugar-laden foods are. And encouraging folks to eat even more carbs, when we already eat far too much, is just asking for more cases of diabetes and other degenerative diseases! Please quit allowing the oil industry and others who have great financial interest in your pyramid to alter the truth of what foods are truly health-giving.

Comment ID: 001267

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Anna

Last Name: Miller-Rhees

Job Title: homemaker, midwife

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I want to testify that I was not a healthy person when following a low-fat and low-cholesterol diet as recommended by the new guidelines. I had high blood pressure and was overweight. It was not until I started eating ALOT more saturated animal fats from butter, cheese, coconut oil, and meats that I began to lose weight, with blood pressure dropping

Comments Summary Report

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

Key Topic: Other

as well. I am currently pregnant, and with this pregnancy have experienced much less weight gain, and have sustained a blood pressure around 98/64 much different from my 120's/80/s in previous pregnancies!!!

Comment ID: 001268

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The Dietary Guidelines should provide clear, unambiguous advice about how people should eat to avoid obesity and how we can create a healthier food environment. This should include the advice to eat less junk food such as soda, candy, chicken nuggets, steak, hamburger, French fries, pizza, cookies, or ice cream. EAT LESS!!!! The focus should not be on the individual nutrients alone. Though it is important to eat less salt/sugar, it not the salt /sugar alone that is causing health issues in this country. Eating less or no processed food is the issue. Please provide clearer guidelines that people in this country will understand to improve their overall health.

Comment ID: 001270

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name: .

First Name: Krissy

Last Name: Hughes

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am writing in disagreement of your newly proposed 2010 dietary recommendations. I think they are entirely wrong and are pushed by big industrialized agricultural and it's money. It is based on grains. You should be promoting healthy fats (lard, tallow, coconut oil, palm oils, grass fed saturated fats in grass fed butter, grass fed meats, etc.). You should be promoting less grain consumption and more health grass fed meats, and pastured chickens producing healthy eggs. I personally do not choose to eat much dairy; however, when I do eat some cheese I choose to purchase organic pastured raw cheese. Pasteurization creates a dead void food that is no longer healthy for consumption. You are promoting a way to eat that will continue to dramatically increase disease (cancer, heart disease, auto immune diseases, etc.). I myself used to eat vegetarian, nearly vegan for eight plus years. I ate lots of grains, lots of soy, etc. I was not that healthy and was over weight. I am now very healthy, feel good and am no longer over weight. I have maintained my healthy weight for almost 9 years. Soy should also be avoided, my high soy consumption while I was vegetarian had effected my thyroid. Soy is being stuck in

Comments Summary Report

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

Key Topic: Other

everything and should be eliminated entirely. Organic pastured eggs are also a very healthy food for people to eat. Truly healthy fats are essential to peoples life and health. Simply you have it all wrong and your recommendations are bought and paid for. Very sad. People should be encouraged to begin eating simple real food again, not processed full of chemicals, poisoned food stuff (not real food).

I hope you consider my thoughts.
Thank you,
Krissy Hughes

Comment ID: 001271

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name: Cooper Nutrition Education & Communications

First Name: Christen

Last Name: Cooper

Job Title: President

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Thank you for a thoughtful report. As someone who works with schools on nutrition and wellness, I urge the committee to add more to the Guidelines about bringing food assistance programs (especially school lunch regulations) up to date with the science in the Guidelines.

Sincerely,

Christen Cooper, MS, RD

Comments Summary Report

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

Key Topic: Other

Comment ID: 001272

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Michele

Last Name: Ritala

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: In the Executive Summary, it says Food producers are "encouraged" to make their foods healthier, reduce SoFAs , trans fats and other unhealthy components. I wish the government would go farther than "encouragement." How about requiring MacDonald's and Burger King to put warning labels on fast food? There are products being sold (double bacon 1/2 pound cheeseburgers, blizzards, for example) that should never be eaten by anyone. They are not a part of a healthy diet at all and are as bad for your health as cigarettes. Please do what you can to suggest policies that will thwart the fast food industry in its zeal to make money and create a nation of overweight kids in the process.

Comment ID: 001277

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lawrence

Last Name: Karp

Job Title: Nutritionist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Public service announcements should be dramatically increased on both television and radio encouraging individuals to get out and walk more, to use their bicycles more instead of their cars, and to eat more fruits and vegetables instead of the unhealthy "fast food" alternatives. Most importantly, talented people in the advertising world or the movie industry itself should be tapped to volunteer their services in the making of these announcements. Everyone knows that there are billions of dollars of medical savings possible if these interventions can be properly executed.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001279

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Dr & Mrs. Robert

Last Name: Pasterz

Job Title: MD

Key Topic: Other

Sub Topic:

Attachment: N

- Comment:**
1. The proposed 2010 Dietary Guidelines perpetuate the mistakes of previous guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources.
 2. When a healthy food like cheese is singled out as a food to be avoided, there must be something wrong with the premises on which the guidelines are based.
 3. Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates, but excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.
 4. The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese.
 5. By restricting healthy animal fats in school lunches and diets for pregnant women and growing children, the Guidelines will perpetuate the tragic epidemic of learning and behavior disorders. The nutrients found most abundantly in

Comments Summary Report

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

Key Topic: Other

Comment ID: 001281

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Genie

Last Name: Killoran

Job Title: Health and Fitness Writer

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down.

Comment ID: 001282

Submission Date: 06/28/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Katherine

Last Name: Cusano

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Newly proposed Guidelines

Comments Summary Report

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

Key Topic: Other

Comment ID: 001140

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Francie

Last Name: Harrill

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I want you to know that both my parents died horribly from following your low fat, low cholesterol guidelines before you lowered them yet again. They both had strokes and suffered for a couple years. I have followed a diet patterned after the Weston A. Price guidelines and have no cholesterol or blood pressure problems. I am terrifically healthy! I only wish my parents had not blindly followed you thinking because you were the FDA that you were not be questioned.

You are doing a cruel disservice to everyone in this country. I ask you to further look into the guidelines you are recommending.

Comment ID: 001141

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: William

Last Name: Weitze

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Focusing on body size rather than behaviors dooms the effort. Since there is no safe or reliable way (as demonstrated by scientific studies) to turn most fat people into thin people, any effort that uses weight as a yardstick will come up short. I agree with encouraging to eat better and move more, but these behaviors have health benefits irrespective of weight loss.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001142

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Mary

Last Name: Larkin

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am writing to tell you that the FDA recommended diet is making us sick and fat and your proposed diet for 2010 is even worse. For years during my 20's and 30's, I followed the FDA recommended diet and the longer I stayed on it, the sicker and fatter I became.

Over four years ago, I came across the book Nutrition and Physical Degeneration by Dr. Weston A. Price, DDS. It is about his studies in the 1930's as a nutritional anthropologist of 14 different isolated groups of people around the world that were still eating their traditional diets. I am 48 years old and have been eating a traditional diet for over 4 years. I am now at my college weight and healthier and happier than I have been in over 25 years and ailments that I had for years disappeared. My husband is also much healthier and happier and has lost 35 lbs. We have been eating a traditional diet of butter, coconut oil, organ meats, meats, bone broths, and animal fats all from range raised, grass-fed animals, free-range poultry and eggs, whole raw milk from grass-fed cows and whole milk byproducts like cheese, yogurt, kefir, sour cream, cottage cheese, wild fish, shellfish and roe, Celtic sea salt, lacto-fermented organic vegetables, fruits and beverages, fresh organic vegetables and fruits, and properly prepared grains, seeds, nuts, and legumes.

We also AVOID white sugar, artificial sweeteners, white flour, improperly prepared grains, seeds, nuts and legumes, unfermented soy products, Trans fats and processed vegetable oils like soybean, canola, sunflower, safflower, cottonseed, and corn oils. These are the foods that are making our population sick and fat.

Back in the early 1900's, the average consumption of butter per person per year was around 18lbs, plus numerous other animal fats. Yet the percentage of deaths from heart disease back then was around 8%. Now, butter consumption per person per year barely reaches 4lbs but today the percentage of deaths from heart disease is 40%.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001144

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Anneliese

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed guidelines do not give value to many wholesome foods and over-emphasis many processed foods. There is also a fundamental flaw in the research used to base these guidelines on - a belief that a low fat, high carbohydrate diet is healthy. The inaccuracy of this research should be scrutinized and the entire system re-evaluated. The Guidelines should be scrapped and the committee members should be replaced with individuals who have no ties to the food processing industry or to universities that accept funding from the food processing industry.

Comment ID: 001145

Submission Date: 06/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Barb

Last Name: Breeden-Schmenk

Job Title: homemaker (formerly a civil engineer)

Key Topic: Other

Sub Topic:

Attachment: N

Comment: These new guidelines simply aren't based on accurate interpretation of available data. With members who have such close ties to big ag and to the food processing industry (or to universities accepting funding from big ag and/or the food processing industry), the Committee's recommendations aren't surprising but sad all the same. PLEASE check out the Weston A Price group recommendations and note the dramatic differences. Everyone I know who has tried eating this way (more traditionally) has seen significant health improvements. In fact, many of the adherents came upon this way of eating as a result of research in order to address the problems of someone in the family with significant health issues. Continuing to perpetuate wrong "conventional wisdom" about diet has serious implications for us all - from education to crime to health care. Please reconsider!!

Comments Summary Report

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

Key Topic: Other

Comment ID: 001166

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: J

Last Name: F

Job Title: retired

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I find it disheartening that attempts are made to disprove the efficacy of natural products when so many of our manufactured drugs which are supposed to bring life instead deliver death. I took one arthritis pill over ten years ago and am still feeling adverse effects of it. I wonder if I would still be alive if I had taken some of the other stuff that doctors tried to prescribe for me. I make careful choices and monitor what I take and besides improvements of certain conditions, I necessarily monitor my diet which I probably would not do with a medicine. In addition, there are more caveats attached to medicines which may prove to kill, than are attached to natural products. Is there a comparison to how many have suffered adversely as opposed to medicines which may be pulled off the market after hurting so many people?

Comment ID: 001169

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jean

Last Name: Franklin

Job Title: retired

Key Topic: Other

Sub Topic:

Attachment: N

Comment: What is being proposed is not based upon true empirical data: The rise of many of our degenerative diseases coincide with the increase in refined vegetable oils and grains. Observation of an anthropological nature demonstrates that whole, unadulterated foods of many varieties are best. Biochemical individuality, a proven fact, is completely ignored. What is proposed here is simply going to lead to an increase in the poor health we already experience as a nation. As a former prof. and nutrition counselor I have seen first hand what improvements can be had by discovering the individuals needs. These are invariably at odds with what government is promoting.

Observe what works. It is not what you are promoting!

Comments Summary Report

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

Key Topic: Other

Comment ID: 001171

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name: Self

First Name: Janet

Last Name: Joscelyne

Job Title: homemaker

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am totally against the new USDA Dietary Guidelines (as well as the USDA previous dietary guidelines).

My family follows the guidelines of the Weston Price Foundation for complete and total health. I used to follow the USDA guidelines and was getting sick. In desperation I looked around and found these Weston Price guidelines which follow thousands of years of traditional eating practices and my health has returned. This was over three years ago. I would not follow the USDA guidelines because I believe they are absolutely biased towards industrial foods and completely wrong. The science behind the USDA guidelines is out of the universities which are subsidized by food corporations who want to promote their food agenda on the American people.

"USDA has issued draft Dietary Guidelines for 2010. Rather than correct its anti-saturated fat and anti-cholesterol position, which has led to an epidemic of disease in this country, the new Guidelines are worse than ever, with more stringent restriction of saturated fat (7 percent of total calories, down from 10 percent) and cholesterol consumption of less than 300 mg per day (less than 200 mg for those with risk factors for heart disease or diabetes--one egg contains about 245 mg cholesterol), and reduction of salt intake from 2.3 grams to 1.5 grams (about one-fourth teaspoon).

The guidelines sweep the dangers of trans fat under the rug by lumping them with saturated fats, using the term "solid fats" for both, promote an increase in difficult-to-digest whole grains, and recommend lean meats and lowfat dairy products. Cheese is specifically singled out for avoidance because of its high "solid fat" content. Since, as the Committee admits, no one follows earlier versions of the Guidelines, it is recommending a focus on "actions needed to successfully implement" key recommendations, in other words on how to force people to eat in this highly deficient and grossly unsatisfying way." (Weston Price Foundation)

Comments Summary Report

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

Key Topic: Other

Comment ID: 001192

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Anita

Last Name: Adolf

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: From personal health experience, I can tell you I am significantly healthier when I eat WHOLE FOODS (including animal protein with its fat as well as raw milk). I grew up eating manipulated/manufactured food (BOX) - and developed high cholesterol and consistent weight issues...all of which have normalized with a whole foods the way nature intended. Do not let anyone take this basic human right away from us!!

Comment ID: 001193

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese.

Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body

Comments Summary Report

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

Key Topic: Other

will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.

Comment ID: 001194

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Noel

Last Name: Bobilin

Job Title: Artist/ Farmer

Key Topic: Other

Sub Topic:

Attachment: N

Comment: How food is raised and grown is vitally important to the quality of the fats and other nutrients. Feed lot production is the source of unhealthy fat. Subsequently your nutritional recommendations is a complete waste of taxpayer money and has resulted in a health crisis of epidemic proportions, especially in our children.

Comment ID: 001195

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name: The Harmon Family

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed dietary guidelines shun the real foods or food components of history and tradition. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced healthy, nutrient-dense traditional fats in egg yolks, butter, whole milk, cheese, and fatty meats. Animal fats supply many essential nutrients that are difficult to obtain from other sources.

Members of my family suffered food allergies and poor health when following the USDA dietary guidelines (low fat, quickly prepared whole grains, little meat, and processed

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Key Topic: Other

foods). When we returned to real foods and traditional fats, the allergies and ailments eased and our health was restored.

<http://gnowfglins.com/2010/06/24/usda-dietary-guidelines-2010-baloney/>

Comment ID: 001196

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nancy

Last Name: Ryan

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I enthusiastically support the 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our national 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 similar to the recommendations that I and thousands more have followed on the Pritikin Program.

The Pritikin Program 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 guidelines down."

Comment ID: 001199

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Waging a "War on Obesity" is the wrong message to send to the public. Instead, we should all be encouraged to adopt healthy habits and focus on behaviors, eating more polyunsaturated fats, fruits and vegetables and lean meats, getting a moderate amount of health activity every day, and reducing stress. Encouraging people to hate their bodies, and putting policies into place that encourage discrimination based on weight are counterproductive and not based on sound medical or psychological research.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001201

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: M. L.

Last Name: Hughes

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed 2010 dietary guidelines are erroneous and need to be scrapped and the committee members should be replaced with individuals who have no ties to the food processing industry or to universities that accept funding from the food processing industry.

Comment ID: 001202

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nancy

Last Name: Dawley

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed 2010 Dietary Guidelines perpetuate the mistakes of previous guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources.

Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.

I lost 20 pounds without hunger when I changed from a mainly vegetarian/grain diet to one high in proteins and fats and low in carbohydrates.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001203

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Barbara

Last Name: Gilmore

Job Title: Retired

Key Topic: Other

Sub Topic:

Attachment: N

Comment: These guide lines are "more of the same" and will result in fatter people with more diseases and make giant agribusinesses richer. Guide lines should include better information on where the product comes from, when it was picked or processed and what herbicides and pesticides were used in producing it. THEN all of us people can be better decision makers as to what we want to put into our bodies.

Comment ID: 001204

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: bill

Last Name: h

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The USDA Dietary Guidelines for 2010 continues to be mistaken and misleading. Firstly, trans fats are correctly bad, but should not be lumped in with other saturated fats as those saturated fats from dairy products have been nourishing humans from almost day one (autopsies confirm zero heart disease as well). I understand this is not pure science and very political, but by reducing calories from "solid fats" to 7% has never been reality for western countries since the beginning of time.

It is not what one eats, but what one absorbs, and without an adequate intake of animal fats, our children are most at risk. Moreover, these fats are nutrient dense and fulfilling foods.

I agree with another wrote below

Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases

Comments Summary Report

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Key Topic: Other

blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.

The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese.

Comment ID: 001205

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Rachel

Last Name: Miner

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I have found these recommendations to miss the key issue of wheat based carbohydrates and seed oils (omega 3/6) balance. Having experienced first hand how poorly these results work, I request that you look at the research behind Paleo Eating or, better yet, remove government involvement. This is not an issue where we need government help. Each individual should be deciding for him/herself.

Comment ID: 001206

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Christina

Last Name: Hopkins

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Your newest dietary guidelines are a recipe for the continuing decline of the health of any person who would follow them. They go against what humans have been eating and

Comments Summary Report

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

Key Topic: Other

thriving on for thousands of years. Our bodies are MADE of saturated fats, EFA's, amino acids, and need vitamins/minerals for our very structure and co-factors of our metabolism. We need whole, unprocessed/unrefined whole, saturated fats, high quality protein preferably grass-fed for the CLA content; Whole milk, not processed and denatured milk products such as skim "milk", or UHT milk. Those are damaged fats and proteins which are contributing to our dysfunctional fat profiles. Countries who eat whole fats in their natural state: ie raw milk from A2 cows and goats, whole fat raw cheese with healthy enzymes and probiotics, pastured eggs and chickens, no antibiotic/grass-fed beef and pork, and plenty of locally produced, seasonal and organic fruits and vegetables, and fermented or sprouted grains/legumes (they are indigestible otherwise), do not have the degenerative diseases that this country has. They do not live on the Standard American Diet of processed meats/denatured fat and protein/processed foods. We need to go back to whole foods in their natural state, refusing to eat the food manufacturer's factory food. We need to eat whole food, locally produced and organic whenever possible. REAL salt is essential: unrefined natural sea salt provides valuable trace minerals and should be recommended. Whole fats, butter, cream (NOT UHT!), whole milk, coconut cream and coconut milk, palm oil, EFA's from Cod Liver Oil will give our brains the nourishment to develop properly, as our brain is mostly FAT. I urge you to look into the Weston A. Price Foundation who is unbiased, and revise these unhealthy and detrimental guidelines. They are antithetical to human health.

Comment ID: 001207

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name: Aiken Nutrition

First Name: Kim

Last Name: Rodriguez

Job Title: registered dietitian, nutritionist, masters degree in nutrition

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: As a registered dietitian, I have worked in health care/nutrition counseling for over 20 years. I originally instructed patients on the diet recommended by the American Dietetic / American Heart Assn (lowfat/low cholesterol, low sodium)
I did not enjoy my work. Not one individual I worked with who followed this diet got well. In fact, they got worse, presenting with worsened hypertension, higher hemoglobin A1C, weight gain, onset depression, etc.
I was confused and frustrated. THEY WERE SUPPOSED TO GET BETTER!

I personally followed this diet and was obsessive about it. At 30 years old I presented with diabetes, found it difficult to lose weight, and at 32 was bedridden on disability with a diagnosis of chronic fatigue syndrome and severe fibromyalgia.

I moved in with mom..in bed... Mom read some "alternative" books (other than the ones published by government organizations) - particularly those by Weston A Price. She started encouraging me to eat lots of cholesterol and saturated fat, despite my fear that this would make me worse.
I ate eggs, cheese, lots of meat with fat, liver, cream.
Within a month I was getting well...and back to work in 6 months. The ONLY thing that changed was my diet.

I later followed this diet of real food recommended by Price. I no longer had problems with weight, my diabetes resolved. as had all symptoms of CFS and fibromyalgia.

I then started working as a nutritionist for a prominent physician, who also believed in the WAP principles..and found the lowfat diet recommendation to make others sick as well. At this physician office I instructed at least 30 clients a week on WAP principles. I loved my work! Everyone that followed this diet of real food...ate saturated fat and cholesterol...

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Key Topic: Other

butter and not margerine...liver..no grains you find in the grocer...and no refined vegetable oils...
EVERYONE GOT WELL AND MEDICATION WAS STOPPED.

OPEN YOUR EYES! THE ADA RECS ARE NOT WORKING SO WHY KEEP GOING IN THE SAME DIRECTION?

Comment ID: 001176

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name: n/a

First Name: Mary Ellen

Last Name: Smolinski

Job Title: n/a

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: MY PERSONAL STORY: My glucose levels entered into a pre-diabetic condition, and I was placed on a low carb diet prescribed by my physician. This diet is composed of the good animal fats, eggs, healthy oils, and the right grass-fed meats and some vegetables and more disciplined eating of whole grains and whole grain breads.

My bloodpressure has already reduced substantially, , and my weight has reduced substantially. I feel great. While, as all other diets, the eating patterns take adjustment, this is what our nation needs. More disciplined eating of the correct foods, not masking our diets with unhealthy "experiments". This historical diet is tried and proven again and again, and anything short of it denies our citizens of the quality of health they deserve. BEST OF ALL, WANT TO SOLVE THE INSURANCE DILEMMA/COST? This is the way to go!!!!!!!!!!!!!! We need to get rid of all these nonsense foods the industry is selling, selling, selling, and get back to the basics.

I am wrinting in concern about the New Dietary Guidelines being considered for our nation. It is very important that you senators educate yourselves considerably and thoroughly prior to deciding what is right for our country regarding food. After all, the laws put in place have not helped, as our nation's weight is emphasizing.

I am particularly concerned that you are advocating reducing the recommendation for saturated fat products and lumping these healthy nutritious raw fats in with the dangerous trans fats. Our country needs to return to traditional farming practices and reform eating habits to create wellness in our country.

Please consider:

1. The proposed 2010 Dietary Guidelines perpetuate the mistakes of previous guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking. The current obesity epidemic emerged as vegetable oils and

Comments Summary Report

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

Key Topic: Other

Comment ID: 001177

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name: Binghamton University

First Name: Akilia

Last Name: Green

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: This plan is definitely on the right path. The goals of increasing physical activity and decreasing calorie intake would be an effective way to tackle the prominent weight problem in America. The action steps of teaching people how to cook and teaching people the repercussions of a poor diet will encourage people to consume a healthy alternative. I believe that I might be extremely difficult to alter the habits of an adult who is already set in their ways though. This is why I agree with the choice of starting the process with the youth of America. Not only should these steps be implemented in the schools, but their parents should have an active role as well. The child has no control of what food is put in the house, or even what they are eating, it's the parents. There is a good chance that a parent would alter their habits to benefit their children. I don't think you should make it mandatory to remove things like sodium out of certain foods. This might lead companies to add in more harmful ingredients to replace the taste. You should express to people the importance of consuming things in moderation. Everything else in the plan sounds good.

Comment ID: 001178

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Connie

Last Name: Mohn

Job Title: Director of Advocacy (Education)

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I have cardiovascular disease currently, and now, too late, understand the role of proper nutrition in staying healthy. Therefore, 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 similar to the recommendations that I now am 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. Please for our children and their children, Do NOT allow the food industry to water your 2010 guidelines down."

Comments Summary Report

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

Key Topic: Other

Comment ID: 001182

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Frances

Last Name: Freiman

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: By following USDA guidelines I went on a soy-based, low-fat, doctor-prescribed diet and lost 40 pounds. My thyroid developed problems, I felt completely weakened, and I began gaining the weight back. Not until I added coconut oil (a saturated medium-chain fat) to my diet, did my energy and health return.

I have now dropped grains and sugars from my diet, and respiratory congestion that I had had for years went away completely. The doctor had diagnosed me with COPD just on the basis of the congestion I had. Imagine that dropping grains from my diet cured COPD!

Also my energy levels are such that I no longer require naps.

I will never follow USDA recommendations, for they created failing health for me.

It is amazing to me that the USDA claims to be science-based. There is a lot of science out there that proves that eating a "hunter-gatherer" diet (rich in animal and vegetable saturated fats) and avoiding grains creates health. How is it that the USDA is unaware of this science? By any chance is the USDA beholden to Big Agra?

If I am aware of healthy alternatives, how is it that the USDA is not? Bring hunter-gatherer scientists to the table. See which scientists are fat and sick. I bet it will be the USDA scientists who have devised the current recommendations.

For shame! Establishing guidelines that harm the health of the nation! Fat children who are sleepy from eating lunches constructed from USDA guidelines prove that the USDA guidelines are faulty. Obese, diabetic adults suffering from cardiovascular disease prove that USDA guidelines are faulty.

Measure your scientists' waistlines, and if these scientists are not fit, throw them out, trash your guidelines, and bring in scientists and physicians who have a track record of promoting real health. Then write down those guidelines, and stop damaging the health of our nation.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001215

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Andrew

Last Name: Finkenstadt

Job Title: Senior Software Engineer

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down.

Comment ID: 001216

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kurt

Last Name: Armbrust

Job Title: U.S. Citizen

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am writing in support the position taken by the Weston A. Price Foundation. I feel that much of the dietary guidelines for Americans will lead us further down the path of worsening health as a nation.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001217

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Gidgette

Last Name: Rubin

Job Title: medical equipmentseller

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comment ID: 001218

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jill

Last Name: Costas

Job Title: Health Counselor/Coach

Key Topic: Other

Sub Topic:

Attachment: N

Comment: In overview, I support most of the new 2010 dietary guidelines. In particular, 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, and beans. These recommendations are similar to those which I and thousands more have been following on the Pritikin Program. Pritikin's health benefits are documented in 115+ studies in peer-reviewed journals over the last 30 years, and provides immediate and lasting health benefits.

As a Health Counselor/Coach, I have had the benefit of studying dietary theories from cultures throughout the world. While I believe there is no "one size fits all" approach, the Pritikin Lifestyle Program comes close.

Comments Summary Report

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

Key Topic: Other

One of the major flaws with the current food guide pyramid is that it leads one to believe we need dairy and meat in our diets. Not true. In fact, for many, consumption of dairy, eggs, or meat can be quite harmful. Eliminating food allergens is crucial to regaining health as many foods are stressors and contribute to health problems such as autoimmune disease.

Several studies show that diets high in meat consumption also have a higher incidence of disease such as heart disease and some cancers.

It is wrong to mislead the American public that we need meat and dairy as food groups. We don't. The healthiest diets on the planet are plant based. Don't let special interest money ruin the health of our family, friends, and country any longer.

And please emphasize the necessary benefits of exercise. A healthy plant based diet combined with regular exercise are key ingredients to a healthy American society.

We need to also consider the toxins in our environment. The EU has it right on the banning of certain pesticides in produce

Comment ID: 001219

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Karine

Last Name: Bouis-Towe

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please reconsider these guidelines, they are not health promoting. Look at our current crisis with obesity, if our population felt full and satisfied after eating a meal they wouldn't crave so many empty calories. I don't believe these guidelines are speaking for what is best for the children of this country, the guidelines don't correspond to scientifically based recommendations especially the need for fat in the diet for brain development and overall health of a child. Please think out of the box, talk to your grandparents find out what they ate which gave them a disease free life and what they fed their children to keep them healthy. It wasn't low fat, low salt and lots of carbs...

Comments Summary Report

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

Key Topic: Other

Comment ID: 001220

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kandace

Last Name: Bernal

Job Title: Wellness Coach

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am a concerned citizen who was diagnosed with an autoimmune disorder 4 years ago. Since I was not given any options to heal by the medical community (only Rx drugs and told that I would never be better). I then did what made sense which was to look at my diet. After talking to many natural practitioners I found that what I had been told was a healthy diet (food pyramid) was actually very detrimental for me. I cleaned up my diet by finding clean sources of food (organic, free-range, grass-fed) and began to eat as people have eaten for millions of years - real, unprocessed foods. I upped my saturated fats and meats and got rid of grains. My body has healed and I no longer have any symptoms of disease, am Rx drug-free and look and feel wonderful. This myth of low-fat, high grain/processed carb food pyramid garbage is extremely misleading and causing many to suffer from disease. Cutting out sugar and grains in one's diet will eliminate the majority of health issues we are seeing in this country. It is outrageous that we are being misled in order to benefit the pharmaceutical and food companies. So many are suffering so that a few can become rich and influential. I have done the experiment and I know the truth. Do the right thing and tell people to eat real foods - as their ancestors have done. You will see an increase in health and vitality - I am proof. Sincerely, Kandace Stamer Bernal

Comment ID: 001173

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

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 similar to the 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

Comments Summary Report

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

Key Topic: Other

needs. Do NOT allow the food industry to water your 2010 guidelines down."

Comment ID: 001227

Submission Date: 06/25/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Debra

Last Name: King, MS RD LD

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I believe that the Four Main Integrated Findings in the development of the 2010 Dietary Guidelines are a great approach to the design of the new guidelines. I encourage the committee not be swayed by the food industry and other groups who will attempt to make the final guidelines deviate from these. As a Registered Dietitian I feel that the message to consumers to increase their use of plant foods is very important in achieving the goals your committee initiated. I strongly support these four guidelines for a healthy America!

Comment ID: 001232

Submission Date: 06/25/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: These absurd recommendations completely ignore the role of sugars and artificial additives, as well as the rampant diabetes and hypoglycemia epidemic which is fueled by a low fat diet. It also ignores the chronic vitamin and mineral depletion epidemic, exacerbated by a high carbohydrate diet. Our family got very ill, even to the point of hospitalization on this low fat diet. We have also recovered from learning disabilities, and autoimmune diseases, by following a more traditional, ancient diet, such as the Weston A. Price foundation teaches. "Western medicine and food guidelines" made us sick; the grace of God and eastern medicine/traditional foods have made us well.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001233

Submission Date: 06/25/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Lynn

Last Name: Kitchen

Job Title: Money Manager

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I heartily support the new 2010 dietary guidelines particularly lowering the daily sodium recommended levels to 1500 mg and lowering saturated fat intake to 7% calorie intake per day, the call to action of a lower calorie-dense diet to combat obesity, and the emphasis on a plant-based diet of REAL food, not processed foods. These are similar to the recommendations that I and thousands more like me have been following in the Pritikin eating program, supported and documented in 115+ peer review journals over the last 30 years. This is what our country needs. Please do not let the food industry water down your resolve to pass the new 2010 guidelines

Comment ID: 001235

Submission Date: 06/25/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Anne

Last Name: Ostling

Job Title: Librarian

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Everyone I know of my generation who follows the USDA Guidelines is fatter and/or sicker than I am. I am 68 years old, take no medication and have perfect weight and no health problems. I follow the principles of the Weston A. Price Foundation of wholesome nutrient dense food, purchased from local farmers. This also means I avoid all processed food, including low fat dairy. My diet includes a good amount of saturated fat, and no refined carbohydrates. From my experience I believe your guidelines are blatantly wrong and are leading the American people down the slippery slope of obesity and poor health.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001236

Submission Date: 06/25/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Elizabeth

Last Name: Bickel

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am dismayed that all naturally occurring and healthy saturated fat is deemed unhealthy and is not distinguished from artificial trans fats which truly are unhealthy. I also don't see how you could have missed the hugely detrimental effect of high fructose corn syrup on the population. It is in 70% of foods and is completely correlated with the epidemic in obesity.

Comment ID: 001916

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: John

Last Name: Somdecerff

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I fear that special interest groups have hijacked the whole process of writing these dietary recommendations. If you read the independent research by such people as Dr. T. Colin Campbell (The China Study), John McDougall, and many others it is clear that the primary cause of every major disease in the US the consumption of meat, dairy, and "junk" food. The evidence is clear that changing to a whole food vegan diet drastically cuts the chances of getting any of these diseases. But instead you seem to focus on the junk science of studies done by the National Dairy Council and similar organizations.

I agree with John McDougall that "There is no other solution than to replace the Dietary Guidelines Advisory Committee with experts who will look at the science with an impartial gaze and render recommendations that are truly for the people rather than for America?s industries. "

Comments Summary Report

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

Key Topic: Other

Comment ID: 001675

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name: Adventure Cruises

First Name: Larry

Last Name: Gohl

Job Title: Business Owner

Key Topic: Other

Sub Topic:

Attachment: N

Comment: "In addition, increase the intake of seafood, and fat-free and low-fat milk and milk products, and consume only moderate amounts of lean meats, poultry, and eggs." Your ADVICE is based on politics and not science. Why should anybody listen to you?

Comment ID: 001508

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: Institute of Food Technologists (IFT)

First Name: Marianne

Last Name: Gillette

Job Title: IFT President

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Food science and technology must play an integral role in making more healthy food choices available to consumers if the 2010 Dietary Guidelines are to be implemented. The DGAC Report highlights many opportunities for food scientists and technologists to provide support to an evolving food environment. Reduced intake of sodium, solid fats, and added sugars in the food system often require technological adaptation that only food scientists and technologists can contribute. Food scientists and technologists can help consumers more effectively meet the Dietary Guidelines through food processing such as product reformulation, fortification, enrichment, and other means for effective nutrient delivery. To ensure that the Dietary Guidelines are practical and achievable, food scientists and technologists can provide insight on the food industry's capabilities to add, reduce or remove nutrients in foods, and highlight resulting impacts on food manufacturing and food safety, including technological limitations and cost constraints. An integrated approach to health is necessary, as expertise from nutritionists, food scientists, food technologists and others will lead to effective dietary guidance and more nutrient dense food choices. The Institute of Food Technologists (IFT) and IFT members are ready and able to provide expertise on food science and technology that is critical to the implementation of the 2010 Dietary Guidelines for Americans and DGAC Report recommendations.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001550

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Charmaine

Last Name: Rimple

Job Title: Unemployed

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I would like to see assistance for people to know which foods are gluten-free and which processed foods were produced in a gluten-free factory. The gluten sensitivity spectrum is broad like the autism spectrum. Consumers need an aid for example to know if they purchase sweetened banana chips to know the chips were sweetened with maltedextrin. Another example would be the corner specialty store / kitchen that produces chocolate chip cookies to know they are not including chips with maldextrin. Perhaps this is not the correct site to give my concern, but dietary gluten is HUGE for some individuals.

Comment ID: 001707

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Antonio

Last Name: Cain, MBA, RD, LD

Job Title: Registered Dietitian

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Would like to see more around consistent messaging that makes these guidelines more appealing to the people that we are promoting them too. There needs to be a better campaign and push to get people excited about eating healthy and exercising. They should genuinely want to be healthy because they want to and not because the experts say to do it. I think that we know what to moderate, increase, and avoid in our diets at this point, but how do we make the public just as excited about it? "Consistent Messaging"

1. There are no good or bad foods
2. All foods fit
3. It is cool to eat healthy and exercise
4. Eat as a family
5. Normal eating is eating when hungry and completing when satisfied

Comments Summary Report

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

Key Topic: Other

Comment ID: 001737

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Middlesworth

Job Title: Ph.D

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The public deserves an unbiased nutritional report, and this USDA report is nothing short of yet another Ag industry supported report. The USDA is going to completely lose its credibility with this type of "junk" science reports. We don't believe you!!!

Comment ID: 001743

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Ryan

Last Name: Thibodaux

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I support everything Dr. John McDougall states writes in this article:

<http://www.drmcDougall.com/misc/2010other/guidelines.htm>

Comments Summary Report

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

Key Topic: Other

Comment ID: 001744

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Wilson

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: We Humans are the product of millions of years of evolution. Grains and modern sweet fruits were only created by humans within the past 10,000 years; not nearly enough time for us to adjust to deriving the majority of our calories from them. Vegetable Oils are an even more modern invention. We evolved to eat saturated fats and foods which contain cholesterol throughout the year with low-starch vegetables and low-sugar fruits as were available in season. It makes no sense to tell us to avoid eating them in favor of starchy grains. All that starch turns to sugar soon after you eat it, raising insulin levels and causing beta cell burnout (type-2 diabetes). When you stop eating all those grains and sugar, you lose weight, your blood pressure goes back to normal, your blood lipids all improve. Please make this information part of the nutritional recommendations.

Comment ID: 001745

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Ron

Last Name: Scheinberg

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Your recommendations in the new dietary guidelines which include some animal products, however moderate, is wrongheaded, as they are the main source of the problem of our so many degenerative diseases, such as heart disease, diabetes, stroke and cancer. The solution is to move to a completely plant based diet which is low in fat and without any reliance on animal products, which are unnecessary.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001747

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: James

Last Name: Minutello

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Regarding the dietary guidelines: I believe the committee should throw out ALL research funded by any industries. Pharma, supplement, Meat/Seafood, Dairy, and Ag. We need REAL evidence-based research to draw qualified conclusions. Anyone in the hip pocket of an industry that stands to make a profit is a tragedy for the health of the American people who are now at the sickest point in recent history. We can not afford to maintain a nation of sick people with preventable diseases.

Comment ID: 001755

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name: citizen

First Name: james

Last Name: martin

Job Title: Professor

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Colleagues,

The guidelines you propose are an unconscionable compromise with the status quo and the commercial interests supporting them. You will be viewed as traitors to humanity by the children of the future -- including your own children and grandchildren.

As you are certainly aware. The evidence concerning the harmful character of animal based diets is overwhelming. You must have the moral courage to support whole food vegan diets unambiguously instead of half-heartedly. Your task is to present an ideal to which people can aim -- that is what a guideline is. If the guidelines are compromised, how can the health of the nation but be compromised?

The current degenerative disease epidemic in the US is largely attributable to eating animal based foods, and you know it. You also know that the production of animal based

Comments Summary Report

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

Key Topic: Other

foods creates ecological disaster, including pollution of water supplies and global warming.

You will be judged by history and your own consciences as betraying your trust if you do not eliminate support for animal based foods from your recommendations. A guideline should be a guide -- clear and unambiguous.

Comment ID: 001798

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: John

Last Name: Cameron

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I followed the USDA guidelines of low saturated fat and low cholesterol for decades and the result was a tripe bypass due to deficiency of the fat soluble vitamins A, D and K2 which caused calcification of arteries. I now know that the vitamins in saturated animal fat are essential for putting calcium where it belongs in bones and teeth and keeping it out of the arteries.

Many studies have proven that consuming eggs high in cholesterol reduces the atherogenicity of LDL cholesterol by increasing LDL particle size.

My current diet that is high in saturated fat and cholesterol has greatly reduced the atherogenicity of my LDL as indicated by particle size distribution. In stark contrast, when I was following the USDA low fat low cholesterol guidelines my low HDL and high TG indicated small dense LDL particles and hence highly atherogenic LDL.

The proposed guidelines are based on dogma, not science. The scientific method should be used in developing new guidelines.

John Cameron

Comments Summary Report

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

Key Topic: Other

Comment ID: 001807

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Don't just give school children healthy "choices;" instead, only offer healthy foods in school cafeterias. What 7-year-old is going to choose white skim milk over whole chocolate milk? Why are we pretending that french fries are a vegetable? Reclassify them so they disappear from school cafeterias. Help these kids eat healthy! We already know they make bad choices when left to their own devices.

Comment ID: 001727

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Phil

Last Name: Larschan

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: By promoting disease-causing foods: meat and meat byproducts in favor of health-protecting first trophic level plant-based foods, the "Dietary Guidelines Advisory Committee" members will surely be remembered in history in the same light as Dr. Walter Jackson Freeman II "The Lobotomist."

Contact me if you have any interest in promoting public health and I'll provide you with the world's leading nutritional experts.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001731

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I concur with everything Dr. John McDougall has written about the 2010 dietary guidelines, especially the following quote:

?The Dietary Guidelines Advisory Committee Needs To Be Replaced . . . America needs a Dietary Guidelines Advisory Committee dedicated to fixing the problem of the rich Western diet.?

However, the current procedures for determining dietary guidelines may only give us more flawed and biased results. For this reason I agree with the following quote by T. Colin Campbell , Professor emeritus of nutritional biochemistry at Cornell University and co-author with his son Thomas Campbell, MD, of "The China Study.":

?It's also time to develop a professional science of nutrition that serves the biological health of the population, not the economic health of commerce.?

Comment ID: 001826

Submission Date: 07/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Robert

Last Name: Adjemian

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am afraid that in the past, the emphasis the USDA has been on corporate health, not health of the citizens. Lobbying has affected a process that should be the realm of dietitians and nutritionists. I hope this will change now. I am sorry to miss the July 8 deadline, but didn't even know the process was in motion to issue new nutrition guidelines. Please let science govern the rules, not the lobbyists.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001880

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Karen

Last Name: Bellesky

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: No mention of who to go to with questions. Please promote the Registered Dietitian, who is the person who will work with the individual and help make the process to healthier eating in smaller portions easier, and within the individual's acceptance levels, so that change will be small and frequent and maintained.

Comment ID: 001882

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sharon

Last Name: Davis

Job Title: Family and Consumer Sciences Teacher, Youth Educator

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Numerous journals substantiate the need to change food skills from elective to required education in schools. Because food lifestyle habits are more difficult to change after the 8th grade, this may be best at middle/junior high levels. (J Nutri Educ Behav. 2004;36:197-203; Journal of Nutrition Education, Sept/Oct 1998; J Am Diet Assoc, 2006: Dec 106(2),211-219; JAMA, 2010;303(18):1857-1858

Multiple youth and pediatric medical journals support education to promote home-prepared food and family mealtime. Dietary guidelines should support expansion and equipping of Family & Consumer Sciences educators. Emerging FCS educators are often graduating without foundation foods lab education within their core curriculum prior to a B.S. Ed.. This too should be advocated to meet the need for more FCS foods education. Supporting local and national funds for required FCS classes and food skill labs prior to secondary graduation need to be provided because, of note, Perkins funding is available to FCS classrooms and is at times the only additional support keeping the classes available, but it is marked for career and tech and home food skills are not supported by it. Therefore, many FCS educators are constrained to provide only career track foods education. This philosophy and practice is antiquated for the only standards-driven, community based food skill education available in public schools. With 70% of women not at home and lacking food skills to pass on to youth, to achieve Dietary Guidelines and reduce risks of obesity and related diseases prior to adulthood, the FACS classrooms should be more widely promoted and supported. There are some one to four session foods classes for children, 4-H and Youth provide additional out-of-school support to food skill learning, but

Comments Summary Report

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

Key Topic: Other

none are nine to 18 weeks in length as FCS courses could provide.

Comment ID: 001904

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Daniel

Last Name: Keough

Job Title: Nutrition Advocate, Dietitian

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The development of the 2010 Dietary Guidelines is a chance to create clear language to help people to utilize this science-based general nutritional advice. I stress that SCIENCE needs to be the basis of the new guidelines. It deeply saddens me that corporate lobbyists have historically shown that they have such power in getting their financial concerns met, even at the expense of public health. These 2010 Guidelines will be different.

Recommendations to push for ?low-carb? or ?low-fat? create confusion thorough nutritionism?relying on one nutrient instead of looking at the bigger, simple picture. The bigger picture is to limit/avoid highly processed carbohydrates, as well as limiting and avoiding foods with that have a great deal of fat per serving or with added fat.

I plead with you to heed the advice and make use of the recommendations: ?The totality of evidence documenting a beneficial impact of plant-based, lower-sodium dietary patterns on CVD risk is remarkable.?

It is very odd that dairy foods are so heavily emphasized when there are many health risks to following a diet high in dairy products. Please do NOT promote dairy consumption through sugary ?flavored milk? to appease the dairy industry. Many people are intolerant, allergic or for health or other reasons choose to avoid dairy. Please to not allow recommendations to display dairy as if it were required or even healthy. Please emphasize OTHER great sources of calcium, like soy or nut ?milks? and dark leafy greens. Please choose an image that stresses that food choices are important, without putting the majority of emphasis on exercise like the MyPyramid man running up rainbow stairs seems to do. Perhaps a Food Guide Target could help to direct people away from highly processed foods.

To avoid confusion we need to see recommendations along with the respective reasons why these are important:

*Move towards a plant-based way of eating.

*For grains, choose WHOLE grains MOST of the time.

*Limit/Avoid added Sugars

*Limit foods high in sodium. Avoid adding high amounts of sodium/salt to foods.

*If meat is chosen, use of small portions should be emphasized.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001931

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Philip

Last Name: Larschan

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: If you are interested in promoting health through diet, please read "The China Study" by T. Colin Campbell, Ph.D. which is the largest scientific study in history and was funded by the National Institutes of Health and shows incontrovertible evidence that a whole plant-based low-fat high-fiber diet is optimal for human nutrition. The science is clear. This can also be corroborated through decades of clinical medical evidence by world-renowned physicians like Caldwell Esselstyn, M.D., John McDougall, M.D., Dean Ornish, M.D., and many others.

Since there are no nutrients which come from animals or animal byproduct that can't be found from plant sources, which do not have the addition of saturated fat, cholesterol, carcinogens, hormones and antibiotics, why don't you simply inform the public that nutrition comes from plant sources and that killer disease and obesity come from animal sources? Whatever people choose to eat is their business, like smoking, but please give people the facts.

Isn't it racist as well as disease-promoting to advocate for dairy consumption knowing that African Americans and other minorities are approximately 70% lactose intolerant, as is the world population?

The best organic dairy contains saturated fat, carcinogenic casein protein, lactose (sugar) which many non-whites cannot digest and galactose (sugar) which only infants who have the enzyme "beta galactosidase" can digest, leaving non-infants with disease-causing metabolites in the body, causing a net-loss of bone density and osteoporosis.

How can you recommend that our sick, obese population, dying in record numbers from cardiovascular disease and cancer consume dairy or other animal products or byproducts? It is well-established that millions more Americans will die from these recommendations.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001941

Submission Date: 07/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: No (GMO's) genetically modified grains or food should be provided for students in schools or the public. Only organic foods with reasonable prices should be available for everyone.

Comment ID: 001346

Submission Date: 07/02/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Mauro

Last Name: Ferrero

Job Title: Ph.D.

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I feel very disappointed that the present dietary recommendations are still heavily influenced by the livestock/dairy industries which have their financial interests in mind and not the health of the American people. Too many conflict of interest can only lead to greed and not to health.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001351

Submission Date: 07/04/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nicholas

Last Name: Krilanovich

Job Title: Retired

Key Topic: Other

Sub Topic:

Attachment: N

Comment: We are overlooking the obvious in this global obesity/diabetes pandemic.

1 The body does indeed have a weight-control feedback system that handles calorie variations when healthful food is eaten. Many millions of normal-weight people who eat good food do not count calories.

2 Junk food is indeed JUNK. It causes harm well beyond its calories. In fact it can damage the weight-control system itself, and the body cannot handle damage. Global TV pushes the junk.

3 We are especially harming our infants and toddlers. For millions of years, they were fed only their mother's milk, which has no fructose. Then, somehow, 100% fruit juice was added to their diet in recent decades, but fruit juice is half fructose, which is indeed the evil twin of glucose, the basic sugar of life. The scientific literature is flooded with articles showing serious harm to adults from misused fructose. Of course fructose misuse is harming the child's immature biochemistry! A very recent article illuminates this: "Identifying the 'Tipping Point' Age for Overweight Pediatric Patients" (Feb 2010, PMID: 20150210). They say, "This study indicates that the critical period for preventing childhood obesity in this subset of identified patients is during the first 2 years of life, and, for many by 3 months of age."

We are overdosing our little ones on fructose almost from the beginning: "Most infants consume fruit juices by 6 months of age" [PMID: 10520620.], and "By one year of age, almost 90% of infants consume juice..." [PMID: 11331711].

Fruit juice is a sugary soft drink without the fizz.

Much detail is at www.ChildhoodObesityPrevention.org.

This new evidence could be incorporated easily into the major findings of the DGAC's Executive Summary:

In # 1 "...by reducing overall junk-food calorie intake..."

In # 3 "...because these dietary components contribute harmful calories and few, if any, nutrients..."

Big Food will howl, but they have no right to damage our health.

Comments Summary Report

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

Key Topic: Other

Nicholas Krilanovich

Comment ID: 001352

Submission Date: 07/05/2010

Organization Type: Individual/Professional

Organization Name:

First Name: James

Last Name: O'Connell

Job Title: Professor, Hospitality Industry

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The report is thorough and complete, with many good recommendations. However, it is impossible to draw the necessary clear conclusions from reading this report. It should begin by quoting Michael Pollan's precise and simple dictates, "Eat food, not too much, mostly fruits and vegetables." Additionally, the American people must be shocked and scared away from eating SoFAS! Drastic, politically incorrect writing is required. Cigarettes have labels that state "Smoking Kills". I believe at least soda and probably many more products should carry similar warnings. Thank you.

Comment ID: 001353

Submission Date: 07/05/2010

Organization Type: Individual/Professional

Organization Name: Akita Medical School, Retired

First Name: Joseph

Last Name: Young

Job Title: Nutritional Researcher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Dear Friends,
The food pyramid should be based on scientific evidence and not on the recommendations of those industries out to profit by increased sales of their products. The overwhelming special interest groups like the meat and dairy industries are being allowed to manipulate the public's eating habits in favor of industry profits. For reasons of health, meat and dairy should be eliminated completely from the pyramid--this is what the scientific evidence says clearly. The pyramid should emphasize whole grains, beans, fruits, and vegetables. Everyone knows that the politics of food is based on financial incentives by special interest groups that, in the end, reap their profits at the expense of the health of the public. The consequence of this influence can be seen in the status of public health where one third of our population is obese, and food-related illness like cancer, diabetes,

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Key Topic: Other

heart disease, among many others, are out of control--direct consequences of the eating habits promoted by the special interest groups, primarily of Big Meat and Dairy. A system that neglects scientific recommendations in favor of the special interest groups determined to manipulate the system in their favor is corrupt, and we all need to work harder to stop this tendency of allowing the major industries dictate the eating habits of Americans. Thank you for your time. Joseph Young, Phd.

Comment ID: 001354

Submission Date: 07/05/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Tawny

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please make sure your Dietary Guidelines for Americans is based on scientific fact and does not favor the animal-food industries, in particular the dairy industry. There is a wealth of research data showing that a vegan diet is a very healthy one. Thank you.

Comment ID: 001306

Submission Date: 06/30/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Karen

Last Name: Henry

Job Title: Mental Health Counselor

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I have been doing layman's research and reading materials about how our nations population has grown more obese over the years. It all started when we got away from the four food group and three square meals a day. But it really started when the food industries started putting sugar in any of it's many, many forms into our food and pulling out fat, and when vegetable oils and trans-fats showed up in everything. Does the committee not see any correlation? I beg of you to abandon all studies, put the well-being of our nations children above the food industries bottom-line and read the article at www.westonaprice.org. Our mental health is at stake too.

some basics: The Weston A. Price Foundation proposes alternative Healthy 4 Life Dietary Guidelines, which harkens back to the traditional four basic food groups, but with a renewed emphasis on quality through a return to pasture-based

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

Key Topic: Other

feeding and organic, pesticide-free production methods:

Every day, eat high quality, whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

ANIMAL FOODS: meat and organ meats, poultry, and eggs from pastured animals; fish and shellfish; whole raw cheese, milk and other dairy products from pastured animals; and broth made from animal bones.

GRAINS, LEGUMES AND NUTS: whole-grain baked goods, breakfast porridges, whole grain rice; beans and lentils; peanuts, cashews and nuts, properly prepared to improve digestibility.

FRUITS AND VEGETABLES: preferably fresh or frozen, preferably locally grown, either raw, cooked or in soups and stews, and also as lacto-fermented condiments.

FATS AND OILS: unrefined saturated and monounsaturated fats including butter, lard, tallow and other animal fats; palm oil and coconut oil; olive oil; cod liver oil for vitamins A and D.

AVOID: foods containing refined sweeteners such as candies, sodas, cookies, cakes, etc.; white flour products such as pasta and white bread; processed foods; modern soy foods; polyunsaturated and partially hydrogenated vegetable oils and fried foods.

Comment ID: 001429

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: bridget

Last Name: comeaux

Job Title: teacher

Key Topic: Other

Sub Topic:

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)

Comments Summary Report

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

Key Topic: Other

such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the 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 guidelines down."

Comment ID: 001434

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name: Maine AFCS

First Name: Stephanie

Last Name: Knight

Job Title: health, family & consumer science teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am writing in response to the US Dietary Guidelines recommendations A-3 and A-4 relating to increased nutrition education, including the preparation of food, food safety and purchase of food. As a family & consumer science educator, I have personally witnessed the decrease in foods and nutrition education as FCS programs across the country have been eliminated in public schools. We have a generation of parents and children with out the knowledge, skills and tools to prepare safe, nutritious and economical foods for personal health and well being. As a result we are witnessing first hand an increase in health related disease. It is imperative that we turn this trend around and the recommendations that include the A-3 and A-4 are important for increased "foods" and nutrion education are essential.

Comment ID: 001369

Submission Date: 07/06/2010

Organization Type: Individual/Professional

Organization Name: Gluten Free Raleigh

First Name: Zach

Last Name: Becker

Job Title: blog author

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please consider how these guidelines can be tailored to someone with Celiac Disease (an autoimmune disease in which the body cannot tolerant gluten - a protein in wheat, barley and rye - oats are usually avoided also). A person who must follow a medically required Gluten Free diet for life (there are an estimated 3 million Americans with Celiac) will often have difficulties. Food labeling, cross contamination and lack of public awareness are contributing factors. These guidelines should take into consideration individuals living with Celiac.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001373

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Mary

Last Name: Hostetter

Job Title: Clinician 3 Registered Nurse

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."
I am a nurse in a Cardiac Cath Lab and I am appalled at the amount of preventable disease that I witness, people should be made aware of the deadly consequences of a high sodium and densely caloric diet and where the culprits are found.

Comment ID: 001382

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001573

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Donna

Last Name: Donaldson

Job Title: Family & Consumer Sciences Educator

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: My comments are on two issues - publications to be used by FACS and Health teachers and other dietary issues that are not considered, but should

Comment ID: 001578

Submission Date: 07/10/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Bonnie

Last Name: Howard

Job Title: Retired School Nutrition Director

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Updating the Dietary Guidelines every 5 years is an excellent idea since changes are necessary in today's world with all the constant research that is done on nutritional health. However, more education that will reach the general public is needed. It does not do any good to publish these updates unless the information reaches the public with instructions as to what individuals can do to abide by these guidelines. Education and re-education is necessary on a continuing basis for the public to benefit from these recommendations.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001630

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: David

Last Name: Daughters

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am outraged by your various conclusions that demonstrate a clear bias in favor of the livestock industry. As a government agency, your research should favor the health and well being of the US citizen. There is considerable evidence supporting the superior health benefits of a plant based diet vs. an animal protein diet, and yet your guidelines continue to downplay that message, again, in favor of the livestock industry. Shame on you!

Comment ID: 001631

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kathryn

Last Name: Garcia

Job Title: Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: This is an opportunity to give people accurate information so they can make choices based on fact. This document gives truths, half-truths, and lies. It does not make it clear how individuals can take their health back. I wonder why you want to perpetuate an unhealthy nation?

Comments Summary Report

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

Key Topic: Other

Comment ID: 001648

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Paula

Last Name: Norris

Job Title: homemaker

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I'm concerned to read how some facts are omitted, while other stated "fact" are contradictory. It concerns me to think this Guidelines are just a big ad for livestock and dairy industries, promoting their product rather than catering to our health. Drinking milk and sodas caused my arthritis. Now you're going to tell me that I need to drink milk. I was only 26 when I was diagnosed, how do you explain that? I thought I was crazy, being that young and having such a disease, until I met a boy of about 18 years old who also had arthritis. Come on! Get real! Fix this, and help fix the nationwide health issues. And stop taking money from industry lobbyists, we're the ones paying your paychecks with our taxes, which aren't by any means low (we've been hit by the housing crisis, we barely have jobs and we're still told that eating meat, mercury loaded fish and microwaves milk is healthy). Stop the madness and help heal us!

Comment ID: 001651

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jeff and Karen

Last Name: Hay

Job Title: organic gardener

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed guidelines represent industry capture of an important mission to recommend the most healthy nutritional guidelines based on science. The guidelines at present do not represent the best science available rather industry bias. For the sake of the health of our nation these guidelines must be replaced!

Comments Summary Report

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

Key Topic: Other

Comment ID: 001654

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: George

Last Name: Martin

Job Title: Bicycle Advocacy

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed Dietary Guidelines for Americans are disgraceful, and will in no way address the epidemic obesity in this country. The disregard for proven benefits of a plant-based diet are beyond comprehension. The deceit in this document is inexcusable. The only conclusion educated and informed people can draw is that the Guidelines are not intended to encourage healthy diets, rather to promote the meat and dairy industries to the detriment of the entire population of the United States.

Comment ID: 001666

Submission Date: 07/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Shea

Last Name: Richland

Job Title: Midwife

Key Topic: Other

Sub Topic:

Attachment: N

Comment: It is way past time for ethical scientific research to be the basis of Dietary Guidelines as opposed to vested interest groups, i.e. the meat and dairy industries. It is also time to tell Americans the TRUTH of this scientific evidence and not sugar-coat findings in the belief that Americans' don't want to change (they may not, but that shouldn't stop the truth from being told). Americans are confused because of misleading advertising and unethical and/or inaccurate studies. The US government needs to protect the health of Americans, not the pockets of special-interest groups. Giving Americans the cold-hard truth would be a start in helping curb our growing health crisis. If the US government doesn't provide the TRUTH that a plant based diet is the healthiest diet, then it is contributing to the health crisis and the suffering of our citizen. DO THE RIGHT THING!

Comments Summary Report

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

Key Topic: Other

Comment ID: 001438

Submission Date: 07/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Renee

Last Name: Jones

Job Title:

Key Topic: Other

Sub Topic:

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. Do NOT allow the food industry to water these recommendations down.

Comment ID: 001407

Submission Date: 07/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: I think everyone knows that the only way we are going to change the American diet in a significant way is to change the way subsidies in this country work. Right now, corn, dairy, and meat products are subsidized. If we were to change that to subsidize fruits and vegetables, whole grains, nuts, etc. you'd see a difference in how much these items cost in the grocery store and therefore how often people purchase and consumed them.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001451

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name: American Association of Family & Consumer Sciences

First Name: Diane

Last Name: Ritchotte

Job Title: Family & Consumer Science Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Members of AAFCS may be particularly interested in the recognition by the 2010 DGAC that an integrated, holistic approach to dietary guidance will be required for health promotion in the US.
"Improve nutrition literacy and cooking skills, including safe food handling skills, and empower and motivate the population, especially families with children, to prepare and consume healthy foods at home."
"Increase comprehensive health, nutrition, and physical education programs and curricula in US schools and preschools, including food preparation, food safety, cooking, and physical education classes and improved quality of recess."
"For all Americans, especially those with low income, create greater financial incentives to purchase, prepare, and consume vegetables and fruits, whole grains, seafood, fat-free and low-fat milk and milk products, lean meats, and other healthy foods."
"Increase environmentally sustainable production of vegetables, fruits, and fiber-rich whole grains."
"Ensure household food security through measures that provide access to adequate amounts of foods that are nutritious and safe to eat."

Comment ID: 001457

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Erin

Last Name: Silva, MS, RD

Job Title: Registered Dietitian

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Recommend Americans who are overweight or obese consume less total calories; mandate all companies in the food industry reduce their current portion sizes by 10%; explain to Americans what appropriate portion sizes of common foods are; instead of the "eat more" message, the Dietary Guidelines should use terms like "replace" or "substitute";

Comments Summary Report

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

Key Topic: Other

instead of saying, "reduce sodium" the Dietary Guidelines should say, "reduce salty food intake like chips, canned foods, breads and frozen meals?"; encourage Americans to eat foods that are in or are closer to their natural state; finally, the DGA should educate Americans on the reality of weight loss efforts.

Comment ID: 001459

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Linda

Last Name: Scott

Job Title: citizen

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I hope that in your deliberations, you consider the health of the American public more seriously than you do the self-interested and patently false commentary of the big food lobbies. The guidelines should advise us to consume less salt, sugar, fats, cholesterol, and above all, toxins from conventional farming. Decades of impartially funded science back up this necessity, and studies funded by financially interested parties should be carefully examined for bias.

Comment ID: 001460

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Susan

Last Name: Jordan

Job Title: RD

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The "one size fits all" approach to these guidelines is obsolete in my opinion. While it has been shown that dietary fats, added sugars and more importantly excess calorie consumption is deleterious to health, eating patterns reflect a complex array of social and cultural factors that go beyond one dimensional guidelines based on academic health "experts".

Educational approaches to combat obesity are ineffective, costly and exclude a wide variety of groups that consume what is available and cheap.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001486

Submission Date: 07/09/2010

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I have been on a brown rice and beans diet this week with the emphasis on cleansing. In this week, I sometimes eat at some restaurants (non-organic) and I am sick for the entire evening. I just recently noticed that ranch dressing had MSG in it and now I realize why I was always sleepy and drowsy after lunch. Food has had a dramatic effect on my life and I notice when I change my eating habits. With all the medicine we have in this country, we have some of the sickest people. So many individuals have healed their illnesses by removing processed and GMO foods. I know this makes a difference in my life and I know for those who are around me, and most probably don't have time to fill this out, organic (less processed foods) make a huge difference to them too.

Concerned Citizen

Comment ID: 001174

Submission Date: 06/24/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Karen

Last Name: McCormick

Job Title: Owner

Key Topic: Other, Vitamins

Sub Topic:

Attachment: N

Comment: Here's a reality check- the oceans cannot support humans eating more seafood. At current consumption levels, the ocean's fisheries will be depleted in just 4 more years. Recommending millions of people eat more fish is irresponsible. On top of that, the assault on supplement manufacturers and public access is not only shameful, but dangerous. It sounds like a hidden agenda to get us ready to be under UN regulations that will make most supplements illegal. Lastly, our produce has little nutrition due to soil depletion. So even eating the 5 F&V per day will not provide adequate nutrition. How about writing some real guidelines?

Comments Summary Report

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

Key Topic: Other

Eat seafood responsibly, use good quality supplements to ensure sufficient nutrition. Decrease the amount of meat proteins. Eat organic whenever possible. These are necessary for our good health and the survival of the planet.

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: 001339

Submission Date: 07/01/2010

Organization Type: Industry Association

Organization Name: NMPF & IDFA

First Name: Jamie

Last Name: Jonker

Job Title: Vice President, Scientific & Regulatory Affairs

Key Topic: Evidence-based Review Process, Other

Sub Topic:

Attachment: Y

Comment: See attached comments.

Comments Summary Report

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

Key Topic: Other

Comment ID: 002058

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: United Natural Products Alliance

First Name: Loren

Last Name: Israelsen

Job Title: Executive Director

Key Topic: Minerals, Other, Vitamins

Sub Topic:

Attachment: Y

Comment: see attached

Comment ID: 002059

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Ohio Association of Area Agencies on Aging

First Name: Larke

Last Name: Recchie

Job Title: Executive Director

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The Dietary Guidelines should provide clear, unambiguous advice about how people should eat to avoid obesity and how we can create a healthier food environment.

Overall, this is a great resource for up-to-date available science on multiple nutrition topics.

Comments Summary Report

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

Key Topic: Other

Comment ID: 002034

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: Organic Trade Association

First Name: Tom

Last Name: Hutcheson

Job Title: Regulatory Analyst

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Please find the comments of the Organic Trade Association attached.

Comment ID: 002129

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: National Chicken Council

First Name: William

Last Name: Roenigk

Job Title: Senior Vice President

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Chicken is very compatible with the Dietary Guidelines.

Comments Summary Report

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

Key Topic: Other

Comment ID: 002152

Submission Date: 07/15/2010

Organization Type: Industry Association

Organization Name: National Chicken Council

First Name: William

Last Name: Roenigk

Job Title: Senior Vice President

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Chicken is compatible with the Dietary Guidelines

Comment ID: 001309

Submission Date: 06/30/2010

Organization Type: Industry Association

Organization Name: Health Care Service Corporation

First Name: Dr. Paul

Last Name: Handel

Job Title: Chief Medical Officer

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The debate about the detrimental health consequences of obesity is over. The contribution of excess weight to chronic disease, physical impairment, loss of quality of life and loss of productivity is well documented. Our nation is exploring societal answers to the dietary and physical activity conundrums. Immediate responses are needed and available now.

The food served in schools should be of high nutritional content and void of empty calories. Additionally, there should be consistent nutritional and physical education programs in all schools through all grades. Well nourished, physically active children perform better scholastically and have fewer behavior problems. The work place provides a great opportunity for dietary education and innovative exercise programs for adults to improve their own health status and reinforce the school based programs of their children.

Developing the availability and distribution for healthier foods, fruits and vegetables while providing for the physical safety of its inhabitants, are the immediate and critical tasks for all communities. Ending the number one public health threat will take everyone locking their arms together. The solutions are not complex. However, the implementation will not be easy or simple. An entire nation needs to find the will and means to solve this problem. The alternative is too bleak to consider.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001360

Submission Date: 07/06/2010

Organization Type: Industry Association

Organization Name: Council for Responsible Nutrition

First Name: Andrew

Last Name: Shao

Job Title: Sr. VP, Scientific and Regulatory Affairs

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The Council for Responsible Nutrition hereby requests a 60-day extension of time to comment on the 600-page Report of the 2010 Dietary Guidelines Advisory Committee, made public on June 15. Written comments are currently requested by July 15, which does not offer sufficient time to review and evaluate the complex report.

Comment ID: 001900

Submission Date: 07/14/2010

Organization Type: Industry Association

Organization Name: "Gourmet, The Healthy Way!"

First Name: Sherry

Last Name: Cornett

Job Title: Chef Owner, Culinary Instructor and Radio Show Host

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I personally believe that if these new guidelines are not accepted and strictly enforced on the manufacturers, we will never see the obesity levels change in this country. I read some of the previous comments from the critics, well what else would you expect from someone like Morton Salt, he has a vested interest in seeing the 2005 guidelines stay in place. If we do not start standing up to these manufacturers who are controlling and enticing the public to believe what they say, nothing will change. I practice and preach healthy eating. We eat sustainable, organic and local foods. I also teach people how to read the package labels and this deception must stop. Why can the manufacturer no just put true salt content on the label? For anyone who is on a SALT restricted diet, watching their sodium level is not all that is necessary, sodium is only a component of salt. Please be honest with the public, if you really care about the consumer in this country, change the rules and stop catering to the manufacturers who are actually calling the shots. Enough is enough, as some one who has been teaching these proposed guidelines for years, I actually am making a plea to whomever reads this to be truly on the side of the consumer for once!

Comments Summary Report

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

Key Topic: Other

Comment ID: 001303

Submission Date: 06/30/2010

Organization Type: Industry Association

Organization Name: National Cattlemen's Beef Association

First Name: Shalene

Last Name: McNeill

Job Title: Executive Director, Nutrition Research

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Dear Ms. Davis:

We have recently become aware that acknowledgement of funding source in two of the nine sets of written public comments we submitted may not have been adequately clarified. Post 000789 submitted on January 11, 2010 and Post 000827 submitted on January 28, 2010 were developed and submitted on behalf of the Beef Checkoff but this was not explicitly identified in the comments.

In full transparency, we wish to make the committee aware of this unintentional oversight on our part. This does not change the intent of the scientific nature of the comments to inform the committee's evaluation of the role of beef in a healthy diet.

Respectfully submitted,
Shalene McNeill, PhD, R.D.
Executive Director, Human Nutrition Research
National Cattlemen's Beef Association

Comments Summary Report

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

Key Topic: Other

Comment ID: 001269

Submission Date: 06/28/2010

Organization Type: Industry Association

Organization Name:

First Name: Caitlin

Last Name: Plank

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The National Pork Board on behalf of the Pork Checkoff, National Pork Producers Council, National Turkey Federation, The American Lamb Board on behalf of the Tri-Lamb Group, The Beef Checkoff and The United Egg Producers respectfully request the United States Department of Agriculture (USDA) and the United States Department of Health and Human Services (DHHS) to extend the comment period on the final "Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010" Monday, August 16, 2010.

Comment ID: 002093

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Center for Science in the Public Interest

First Name: Margo

Last Name: Wootan

Job Title: Director, Nutrition Policy

Key Topic: Alcoholic Beverages, Carbohydrates, Eating Patterns, Fats, Food Groups, Food Safety, Nutrient Density/Discretionary Calc, Other

Sub Topic: Added sugars, Cholesterol, Fish oil, Omega 3 fatty acids, Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

Attachment: Y

Comment: The Center for Science in the Public Interest applauds the Dietary Guidelines Advisory Committee (DGAC) for its careful review of the science and generally wise conclusions. Overall, we support the report and urge HHS and USDA to translate the scientific recommendations into 1) policy and environmental changes and 2) a revised understandable and actionable Dietary Guidelines for Americans (DGA) to help people eat more healthfully. In our comments, we focus primarily on maximizing the usefulness of the DGA, and we highlight several concerns about the advisory committee's conclusions.

Comments Summary Report

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

Key Topic: Other

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.

? 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.

Comments Summary Report

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

Key Topic: Other

Comment ID: 002007

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Community Food Security Coalition

First Name: Megan

Last Name: Lott

Job Title: Associate Policy Director

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Comments from the Community Food Security Coalition (in the attached document) focus on the chapter: "Translating and Integrating the Evidence: A Call to Action" and specifically how these recommendations can be translated into policy and environmental changes and actionable dietary advice for Americans.

Comment ID: 001929

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Americans are waking up and starting to demand to know what's in their food and where it comes from. They are tired of corporate invasion and lobbyist control what they will put into their own bodies and their children. Please full disclosure and transparency when it comes to our food!!!!

Comments Summary Report

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

Key Topic: Other

Comment ID: 001719

Submission Date: 07/12/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Association of County and City Health Officials

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The National Association of County and City Health Officials (NACCHO) is pleased to support the DGAC's recommendations of a policy and systems-based approach to ensure that individuals have the opportunities and self efficacy to make healthy choices throughout their lifespan. NACCHO urges that the recommendations be incorporated into an implementation plan for the Dietary Guidelines 2010 that is focused on obesity prevention.

Comment ID: 002072

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: International Food Information Council Foundation

First Name: Marianne

Last Name: Smith Edge

Job Title: Senior Vice President, Food Safety & Nutrition

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Please see attached comments submitted by the International Food Information Council Foundation.

Comments Summary Report

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

Key Topic: Other

Comment ID: 002077

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Healthy Kids Challenge

First Name: Vickie

Last Name: James

Job Title: Director

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: A total diet concept?all foods fit with a variety of food groups, less added fat and sugar, and balance with physical activity. The guidelines need to reflect a well designed set of simple, easily understandable, take action messages.

Comment ID: 002130

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: See attachment:

- 1) Provide clear, compelling and actionable messages to consumers to increase fruit and vegetable consumption, such as "fill half your plate with fruits and veggies."
- 2) Talk about food, not simply nutrients
- 3) Commit to implementing policy changes to create healthier food environments.

Comments Summary Report

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

Key Topic: Other

Comment ID: 002135

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Institute for Agriculture and Trade Policy

First Name: David

Last Name: Wallinga

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: We continue to recommend that the following action-based recommendations also be included in the 2010 Dietary Guidelines: Support your local food system, increase purchase of minimally packaged and processed food, purchase beef with the USDA "grass fed" label

Comment ID: 002038

Submission Date: 07/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: California Food Policy Advocates

First Name: Kumar

Last Name: Chandran

Job Title: Nutrition Policy Advocate

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: We commend the Committee on a solid set of recommendations and call attention to the need for policy and environmental solutions to promote healthy eating and for dietary guidance to be clear and understandable.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001862

Submission Date: 07/14/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Parent Teacher Association

First Name: James

Last Name: Vanderhook

Job Title: Health Policy Analyst

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Expressing Support

Comment ID: 001449

Submission Date: 07/09/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Weston A. Price Foundation

First Name: Kimberly

Last Name: Hartke

Job Title: Publicist, Volunteer

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please see my personal blog on the topic of traditional foods and how our government guidelines have strayed from our food heritage.

<http://simpleorganic.net/the-benefits-of-a-traditional-foods-diet/>

Comments Summary Report

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

Key Topic: Other

Comment ID: 001295

Submission Date: 06/29/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Weston A Price Foundation

First Name: Jodi

Last Name: Fitzpatrick

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I became ill a few years back after following a very strict low fat diet lacking in saturated fats for nearly 10 years. In healing myself the only dietary changes that I made were to introduce back into my diet saturated fats like coconut oil, butter, pastured egg yolks and animal fats and my health was restored very quickly. I was fat deficient and blame the misguided lipid hypothesis for my wrong dietary turn. I have studied and read enough research now to know that this is only a hypothesis and some saturated fats are absolutely critical to our health.

The Guidelines lump trans fats together with saturated fats-calling them Solid Fats-thereby hiding the difference between unhealthy industrial trans fats and healthy traditional saturated fats. Trans fats contribute to inflammation, depress the immune system, interfere with hormone production, and set up pathological conditions leading to cancer and heart disease, whereas saturated fats fight inflammation, support the immune system, support hormone production and protect against cancer and heart disease.

The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese.

Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. More research is required by the ?officials who set these standards.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001230

Submission Date: 06/25/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: Paul

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: How much longer are you going to push the failed low-fat idea? This type of advice is partly responsible for the diabetes epidemic. Does the USDA have a staff historian? If not, someone needs to go back and look at how this whole process of the government giving dietary advice got started and realize that there were many experts against the low-fat idea and the initial guidelines were written by a non-scientist. The USDA should take a stand against sugar, HFCS and highly refined vegetable oils that are high in omega 6. There is ample data against these foods.

Comment ID: 001238

Submission Date: 06/25/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Author, Performance without Pain

First Name: Kathrne

Last Name: Pirtle

Job Title: Author, Musician

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The "new" USDA dietary guidelines are really not new at all. They continue the 60 year experiment of moving people away from nutrient-dense foods. All indications--from the record numbers of adults and children who are chronically ill, the ever increasing percentages of children with autism, ADD, ADHD and mental health disorders--the enormous statistics of infertility--point to this dictate as a complete failure. We cannot afford to continue a dietary plan that is proving to cause so much harm in our population. With record numbers of dietary-caused illnesses, it's time to look at healthy people for developing governmental dietary guidelines.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001186

Submission Date: 06/24/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Daniela Schmidt, LL.M

First Name: Daniela

Last Name: Schmidt

Job Title: Linguist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.

One year after immigrating to the US I and my family put on unexplained weight, got GERD, migraines, osteoporosis, and dental caries from eating processed, commercial raised food. After a few years of conventional treatments and lots of money spent on them, we got well with alternative treatments, and a traditional, organic, nutrient-dense diet with full fat milk, cheese, butter, soaked grains and beans, and fermented vegetables and drinks. Please preserve our fundamental right of choosing the foods we eat and don't heed the research funded by big agro-business.

Comment ID: 001038

Submission Date: 06/17/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: Ana

Last Name: C.

Job Title: Early Head Start, Home Visitor

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I work with low income families as an early childhood interventionist. I'm wondering if it's ocured to anyone that the unhealthy foods that are poisoning our youth are bought with tax payer dollars. I can fill a cart with chips, soda, and sugary cereals and "pay" for it all with a Basic Food EBT card aka food stamps. If the govt really wants to make a difference in the way impoverished people eat- reform the Basic Food Program to not allow junk food as an option. Much like the WIC program stipulates what one can buy with

Comments Summary Report

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

Key Topic: Other

WIC checks.

Comment ID: 000971

Submission Date: 06/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: Shanna

Last Name:

Job Title: RD, LD

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The front cover of the booklet is boring and not exciting to want to pick up and read. I enjoyed the 2005 cover of foods, brighter colors. It set the stage for what people were going to read.

Comment ID: 000992

Submission Date: 06/16/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: It doesn't matter what the dietary guidelines say. Until the food industry starts making food products that meets these guidelines, there will be no change in the American diet. Americans know for the most part what foods are healthy and which are not.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001833

Submission Date: 07/13/2010

Organization Type: Other

Organization Name: Florida Parishes Juvenile Detention Center

First Name: Roy

Last Name: DiVincenti

Job Title: Lic. Addiction Counselor

Key Topic: Alcoholic Beverages, Other

Sub Topic:

Attachment: N

Comment: I am alarmed to read that you may be changing the guidelines for alcohol consumption. I am an Addiction Counselor and all of my clientele are people with substance abuse issues. We continue to act as if alcohol is different than all other mood altering substances. It is just as deadly if not more and the alcohol industry has been running the show for years. Here in Louisiana as well as other states we have a very high DWI problem. People use all sorts of excuses about why it's ok and changing the guidelines will open the door to more problems with DWI and highway fatalities This decision certainly is not based on hard science. This is a country that is always looking for the quick fix, instant gratification. Our legal system is already burdened with dealing with those who are charged with alcohol related crimes. Telling someone its ok to drink what you are suggesting, would put folks over the legal limit in some instances. And that's just what we need! Please use your intellect and reason in making this decision. These new guidelines have the alcohol industries fingerprints all over it. I think it is irresponsible for the USDA to have even entertained this idea much less spend tax dollars to investigate and publish this report. You people need education!!

Comment ID: 001825

Submission Date: 07/13/2010

Organization Type: Other

Organization Name: Florida Parishes Juvenile Detention Center

First Name: Roy

Last Name: DiVincenti

Job Title: Addictions Counselor

Key Topic: Alcoholic Beverages, Other

Sub Topic:

Attachment: N

Comment: I am alarmed to read that you may be changing the guidelines for alcohol consumption. I am an Addiction Counselor and all of my clientele are people with substance abuse issues. We continue to act as if alcohol is different than all other mood altering substances. It is just as deadly if not more and the alcohol industry has been running the show for years. Here in Louisiana as well as other states we have a very high DWI problem. People use all sorts of excuses about why it's ok and changing the guidelines will open the door to more problems with DWI and highway fatalities This decision certainly is not based on hard science. This is a country that is always looking for the quick fix, instant

Comments Summary Report

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

Key Topic: Other

gratification. Our legal system is already burdened with dealing with those who are charged with alcohol related crimes. Telling someone its ok to drink what you are suggesting, would put folks over the legal limit in some instances. And that's just what we need! Please use your intellect and reason in making this decision. These new guidelines have the alcohol industries fingerprints all over it.

I think it is irresponsible for the USDA to have even entertained this idea much less spend tax dollars to investigate and publish this report. You people need education!!

Comment ID: 001986

Submission Date: 07/15/2010

Organization Type: Other

Organization Name:

First Name: michelle

Last Name: rahrig

Job Title: csr

Key Topic: Alcoholic Beverages, Other

Sub Topic:

Attachment: N

Comment: The hazards of heavy alcohol (ethanol) intake have been known for centuries. Heavy drinking increases the risk of liver cirrhosis, hypertension, cancers of the upper gastrointestinal tract, injury, and violence
this should state:

The hazards of ANY alcohol (ethanol) intake have been known for centuries. Heavy drinking increases the risk of liver cirrhosis, hypertension, cancers of the upper gastrointestinal tract, injury, and violence

Comment ID: 002024

Submission Date: 07/15/2010

Organization Type: Other

Organization Name:

First Name: Joy

Last Name: Florentz

Job Title: writer

Key Topic: Other

Sub Topic:

Attachment: N

Comment: We have disastrous results from previous guidelines. If the USDA recommends what to eat, guidelines should be clear, unequivocal and science-based. Anything but the truth is letting Americans down.

Comments Summary Report

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

Key Topic: Other

Support freedom from corporate spin and health claims on food products, stating that health claims are advertising, not facts.

Recommend whole grains, unsalted nuts and seeds, dried beans, produce, plain yogurt and fish comprising the bulk of a meal, with meat, poultry, eggs and dairy as smaller side dishes.

Recommend portions the size of one's fist.

Recommend eating foods in their most unprocessed and unrefined state and less processed, refined foods with artificial additives.

We are losing the ability to feed ourselves. Recommend cooking at home, involving kids of all ages in meal preparation.

Recommend eating while sitting down, at table with friends/family.

Children learn what they see. RECOMMEND PARENTS LEAD BY EXAMPLE.

Recommend cooking classes be instituted in public schools -- K through 12 -- teaching all children about food and its preparation from an early age.

Because of the proliferation of processed food products, excessive amounts of added salt and sugar have paralyzed our taste buds. We no longer know how real food tastes.

Recommend a maximum of 1,500 mg salt and a maximum of 40 grams of added sugar per day for adults, less for children.

Caloric intake is out of control. Chain restaurants serve gigantic portions with hazardous levels of salt, sugar and fat. Recommend that people eat out no more than one meal per week, and bring home half of restaurant portions.

Recommend supplementing take-out or delivery food with food made at home.

Tell Americans that diets for weight loss do not work. Recommend a balanced intake of whole foods and daily aerobic activity.

Restore physical fitness programs to public schools. Recommend that Americans limit TV and computer time and spend part of every day engaged in physical activity that has them moving, engaged and active.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001981

Submission Date: 07/15/2010

Organization Type: Other

Organization Name:

First Name: Lynne

Last Name: Neighbors

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As is evidenced by the high incidence of obesity in our country, it is obvious that the high carb/grain type diet does not work. In fact, it is a major contributor to the problem. In many independent tests, it has been shown that the low carb/high fat diet actually works much better not only at reducing weight, but in lowering cholesterol levels. I can attest that it works, and you feel wonderful eating this way with lots of energy to burn. Please quit blindly following the lead of food manufacturers/growers and stand up for the American people's good health.

Comment ID: 001930

Submission Date: 07/14/2010

Organization Type: Other

Organization Name:

First Name: Beth

Last Name: Cowart

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please scrap the proposed 2010 USDA dietary guidelines. They are industry-driven, designed to benefit the processed food industry, to the detriment of our citizens. The stranglehold of a few food conglomerates on the food supply is shameful & using taxpayer dollars to promote their products is ill-advised. Top on the list of misinformation is the demonization of saturated fat & health-promoting cholesterol from properly raised animals. The low-fat mantra is making us fat & sick. Look at what made pre-industrialized populations robust & resistant to disease, before the age of commercial food based on devitalized grains & sugars, & you find something entirely different than the USDA guidelines. As seen in the landmark work of Weston A. Price (see Nutrition & Physical Degeneration & WestonAPrice.org), pre-industrialized peoples were virtually free of disease. They were long lived, had great immune systems, & were highly intelligent & happy. They ate real food including grass-fed meats, pastured poultry & eggs, raw dairy, wild fish & seafood, cooked & raw vegetables, fermented foods rich in enzymes & probiotics, & moderate amounts of soaked grains, all organic & free of chemicals. The latest science about fats proves that modern manufactured vegetable oils are extremely harmful. These bads fats, along with refined sugars, unfermented grains, chemicals & nutrient depletion, are the real factors of heart disease, cancer & diabetes. Children require, for proper brain development, good saturated fats & fat soluble vitamins found only in

Comments Summary Report

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

Key Topic: Other

properly raised animal products. These are sorely deficient in the current guidelines, contributing to epidemics of childhood ADD, ADHD, diabetes & obesity. Please start over on the guidelines. Hire knowledgeable nutritionists & scientists NOT tied to industrial food, who are well-versed in what makes us healthy & productive, who can apply evidence-based modern science with time-tested wisdom. You would be giving our citizens a powerful hedge against disease & the high costs of modern health care. Good nutrition is the best health care, after all. Our country depends on it. This is not hyperbole, it is critical.

Comment ID: 002090

Submission Date: 07/15/2010

Organization Type: Other

Organization Name:

First Name: Mary

Last Name: Sheiko

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: I beseech you to heed Sally Fallon's advice regarding the proposed 2010 Dietary Guidelines.

My family has regained and maintained amazing health since we adopted nutritional standards following the guidelines of Weston A. Price, including saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole raw milk, cheese, fatty meats like bacon and animal fats for cooking.

Our eldest daughter was ill for five months during the winter around her first birthday. She ended up on a antibiotics, a nebulizer and steroids.

We did a lot of research and decided to purchase a share in a dairy farm in order to obtain raw milk. I am pleased to say that since time two years ago, our daughter has gotten little more than sniffles and a slight cough.

My husband and I have not gotten more than slight colds in the past two years, as well.

Please open your minds and hearts to what this woman has to say.

Sincerely,
Mary E. Sheiko

Comments Summary Report

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

Key Topic: Other

Comment ID: 002103

Submission Date: 07/15/2010

Organization Type: Other

Organization Name: RWJF Center to Prevent Childhood Obesity

First Name: Joe

Last Name: Thompson

Job Title: Director

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The center strongly supports the report's major findings and recommendations and urges HHS and USDA to ensure that the recommendations are translated into effective and evidenced-based policy and environmental changes. The center urges HHS and USDA to continue the emphasis on environmental and policy changes in forthcoming documents, discussions, and translational tools and highlight the need to ensure that children have access to and choose a healthy diet and have ample opportunities to be physically active. The center urges HHS and USDA to ensure that key messages and recommendations are simple, straightforward, specific, and actionable.

Comment ID: 002104

Submission Date: 07/15/2010

Organization Type: Other

Organization Name: Diabetes Action Alliance

First Name: Michael

Last Name: Mawby

Job Title: Chief Government Affairs Officer

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As members of the Diabetes Action Alliance, the Am Assoc of Diabetes Educators, the Am Optometric Assoc, The Endocrine Society, Medicare Diabetes Screening Project, Novo Nordisk, & VSP applaud the DGAC for developing a section in the 2010 Dietary Guidelines on Translating and Integrating the Evidence & acknowledging the many chronic illnesses affected by diet & behavior. As noted by DGAC, poor diet has been linked to diabetes (DM). Additionally, a recent edition of The Lancet stated "Diabetes need not be an inevitable consequence of urbanization or social inequity, nor should future generations be condemned to perpetuate diabetogenic lifestyles. The fact that type 2 diabetes, a largely preventable disorder, has reached epidemic proportion is a public health humiliation. "These words are a wake-up call to address the epidemics of obesity and DM in America. The main messages in the 2010 Dietary Guidelines should be incorporated into community-based programs to address education, motivation & facilitation of behavior change

Comments Summary Report

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

Key Topic: Other

necessary for addressing obesity, & more specifically for the prevention and treatment of DM. The DGAC cites the need for a multi-sectoral strategy for improving our nation's health. One such evidence-based program is the National Diabetes Prevention Program (NDPP), authorized in health care reform & currently in pilot testing by the YMCA, UnitedHealth Group & CDC. The NDPP is based on 2 landmark clinical trials cited in the DGAC Report (DPP and DPPOS), which proved conclusively that modest amounts of weight loss & increased physical activity could significantly prevent or delay type 2 DM in adults by 58% after 4-5 years & 34% after 10 years. We urge USDA and HHS to examine NDPP as a model community & evidence-based program when considering how to translate the key messages of the 2010 guidelines into actionable steps.

Comment ID: 002110

Submission Date: 07/15/2010

Organization Type: Other

Organization Name: Tate & Lyle

First Name: Susan

Last Name: Potter

Job Title: Director of Scientific Affairs

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Comments on DGAC Report related to low calorie sweeteners

Comment ID: 001711

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Joyce

Last Name: Otterstrom

Job Title: Musician

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As a tax payer I certainly hope we didn't pay very much for the report. Many of our young men and women are unfit for military duty. Why? Because they have been eating exactly the way the report recommends. We have global warming. Why? Not completely because of the meat and dairy industry, but they contribute. I understand I am actually doing more for the environment by being vegan than by driving a Prius. Medical insurance costs are out of control. Has the Dietary Guidelines Advisory Committee considered how much it costs to eat the way they recommend. How much does type 2 diabetes cost? How much does it cost to do heart bypass surgery? There are a host of medical problems that are caused by eating the way this committee recommends. Why do they recommend Dairy? It causes cardiovascular disease, obesity, and is the most likely food, to be allergic to.

Comments Summary Report

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

Key Topic: Other

The diet the committee is recommending is bad for the health of our citizens, and bad for the health of our environment. It does make a lot of money for the medical profession as well as meat and dairy people but surely they can find a profession that won't do quite so much damage.

I am very frustrated by, people who should know better, giving out information that is wrong at my expense. Information that causes the death and misery of millions of Americans who think they should be able to trust their government.

Comment ID: 001561

Submission Date: 07/10/2010

Organization Type: Other

Organization Name:

First Name: sarah

Last Name: morishita

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: PLEASE consider the value of organic vs. conventional foods- in eating organic foods, we have not been sick in over 1 year- we how can you say that pesticides on our foods is safe and good? Silent Spring by Rachel Carson proves that chemicals DO harm our environment- and ourselves. Why is this necessary? The more I read about the USDA and the FDA, the less I trust. Please include the value and importance of organic foods in your reports.

Comment ID: 001691

Submission Date: 07/12/2010

Organization Type: Other

Organization Name: individual

First Name: George

Last Name: Novak

Job Title: Retired

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I was watching a documentary program King Corn on PBS the other evening that stated that nearly everything consumed in the U.S. today has a corn additive, dating back to the federal government's farm subsidy program administered by, I believe, then Agriculture Secretary Earl Butz in the early *70s of "grow all you can"

Question: Is it true that the production of high fructose corn syrup found in most foods today is due to this program and is primarily responsible for obesity and type II diabetes?

Comments Summary Report

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

Key Topic: Other

Comment ID: 001693

Submission Date: 07/12/2010

Organization Type: Other

Organization Name: Congress of the United States of America-House of Representatives

First Name: Kathy

Last Name: Dahlkemper

Job Title: Member of Congress, 3rd District, Pennsylvania

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: See Attached

Comment ID: 001878

Submission Date: 07/14/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The new food pyramid is dangerous. It has become so political and unhealthy. Carbohydrates turn to sugar in your system. What body can sustain that much sugar and remain healthy? I remember the noise the grain growers caused when people were doing Atkins diet, being successful, and weren't purchasing as many grain products. Suddenly, the ads all swamped the airwaves with information about how healthy grain products are. Political! The pyramid became full of grains and protein is put into a smaller category. Protein is the element that builds the body up. Sugar breaks it down. Shame on you! Why do you want to see the American public become sick? So we can be so lethargic that we can be conquered by those who want to run everything/everyone? The low fat/high carb garbage -- DOESN'T WORK. Shame on you. Why are you working for Archer Daniels Midland and Monsanto instead of for the American People?

Comments Summary Report

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

Key Topic: Other

Comment ID: 001735

Submission Date: 07/12/2010

Organization Type: Other

Organization Name: Citizens for Food That Makes A Difference

First Name: Laura

Last Name: Slitt

Job Title: Researcher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: It appears that along with catering to commodity producers and the pharmaceutical interests, the so called Dietary Guideline Committee is negligent in its sworn duty(or it should be)to create the healthiest guidelines for the sea change we must create so children regain health instead of succumbing to disease. Animal based foods have proven to be a plague to our health, the environment, and the incalculable suffering they endure makes its way back in the form of heart attacks, cancers, diabetes, obesity....ALL PREVENTABLE diseases.

We clearly ARE what we eat!

How profound that this nation has not yet evolved to upholding what it stands for, One Nation Under God, as it promotes such horrific food guidelines that are so very harmful to everything in Creation.

I am disgusted with the USDA for stealing MY taxes and using them to subsidize death and disease.

Gd forgive us..... We have sunk so low because of the poisons we feed kids.

Comment ID: 001728

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name: Joyce

Last Name: Hudson

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: 1.People need to educated as to their metabolic type. I am a Protein. My body does not assimilate, many vegetables, grains, or fruits. It needs Omegas 3s.
2.Additives such a High Fructose Corn Syrup which is even in meat products, leads to cravings, which leads to over eating and obesity. Additives should be removed. This will

Comments Summary Report

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

Key Topic: Other

affect taste & shelf life. But profit should not be the concern.

3. Additives such as Aspartame, is eventually toxic to the body. Which results in diseases.

4. Commercials, such as McDonalds appeal to children, yet the McNuggets are only about 40% chicken. Ban such commercials. Commercials should give facts, not try to sway the children.

5. Foods need to be organic, which are too costly for the average person. But pesticides & herbicides are harming the people & environment. Cloning just allows the weaknesses of the animal to be continued over and over, which eventually will affect us. We are what we eat. Decades ago I could eat liver and loved it. If it isn't organic, I can no longer eat it. It makes me sick! The reason is, what the animals are being fed is not healthy.

To solve the obesity in the USA, the basics will have to be solved first.

Ask Dr. Blaylock, Dr. Mercola and there are more, that can tell you what is really going on.

Comment ID: 001907

Submission Date: 07/14/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please make it easier for professionals to help teach diabetics and non diabetics the importance of carbohydrate counting. All professionals are too terrified to recommend anything that does not have a lot of carbohydrates in it due to whole grains being the foundation of the pyramid. Vegetables should be on the bottom line to replace grains. Above that should be lean meats and dairy. Above that should be fruits and whole grains- then sweets should be at the top. What did your mother always tell you? Eat your vegetables and finish your chicken. A person can survive without carbohydrate but the importance of protein is integral to survive. People have incisors to eat meat- let them. Please stop demonizing fats and take a look at the real killers of sugar and processed foods. Meat, fruits and vegetables should be the primary focus of any healthful recommended diet because that is all a person really needs.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001503

Submission Date: 07/09/2010

Organization Type: Other

Organization Name:

First Name: John

Last Name: McMahan

Job Title: Self-Employed

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Continuing to do these studies over and over is simply a way for your employees to continue feeding at the public trough. How and what I eat is NONE OF THE GOVERNMENT'S BUSINESS. Your stupid nutrition regulations on pacakqes have driven up the costs of food and waste our tax dollars. POOH!

Comment ID: 001636

Submission Date: 07/12/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Consider re-writing The 2010 health guideline Report to be in line with today's human intelligence and to reflect health rather than dis-ease. The way it is written it will continue to make people sick and incapable of taking care of themselves, their families and their Country. The report would have been believable before the internet era. It is unconscionable to continue to put out mis-information when the least intenet literate consumer can google what they need to know nowadays. Perhaps unintentionally you appear to be doing yourselves a dis-service and losing credibility. With hundreds of qualified health professionals in the medical field who provide accurate scientific research you need to do yourselves a favor and change your 2010 report and read the scientific book on "The China Study" which should be required reading for all medical students. Perhaps then you will see what the fuss is all about and why people must take responsibility for their own health.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001363

Submission Date: 07/06/2010

Organization Type: Other

Organization Name: Citizen...NO organization affiliations!

First Name: Leslie

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Instead of continuing to promote an unhealthy diet, to include lumping trans fats in with saturated fats, why don't you endorse a whole foods approach...such as that offered by The Weston A. Price Foundation?

What you are proposing does NOT deal with the diabetes pandemic that is due, largely, from processed food.

Comment ID: 001403

Submission Date: 07/07/2010

Organization Type: Other

Organization Name:

First Name: Bob

Last Name: Hall

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Would very much appreciate for there to be research and guidelines regarding gluten-free foods. Mandatory labeling identifying if food products are gluten free or not so that consumers can know by looking at a label whether or not they can consume the food.

Thank you!

Comments Summary Report

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

Key Topic: Other

Comment ID: 001416

Submission Date: 07/08/2010

Organization Type: Other

Organization Name:

First Name: irene

Last Name: cummins

Job Title:

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down

Comment ID: 000987

Submission Date: 06/15/2010

Organization Type: Other

Organization Name:

First Name: SK

Last Name: Scott

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I'm surprised, disappointed, and concerned that there isn't a supplemental section dedicated to GMO crop - similarly to the discussion of conventional versus organically produced food. This is a glaring omission, given that a majority of food crop and animal feed (eg, corn, soy, beet sugar, canola) produced and distributed in the American food chain is now Genetically Modified. This - without any long term safety studies...or at the very least, the courtesy of some labeling laws so that Americans may make informed purchasing decisions. Neglectful.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000972

Submission Date: 06/15/2010

Organization Type: Other

Organization Name:

First Name: Andrea

Last Name: Thieman

Job Title: Wellness Director

Key Topic: Other

Sub Topic:

Attachment: N

Comment: This IS our biggest threat, and the biggest threat to our children. We need to modify our subsidy programs to encourage the growth of something besides CORN! And I'm from Nebraska saying this!

Until it is as economical to eat a healthy meal, as it is to eat junk, cash strapped families will be forced to choose the junk, setting up yet another generation for the same obesity patterns we are seeing now. Without properly fueling your body, you have nothing left to give to exercise. If we address our diets, I believe the exercise will be a positive by-product.

As long as consumers are buying the cheap processed foods in the grocery store, the corporations will keep making them. As long as our people are obese and dealing with the many chronic diseases relating to obesity, our health care costs will never be under control. It is a vicious circle that I believe needs to start with policy changes to encourage the growth of the plants for our plant based diet.

Comment ID: 000974

Submission Date: 06/15/2010

Organization Type: Other

Organization Name:

First Name: Tracey

Last Name: Bragg

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Maybe if vegetables were as easy and inexpensive to get as fast food, there would be an increase in the consumption of them. A bag of baby carrots should not cost more than a cheeseburger and french fries at McDonalds.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001008

Submission Date: 06/16/2010

Organization Type: Other

Organization Name: individual - parent of children/students

First Name: weston

Last Name: munzel

Job Title: urban planner

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I would like for the guidelines to include a requirement regarding the minimum amount of time given to elementary school children for the "eating time" of the lunch. Since many schools receive federal money/resources for lunch, this seems like something that could be addressed at a federal policy level. Many schools only give 20 minutes-but this is not enough time for children to eat (as the 20 min. also includes travel time, waiting in line and clean up) kids are being rushed, or not finishing and are learning to eat quickly. These are all unhealthy aspects. A slightly longer time of 25 minutes for eating time or 20 minutes "after a child is seated" should be required by the guidelines, especially if healthier foods are promoted, we need to give kids a chance to eat those healthy foods as healthy foods take more time to eat than processed, sugary foods. Studies indicate that a minimum of 25 minutes is needed for "eating time" for lunch-to allow for slower eaters to finish-as well as the waiting in line time and to reduce the stress/rush of the their lunch etc.

Comment ID: 001013

Submission Date: 06/16/2010

Organization Type: Other

Organization Name:

First Name: Howard

Last Name: Ginsberg

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Until governments decide that good health matters most and legislate to reduce salt content in processed foods and tax soft drinks substantially, all we are really getting from our governments is lip service. And what's wrong with a 20% tax on food advertising? After all, food advertising has proven all too successful and is now all-encompassing.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001049

Submission Date: 06/18/2010

Organization Type: Other

Organization Name:

First Name: Blanche

Last Name: Yates

Job Title: College student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: For very low income people, including those receiving food stamps, it is impossible to implement these guidelines. Very low income people who receive food stamps are only able to afford very low quality foods (ie white bread, canned vegetables, cheap and fatty cuts of meat, etc). This group is mainly comprised of women and their children. In order for this very large segment of the population to incorporate these healthy guidelines, food stamps allotments need to be increased dramatically.

Comment ID: 001132

Submission Date: 06/23/2010

Organization Type: Other

Organization Name: Sigma Lambda Upsilon/ Senoritas Latinas Unidas Sorority, Inc.

First Name: Emily

Last Name: Castro

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I think it is an excellent idea for action to be taken on the consumption of sodium and sugar in the diets of children and adolescents. The obesity levels of the American population are embarrassing and we are doing a disservice to our citizens. Implementing more activity into the daily routines of our youth and feeding them better meals at school is definitely a way to start improving the obesity levels and improving our quality of life.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001133

Submission Date: 06/23/2010

Organization Type: Other

Organization Name:

First Name: Nicole

Last Name: Timm

Job Title: Registered Nurse and Perinatal Specialist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: After reviewing the proposed guidelines for 2010 I am deeply concerned. The stringent restrictions on fats, cholesterol, salt and protein are a recipe for disaster! I have worked in perinatal health for many years and at the clinic I work at 1 in 3 couples has difficulty conceiving. In all but a very few cases we were able to reach fertility goals through changes in diet, namely: adequate amounts of healthy cholesterol, natural saturated fats and full-fat dairy products. Our nation is in dietary crisis, with obesity, diabetes and fatigue rampant. The carb-heavy, restrictive recommendations are only worsening the problem. I have had personal as well as professional experiences with the detrimental effects of the proposed guidelines when they are followed as recommended. We need guidelines that help a person to thrive and be nutritionally satisfied, not starved. Please reconsider the recommendations for 2010, for they will have severe negative effects on our current populations as well as the generations to come. Lets look at how our ancestors ate to stay healthy and sound of body, nutrient-dense, full-fat animal products balanced with small amounts of grains, fruits and vegetables. The bodies of Americans are crying out for real food! Lets not deny them that.

Comment ID: 001105

Submission Date: 06/23/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: e Guidelines should be scrapped and the committee members should be replaced with individuals who have no ties to the food processing industry or to universities that accept funding from the food processing industry.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001163

Submission Date: 06/24/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: 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.

Comment ID: 001120

Submission Date: 06/23/2010

Organization Type: Other

Organization Name: USDA dietary guidelines

First Name: B. A.

Last Name: Brown

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: We have never been so fat and sick as we have become since the government got into food recommendations. The only benefits these recommendations produce is for the strengthening of the Corporateocracy now running the country. I have no trust or faith in anything recommended in any category, by any branch of government, as being for my welfare, period.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001123

Submission Date: 06/23/2010

Organization Type: Other

Organization Name:

First Name: Janet

Last Name: Moulton

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Is it that the federal government wants every single citizen to be fat/overweight and extremely unhealthy? Are you simply trying to help the pharmaceutical companies sell more drugs????
These guidelines are a complete waste of taxpayer money and has resulted in a health crisis of epidemic proportions, especially in our children. We as humans MUST have healthy animal fats in our diets to remain healthy and live long and productive lives. YOU HAVE THIS ALL WRONG. Please do not encourage people to eat this unhealthy and denatured protocol. Every function in the human body needs large amounts of healthy God given saturated fats daily. Cholesterol is critically important for our brains and our hormone production. Without it we cannot live an optimal life or reproduce! You need to go back to school to learn about fats!! YOU ARE NOT DOING A GOOD THING FOR THE PUBLIC ? you are SO out in left field ? you are SO wrong!!

Comment ID: 001222

Submission Date: 06/24/2010

Organization Type: Other

Organization Name:

First Name: Gary

Last Name: Robinson

Job Title: Chair

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comments Summary Report

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

Key Topic: Other

Comment ID: 001239

Submission Date: 06/25/2010

Organization Type: Other

Organization Name:

First Name: mitzi

Last Name: robinson

Job Title: attorney

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comment ID: 001242

Submission Date: 06/26/2010

Organization Type: Other

Organization Name:

First Name: Kathy

Last Name: Bridge

Job Title: Mom and Nurse

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As a nurse, and as a mom, I'm always reading about nutrition. Studies that confirm the need for natural saturated fats to support hormone production and thyroid function (and just general well-being) need to be recognized in your food guidelines! Salt too. Cholesterol doesn't cause heart disease. Inflammation in the blood vessels does....which causes the plaque to collect. Reducing the inflammation is key...and that won't happen when factory made fats are used and the healthier, natural fats severely limited. From my own experience, limiting fats since the 80's has dramatically affected my health...for the worse. I now have Hashimoto's Disease and estrogen/progesterone/testosterone imbalances. Now that I'm eating coconut oil, extra-virgin olive oil and butter, I feel so much better. This is just one example of the need to support and recognize that eating more natural fats can help to heal...or prevent disease. The research is there to back it up. Listen to it. Support healthy, natural state foods and don't limit the amounts. Educate on portion control, rather than limiting healthy ingredients.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001175

Submission Date: 06/24/2010

Organization Type: Other

Organization Name: None

First Name: C

Last Name: Corwin

Job Title:

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comment ID: 001210

Submission Date: 06/24/2010

Organization Type: Other

Organization Name:

First Name: michael

Last Name: vilar

Job Title:

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comments Summary Report

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

Key Topic: Other

Comment ID: 001172

Submission Date: 06/24/2010

Organization Type: Other

Organization Name:

First Name: Jessica

Last Name: Kirk

Job Title: Dietetic Intern and Graduate Student

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down.

Also, this is important for our children. There should not be an obesity and type 2 diabetes epidemic in our children, but there is. These kids can still prevent further complications and early death if they just learn what REAL food is, not something that comes in a plastic package. Someone has got to stand up to the food industry and make them realize their products and advertising are killing our children and possibly people they care about.

Help the dietitian's in our country teach people how to eat properly and enjoy life.

Comment ID: 001146

Submission Date: 06/23/2010

Organization Type: Other

Organization Name:

First Name: jada

Last Name: sarfate

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The draft for the 2010 Dietary guidelines are appalling! Many of my family members who are religiously following the low fat guidelines are overweight, sick often and completely unhealthy. Not only is this some of my family members this is our society! It's pretty obvious that the low fat guidelines that are already put in place aren't getting our society any healthier. What about stricter guidelines on Trans fat, high fructose corn syrups, fast food, sodas, animal products filled with hormones and antibiotics!? You are hurting our society by fooling them into thinking whole fat foods are unhealthy. Whole fat cheese, raw milk, butter, and egg yolks contain many essential vitamins and minerals that can only

Comments Summary Report

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

Key Topic: Other

be found in fat! These are natural foods. If we keep going against nature and we will continue to be a suffering society!!! This is an outrage! The government needs open their eyes and start caring more about the people and not money!

Comment ID: 001342

Submission Date: 07/02/2010

Organization Type: Other

Organization Name:

First Name: EMILY

Last Name: MATTHEWS

Job Title: RN

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am disgusted by the new dietary guidelines; they are more of the same recipe for disaster as seen in earlier years. I tried the low-fat, high grain diet in times past, and experienced nothing but a plethora of problems, including multiple allergies, migraines, early arthritis in my mid-twenties, bowel problems, and hair loss.

In addition, USDA has made no distinction between trans, and NATURAL saturated fats, such as butter, lard, and coconut oil. This borders on criminal, as it is well known that trans fats are detrimental, whereas natural fats are not. (How did the human race survive in past millennia, when the fats they had were of animal origin?)

After stopping grains, and going to a high saturated (NOT TRANS) fat diet, all those symptoms have abated, and my cholesterol ratio is perfect. I urge USDA not to be so irresponsible as to keep pushing failed guidelines.

Comment ID: 001257

Submission Date: 06/27/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

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)

Comments Summary Report

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

Key Topic: Other

such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the 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 guidelines down."

Comment ID: 001255

Submission Date: 06/27/2010

Organization Type: Other

Organization Name:

First Name: Beth

Last Name: Aiken

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am very disturbed by your recent re-release of such a poor model for eating. This has already proven itself to be a major disaster as the main contributor to epidemic weight gain and health decline. The incidences of diabetes, heart disease, high blood pressure/cholesterol, etc... have increased on these very recommendation. History has already proven what a healthy diet consists of, all you have to do is look back a hundred years or more and you will find a more ideal eating pattern... worldwide. Studies have shown (in comparisons of weight loss methods) that consuming far fewer sugars and starches the key to losing extra weight and keeping it off afterward. They have also shown that there is no inherent risk of increased health issues from eating a larger percentage of healthy fats. Why then would you encourage an already fat nation to increase their carbohydrate consumption and group fats and sugars together in the minimal point? The only things that need to be in that point are refined sugars and vegetable oils, and they could easily be left out entirely! The foods that make people healthy and happy are well-raised proteins (grass-fed beef/dairy, pastured pork and chicken/eggs, wild-caught seafood,etc...), organically raised vegetables, including roots and tubers, small amounts of organic fruit and healthy fats from well-raised animals, olive, coconut, sesame, palm, etc... Vegetable oils, the darling of modern industrialized production, have been stripped of anything good they may have contained and contribute nothing to health whereas the fats our ancestors consumed all contain health BUILDING profiles. Factory farmed meat/poultry/dairy/seafood have a nutrient profile completely different than their pastured/wild caught counterparts and share the same contribution to health as modern oils: NONE! Please stop promoting the fattening and sickening of America with this failure called the food pyramid!

Comments Summary Report

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

Key Topic: Other

Comment ID: 001285

Submission Date: 06/28/2010

Organization Type: Other

Organization Name:

First Name: Loretta

Last Name: Ivory, Ed.D., CNM, CMH

Job Title: Professor

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The proposed 2010 Dietary Guidelines perpetuate the mistaken belief that natural occurring saturated fats in foods like such as egg yolks, butter, & cheese are bad while saying nothing whatsoever about health wrecking trans fats. They are NOT the same thing and EVERYONE knows that.

The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced natural foods.

When a healthy cheese is singled out to be avoided, there is something wrong with the guidelines.

The proposed guidelines will cause nutrient deficiencies present in ALL American population groups, including deficiencies in vitamins A and D, B12, B6, & calcium and phosphorus, which require vitamins A and D. Low intake of vitamin K2, found in egg yolks & cheese is associated with increased risk of heart disease and cancer.

The NAS recommends 375 mg of choline/day for children, 450 mg for pregnant women and 550 mg for lactating women and men. These are in egg yolks but that's a crime by USDA standards. The committee referred to this as the "choline problem."

Studies show that choline helps the brain make critical connections and protects against neurotoxins; animal studies suggest that if choline is ABUNDANT during developmental years, the individual is protected for LIFE from developmental decline.

These proposed Guidelines do not appear to be based on real science but are designed to promote the products of commodity agriculture and-through the back door-encourage the consumption of processed foods.

These proposed Guidelines completely avoid mentioning blood sugar problems caused by a diet high in carbohydrates. This diet is particularly dangerous for those suffering from diabetes or hypoglycemia.

These Guidelines need to be relegated to the ?round file? where they belong and the committee should be replaced with individuals who have no ties to the food processing industry or accept funding from the food processing industry.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001286

Submission Date: 06/28/2010

Organization Type: Other

Organization Name:

First Name: Gwendolyn

Last Name: Rivett-Olsen

Job Title: Retired

Key Topic: Other

Sub Topic:

Attachment: N

Comment: You need to teach people how they should eat to avoid obesity and how we can create a healthier food environment

Comment ID: 001290

Submission Date: 06/29/2010

Organization Type: Other

Organization Name: Cooper Nutrition Education and Communications

First Name: Christen

Last Name: Cooper

Job Title: Founder, President

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please include more discussion on applying the Dietary Guidelines to food assistance program regulations, such as those for the National School Lunch Program, WIC, and others, which are in need of drastic reform.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001273

Submission Date: 06/28/2010

Organization Type: Other

Organization Name: Studio Lyrica

First Name: Michael

Last Name: Agholor

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: While I think the new guidelines are on the right track, I think emphasis needs to be put helping people reach those guidelines. For example, consider an overweight child in the inner city. The parents of the child may want to follow the guidelines, but there may be no available groceries for the parent of that child to buy from within a reasonable distance of their dwellings. This means they could not possibly follow your new guidelines and their child will continue to have a high risk of being overweight. I think programs should be developed to encourage more groceries to be set up in the inner cities so the people living there will have the opportunity to follow the new guidelines.

Comment ID: 001275

Submission Date: 06/28/2010

Organization Type: Other

Organization Name:

First Name: Rita

Last Name: Bianchi

Job Title: Realtor

Key Topic: Other

Sub Topic:

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 similar to the 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 guidelines down."

Comments Summary Report

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

Key Topic: Other

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: 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.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001446

Submission Date: 07/09/2010

Organization Type: Professional Association

Organization Name: Member of the American Association of Family and Consumer Sciences

First Name: Jane

Last Name: Hinrichsen

Job Title: Family and Consumer Sciences Educator

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Nutrition information has always been available to the general public but there has never been a direct way for that information to reach the masses. It is my concern that as the lives of our nation change we continue to assume that families have kept their children a part of "the kitchen" and eating patterns. Many Americans no matter what their financial circumstances may be have eliminated the cooking domestic chores of a household because of careers and busy lives. The children raised in many of these homes are suffering nutritionally and the nation needs to fund education from a group that has been in the food nutrition business for over 100 years. Please take Family and Consumer Sciences educators seriously and use them to pass the word through funding their programs. Having the right information and not "getting it out there" will not help the people of our nation

Comment ID: 001947

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Association of Family & Consumer Sciences (AAFCS)

First Name: Gwynn

Last Name: Mason

Job Title: Senior Communications Manager

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: AAFCS leaders have read the 2010 Dietary Guidelines Report with particular attention to ?Part B. Section 3: Translating and Integrating the Evidence: A Call to Action.? We agree that it will require action at all levels by many people, as well as multiple partnerships, to improve the health of our nation. Our attached letter gives further information about our more than 100-year-old organization, our resources and diverse network, and interest in collaborating with other organizations to improve the quality of life for Americans.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001969

Submission Date: 07/15/2010

Organization Type: Professional Association

Organization Name: American Association of Diabetes Educators

First Name: Deborah

Last Name: Fillman

Job Title: President

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Diabetes self-managment education

Comment ID: 001124

Submission Date: 06/23/2010

Organization Type: Professional Association

Organization Name: In A Heartbeat

First Name: Nancy

Last Name: Dale

Job Title: Certified Nutritionist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: For the last 50 years we have been badly misinformed by taking fat out of food, allowing too many refined carbohydrates and indicating eating protein is not healthy. Honestly I don't know where to begin. This is solely run by money and not health. I am a lifestyle expert and weight loss specialist and I am disgusted by what you are telling the public is healthy. We should be eating real food, that is grown or has a mother. We should be exercising more. I will not support any of your recommendations. Let me create a plan that will lower heart disease, type II diabetes and most cancers...I guarantee it! This is aimed to put money in the food industry's pockets at the expense of the average American that actually thinks you people know what you are doing.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001072

Submission Date: 06/22/2010

Organization Type: Professional Association

Organization Name: RI Association of Family & Consumer Science

First Name: Kathryn

Last Name: Masi

Job Title: Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Teaching children in public schools how to eat healthy requires teaching students how to cook healthy. Mandatory food education that include cooking lessons will help in the battle of obesity.

Most Americans do not cook these days which has had a direct influence with the increase of obesity.

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: Other

Comment ID: 002037

Submission Date: 07/15/2010

Organization Type: State/Local Government Agency

Organization Name: California Detent of Public Health

First Name: Carma

Last Name: Okerberg

Job Title: Public Health Nutritionist III

Key Topic: Carbohydrates, Other

Sub Topic: Added sugars

Attachment: N

Comment: Communicating the Dietary Guidelines to the Public: Potential alternative approaches should be evaluated for effectiveness with various population segments. Coordination at the Federal Level: The Dietary Guidelines, food ;package and menu labeling, and the Institute of Medicine reports need to be better integrated and coordinated at the federal level, particularly with regard to strategies for the communication of key recommendations to the general public. Avoidance of Sugar-Sweetened Beverages: CDPH strongly supports this type of clear, understandable food-based messages in food guidance systems, including MyPyramid. Support for Integrating More Environmental Concerns: CDPH commends the DGAC for recognizing the importance of the environment in influencing food selection, and recommends that environmental approaches be integrated into other federal nutrition programs.

Comment ID: 002144

Submission Date: 07/15/2010

Organization Type: State/Local Government Agency

Organization Name: Public Health - Seattle & King County

First Name: David

Last Name: Fleming

Job Title: Director and Health Officer

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Public Health - Seattle & King County congratulates the U.S. Department of Agriculture, U.S. Department of Health and Human Services, and Dietary Guidelines Advisory Committee (DGAC) for their excellent review of the science and strong nutrition advice to the nation. Overall, we support the report and urge HHS and USDA to translate the scientific recommendations into 1) policy and environmental changes and 2) understandable and actionable dietary advice to help people eat more healthfully.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001858

Submission Date: 07/14/2010

Organization Type: State/Local Government Agency

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The guidelines are on target to promote education in the areas of proper nutrition, food safety and appropriate food preparation. However, I do not see the need to state "low income" when addressing the topic of food costs. Particularly in these economic times, food costs are a concern for all families and food is a large part of most families' budgets. I feel that the guidelines are for all Americans and should be addressed in such manner.

Comment ID: 001405

Submission Date: 07/07/2010

Organization Type: State/Local Government Agency

Organization Name: Washington State Medicaid

First Name: Eric

Last Name: Houghton

Job Title: Medical Consultant

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The responsibility for these food recommendations must be put in proper hands, and within a proper federal agency. There is too much room for and evidence of bias in the existing process.

Comments Summary Report

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

Key Topic: Other

Comment ID: 001359

Submission Date: 07/06/2010

Organization Type: State/Local Government Agency

Organization Name: Human Services Agency

First Name: Donna

Last Name: Morales

Job Title: Safety Officer

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The current nutrition labels that are on food product packages are excellent. They are easy reading and understandable. However, I would like to see that all food products be required to have these labels on them. Thank you.

Comment ID: 001081

Submission Date: 06/22/2010

Organization Type: State/Local Government Agency

Organization Name: Hawthorn Children's Psychiatric Hospital

First Name: Pamela

Last Name: Hosler

Job Title: RD III

Key Topic: Other

Sub Topic:

Attachment: N

Comment: To create the financial incentive in decreasing the amount of sugar and animal fat, the costs of these things should be honest; currently they are artificially low due to massive subsidies for corn. This has led to cheap high fructose corn syrup and cheaper beef from corn fed cattle. The USDA historically has stood up more for the meat industry than for public health interests. While I think they should be represented on a committee with Health & Human Services & Institute of Medicine, their pro-industry bias should be seen for what it is. The recommendations of DGAC should be integrated into the next Farm Bill and the National School Lunch and Breakfast Programs in many ways such as allowing all appropriately fortified grain beverages to count toward a reimbursable lunch, disallowing juice as reimbursable (in order to increase fiber), discontinuing the provision of white pastas and white flour baking mixes on the commodity lists. Also, EBT should not pay for foods with high sodium, fat and sugar contents.