

Comments Summary Report

Submission Date Between null and null

Comment ID: 000008

Submission Date: 10/21/2008

Organization Type: Educational Institution

Organization Name:

First Name: Caldwell B.

Last Name: Esselstyn, Jr., M.D.

Job Title: Preventive Cardiology Consultant

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Other

Sub Topic:

Attachment: N

Comment: Evidence based research and epidemiological studies leave no doubt that the epidemic of cardiovascular disease results from consuming the typical Western diet of processed oils, dairy, meat, sugar and processed flour. Recent research indicates that within minutes of ingestion of oil, dairy and meat products there is measurable injury to the endothelial cell compromising its ability to produce nitric oxide. This gas is the life jacket which protects our blood vessels from developing cardiovascular disease.

Furthermore patients with severe coronary artery disease have been able to halt and reverse the disease when eliminating these products from their nutrition.

The western diet as presently outlined in our food pyramid is responsible for carotid artery thickening in 12 years olds, a call for statin drugs in children, type II diabetes in adolescents, the need for coronary artery bypass surgery in adolescents and the finding that coronary artery disease is ubiquitous in those between the ages of 16 and 34 years who have died from accidents, homicides and suicides. This epidemic of cardiovascular disease is totally preventable, but presently the foods which produce this disease are touted as healthy in the food pyramid. Science of the 21st century clearly refutes the health claims of the present food pyramid.

Public awareness of the necessity to optimally preserve endothelial function will be a revolution in our national health.

Comment ID: 000007

Submission Date: 10/21/2008

Organization Type: Educational Institution

Organization Name: Lifestyle Medicine Institute

First Name: Hans

Last Name: Diehl

Job Title: Director

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups

Sub Topic:

Attachment: N

Comment: In harmony with the Cancer Guidelines issues by the World Cancer Research Fund and the work done by Neal Barnard, (Reversing Diabetes) T. Colin Campbell (The China Study) and Caldwell Esselstyn (Clevelandclinic on Reversing CHD) and in view of ecological consideration, would it not be wise to take another and more serious look at the advantages of a more plant-food centered low fat diet high in vegetables, fruits and legumes? Many of us in the field of epidemiology view the scientific evidence as rather compelling. Dr. Hans Diehl

Comments Summary Report

Submission Date Between null and null

Comment ID: 000024

Submission Date: 10/24/2008

Organization Type: Educational Institution

Organization Name: University of Florida Family Nutrition Program

First Name: Heidi

Last Name: Reever

Job Title: Program Assistant

Key Topic: Food Groups

Sub Topic:

Attachment: N

Comment: I would like to see PUDDING added to the pictures under in the MILK group.

Comment ID: 000002

Submission Date: 10/17/2008

Organization Type: Individual/Professional

Organization Name: The McDougall Program

First Name: John

Last Name: McDougall

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups

Sub Topic: Cholesterol, DASH, Fiber, Fish oil, Omega 3 fatty acids, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts

Attachment: N

Comment: So far the dietary guideline have made no meaningful impact on the health of Americans. Please spend time looking over the benefits of a diet based on the starchy foods that have caused billions of people to be trim, active, young and healthy. For example the Asians on rice, people from rural Mexico on beans and corn, the Peruvians on potatoes, the people from New Guinea on sweet potatoes. Americans are sick because the focus of their diet is not on starch, but instead on meat and dairy products and refined foods. Only a serious change in our diet will cause serious change in people's health. I would be happy to share more thoughts on this if you would like.

John McDougall, MD

Comments Summary Report

Submission Date Between null and null

Comment ID: 000032

Submission Date: 10/25/2008

Organization Type: Individual/Professional

Organization Name: Paleobiotics Lab

First Name: Jeff

Last Name: Leach

Job Title: Director

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

Sub Topic: Fruits, Grains, Whole grains, Low carbohydrate, Vegetables, Weight loss, Whole grains

Attachment: N

Comment: As you are aware, 90% of the cells in the human body are microbial - with only 10% human. This reality means that humans are "superorganisms" - a human hybrid if you will.

Significant advances in molecular techniques in the last few years have opened an interesting door into the role of our intestinal flora and disease development. Importantly, dietary inputs can significantly impact the health of our microbiome and thus the host.

The symbiotic relationship humans share with our commensal flora is critical to maintaining optimal health - however, our so-called modern diet is literally starving our intestinal flora. From an evolutionary perspective, and aside from our significant increase in highly processed carbohydrates, our chronic low intake of dietary fiber has probably been the most significant change in our "superorganism" diet in recent history.

It would be interesting to see dietary guidelines that not only addressed "our" nutritional needs but also those of our microbial friends. As you may know, dietary fiber and some resistant starches have a significant impact on the health of our gut bugs as they serve as fermentable substrates for their growth and maintenance. Americans currently consume less than 15 grams a day of dietary fiber from a "very" limited number of sources. Looking over the committee members, its clear whole grains will get their attention - but this misses the point just a bit. The symbiotic relationship we evolved with our intestinal flora was selected on a nutritional landscape that delivered an "extraordinary diversity" of fiber sources. The diversity - as well as the qty - is what is missing from our national discussion.

Suggesting in the 2010 guidelines that we address the intestinal flora by recommending a few more probiotics and a few more whole grains to boost fiber intake will not result in any significant improvement in health. Fiber intake should be set at 35 to 50 grams a day - and not "just" from grains.

Thank you, Jeff Leach

Comments Summary Report

Submission Date Between null and null

Comment ID: 000025

Submission Date: 10/24/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Ada

Last Name: Medina

Job Title: Extension Faculty

Key Topic: Food Groups

Sub Topic: Fruits, Vegetables

Attachment: N

Comment: Please consider more emphasis in teaching people to add more fruits and vegetables to a diet rather than obtaining more fiber from whole grains. Dietary guidelines recommendations confuses people by placing grains first. People overdo it creating more problems, like constipation, when all they have to do is add more fiber from fruits and vegetables.

Comment ID: 000021

Submission Date: 10/24/2008

Organization Type: Industry Association

Organization Name: National Fisheries Institute

First Name:

Last Name:

Job Title:

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Food Safety, Other

Sub Topic: Fish oil, Omega 3 fatty acids, Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids

Attachment: Y

Comment: Please see attached comments submitted by National Fisheries Institute

Comments Summary Report

Submission Date Between null and null

Comment ID: 000030

Submission Date: 10/24/2008

Organization Type: Industry Association

Organization Name: Soyfoods Association of North America

First Name: Nancy

Last Name: Chapman

Job Title: Executive Director

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Nutrient Density/Discretionary Calc, Protein

Sub Topic: Meat, Beans, Eggs, Fish, and Nuts

Attachment: Y

Comment: Please see attached document.

Comment ID: 000023

Submission Date: 10/24/2008

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Gregory

Last Name: Miller

Job Title: Executive Vice President Research, Regulatory and Scientific Affairs

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Food Groups, Minerals

Sub Topic: Calcium, DASH, Magnesium, Milk, MyPyramid, Potassium

Attachment: Y

Comment: At time when the American population is overweight and undernourished, it is more important than ever to help consumers get more nutrition out of the food and beverages they consume. As the Dietary Guidelines Advisory Committee begins its work of drafting new guidelines for Americans, the NDC applauds the leadership of the Departments of Agriculture and Health and Human Services for their crucial efforts to help Americans live healthier lives and reduce the risk of chronic disease.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000009

Submission Date: 10/21/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Physicians Committee for Responsible Medicine

First Name: Neal

Last Name: Barnard

Job Title: Founder and President

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Other

Sub Topic:

Attachment: Y

Comment: It is essential that the Dietary Guidelines address Americans as they are. That is, most Americans are overweight, the vast majority have the beginnings of atherosclerosis, if not fully developed cardiovascular disease, and many have other diet-related health problems, such as hypertension or diabetes. It is a mistake to draft Guidelines as if Americans are healthy and trim.

By way of introduction, I am a physician and clinical researcher who studies the clinical effects of nutritional interventions. More and more research shows that low-fat, plant-based diets are most effective for prevention and treatment of chronic diseases that plague our nation.

In light of recent publications highlighting the benefits of low-fat vegetarian and vegan diets (see attached), I think that a critically important question in need of an Evidence-based Review by this esteemed committee is, "What role can low-fat vegetarian and vegan diets play in the prevention and treatment of chronic diseases, particularly obesity, cardiovascular disease, type 2 diabetes, and cancer?"

Thank you,

Neal Barnard, M.D.

Comment ID: 000019

Submission Date: 10/23/2008

Organization Type: Nonprofit/Voluntary

Organization Name: American Vegan Society

First Name: Freya

Last Name: Dinshah

Job Title: President

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups, Food Safety

Sub Topic: Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Other, Vegetables

Attachment: N

Comment: Kindly do an Evidence-based Review on the benefits of a whole-food based vegan diet for health, nutrition value, weight control, food safety, and economy of resources. Review and expand upon alternatives to meat, fish, and milk.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000022

Submission Date: 10/24/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Spina Bifida Association

First Name: Cindy

Last Name: Brownstein

Job Title: Chief Executive Officer

Key Topic: Food Groups, Nutrient Density/Discretionary Calc, Vitamins

Sub Topic: B Vitamins, Folate, Grains, Whole grains

Attachment: Y

Comment: The Spina Bifida Association (SBA) appreciates the opportunity to provide comments to the Department of Agriculture and the Department of Health and Human Services Dietary Guidelines Advisory Committee, as the Dietary Guidelines for Americans are reviewed and revised. As you undertake the development of the 2010 guidelines, we urge you to consider updating the guidelines, by adding a specific recommendation of at least 400 micrograms (mcg) of folic acid for women of childbearing age and incorporating messages about the importance of folic acid consumption into the press release and other collateral materials associated with the dissemination of the new guidelines.

Comment ID: 000013

Submission Date: 10/22/2008

Organization Type: Other

Organization Name:

First Name: Susan

Last Name: Burrows

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Fats, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein

Sub Topic: Cholesterol, Fiber, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Oils, Unsaturated fatty acids, Other, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

Attachment: Y

Comment: The current standard of nutritional standards are not enough to maintain good health. Dramatic consumption increases must be made in high nutrient low calorie foods. The pyramid caloric intake is too high for most people, especially for those in need of weight reduction. Considering the a vegetable (plant) based diet would be extremely beneficial to the public. Please view attachment for my personal experience and recommendations.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000033

Submission Date: 10/27/2008

Organization Type: Other

Organization Name: National Council on Folic Acid

First Name: Adriane

Last Name: Griffen

Job Title: Chair

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups, Vitamins

Sub Topic: B Vitamins, Folate

Attachment: Y

Comment: The Dietary Guidelines for Americans recommendations need to include consuming 400 micrograms of synthetic folic acid daily, either from a multivitamin that contains 400 micrograms of folic acid or from fortified foods.