

Comments Summary Report

Submission Date Between null and null

Comment ID: 000017

Submission Date: 10/23/2008

Organization Type: Individual/Professional

Organization Name: RD's for Healthcare

First Name: Uva

Last Name: Mason

Job Title: RD

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Protein

Sub Topic: Weight loss

Attachment: N

Comment: I am requesting the 2010 Dietary Guidelines committee please take into consideration the abundance of current scientific evidence that supports the benefits of plant-based nutrition regarding diabetes, heart disease, wt management and cancer.

Comment ID: 000016

Submission Date: 10/22/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Carolyn

Last Name: Rieke

Job Title: Clinical Dietitian

Key Topic: Eating Patterns, Protein

Sub Topic: Other

Attachment: N

Comment: The benefits of a vegetarian/vegan/whole foods plant based diet.

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: 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.