

# Comments Summary Report

*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

**Comment ID:** 000091

**Submission Date:** 12/12/2008

**Organization Type:** Educational Institution

**Organization Name:** Butler University Counseling Center

**First Name:** Carol

**Last Name:** Hagans, Ph.D.

**Job Title:** Psychologist, Counseling Center Director

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** Thank you for taking public comments! I wanted to forward issues surrounding food addiction and compulsive overeating please. I use the Kay Sheppard Food Plan that endorses refraining from all sugars, even sugar substitutes, whole grains, and refraining from alcohol. If there could be some nod to "other plans of eating" in conjunction with the pyramid that would be fantastic. I use soy milk but when I use My Pyramid Tracker (GREAT TOOL), I get a frown for not having milk but I am taking in the nutrients through the supplemented soy milk. If you could please include the conversions of what an acceptable 'exchange' or recognized amount of protein is in the meat group that is actually a soy or nonanimal-based protein, that would be very helpful. Suggestions for proteins are sorely needed.

I work with college students who struggle with their eating and they are woefully lacking in information about proteins and what are good choices in their dining services. Our vegetarians and restricting students will find any excuse not to eat so taking away the excuses by having a wide range of protein options would be helpful.

I would be more than happy to speak with you at any time. I have had 4 years and 5 months of recovery from compulsive overeating and am maintaining an 85 pound weight loss. I do have to weigh and measure my foods, eat regular and planned meals and report my food to a food sponsor and on My Pyramid Tracker for accountability. But it has worked and there is hope for the millions of obese Americans who struggle with their weight.

Thanks for your good works. This is very important, literally, our lives depend on this.

Sincerely,

Carol

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Key Topic: Eating Patterns

**Comment ID:** 000165

**Submission Date:** 01/20/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Stephanie

**Last Name:** Murphy

**Job Title:** Administrator

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Please consider recommendations for vegans, vegetarians & "flexitarians" to ensure proper nutrition and protein intake. Encourage consumption of soy-based products as meat replacers.

**Comment ID:** 000223

**Submission Date:** 01/23/2009

**Organization Type:** Educational Institution

**Organization Name:** University of North Dakota Energy & Environmental Research Center

**First Name:** Nicholas

**Last Name:** Ralston

**Job Title:** Health Effects Research Program Leader

**Key Topic:** Eating Patterns, Evidence-based Review Process, Food Safety, Minerals, Other

**Sub Topic:** MyPyramid

**Attachment:** Y

**Comment:** One of the most important decisions that your committee will make is determining what questions to address in your evidence-based reviews. Your committee will be interested in how advances in understanding of selenium's physiological functions clarify the benefits and risks of seafood consumption. Ocean Fish are among the richest sources of dietary selenium, an element that has proven to counteract adverse effects of mercury, these findings make it much easier to understanding the benefits of seafood consumption in improving cardiovascular and neurodevelopmental outcomes. Your committee will also want to understand why the uniquely high binding affinity between mercury and selenium (a million times higher than that of sulfur, mercury's next best binding partner) clears up many mistaken ideas regarding seafood safety issues related to mercury exposure.

Evidence from the human and animal studies of this issue uniformly indicate that exposure to mercury in molar excess of selenium is harmful, but no harmful effects are evident when seafoods containing nutritionally relevant amounts selenium in molar excess of selenium (Ralston, 2009). Instead of harm, the largest and most recent studies find increasing beneficial effects (up to 10 IQ points) in children whose mothers consumed increasing amounts ocean fish during pregnancy (Lederman et al., 2008; Hibbeln et al., 2007; Oken et al., 2007). These findings had been thought to be surprising by those that don't understand mercury-selenium interactions, but, like all other aspects of the issue, are easy to understand when considered from the perspective of selenium physiology (Ralston 2009). The effects of mercury are not proportional to exposure, but are instead

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directly associated with mercury-selenium molar ratios.

**Comment ID:** 000203

**Submission Date:** 01/23/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** DOROTHY

**Last Name:** VANDEPUTTE

**Job Title:** STUDENT

**Key Topic:** Eating Patterns, Fats

**Sub Topic:** Cholesterol

**Attachment:** N

**Comment:** A vegetarian diet has been proven to reduce cholesterol, reduce risk of certain cancers and reduce rates of obesity. Since switching to vegetarian diet I have maintained a healthier weight & have more energy. Plant based diet is healthiest & MUCH less impact on the environment (more sustainable)! Please consider more plant-based foods in re-evaluation of dietary recommendations.

**Comment ID:** 000095

**Submission Date:** 12/18/2008

**Organization Type:** Educational Institution

**Organization Name:** UCSF

**First Name:** Trudy

**Last Name:** Theiss

**Job Title:** perinatal dietitian/CDE

**Key Topic:** Eating Patterns, Protein

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** When recommending protein source amounts...

It is important that each choice for a serving of protein has approximately 7 grams of protein. Please note that the Calories for each serving of vegetarian protein (equal to 7 g protein) can vary with the protein type. The focus should be on the grams of protein per serving and not on Calories per serving. Of course one can always recommend the lower Calorie choices if there is a problem with excessive weight gain or overweight. Protein content of the diet should not be sacrificed just because a woman is overweight or because the woman is eating too many extra non-protein source Calories. It is best to strive for 71 grams of protein/day by mid pregnancy.

This was the problem I had about the current MyPyramid chart. The protein serving sizes that are identified for nuts, etc., do not contain 7 grams of protein. We cannot simply assume that most people get too much protein.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000186

**Submission Date:** 01/22/2009

**Organization Type:** Individual/Professional

**Organization Name:** ETF Wellness Corp.

**First Name:** Eugene

**Last Name:** Thong

**Job Title:** Owner

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity

**Sub Topic:** MyPyramid, Weight loss

**Attachment:** Y

**Comment:** The role of carbohydrates in weight management and in the growing epidemic of diabetes in the US warrants re-examination of USDA food pyramid recommendations. An existing (and growing still) body of evidence supports the notion that total carbohydrate load significantly impacts the progression of overweight and Type 2 Diabetes via the insulin pathway. Moreover, the deleterious effects of cereal grains on the human autoimmune system make the current USDA recommendations a risky gambit for the public health and unnecessarily burden the already over-extended healthcare sector.

Minimizing the role of grains (even whole grains) and emphasizing meats, non-starchy vegetables, low-sugar fruit, nuts, and seeds would have a transformative effect on America's health.

**Comment ID:** 000058

**Submission Date:** 11/06/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** River

**Last Name:** Curtis-Stanley

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Evidence-based Review Process

**Sub Topic:** Added sugars, Low carbohydrate, Whole grains

**Attachment:** N

**Comment:** The requirement for grain-based foods in the current food pyramid is far too high, and is a guaranteed way to get fat. There is no effort to address the prevalence of high fructose corn syrup in modern food, including whole-grain foods such as commercially prepared breads and cereals - even the supposedly healthy ones. High fructose corn syrup and a grain-based diet are quite likely significant factors in the obesity epidemic plaguing America, as is the supersizing of portions over the years. Cut down the requirement for grain-based foods from 6-11 servings per day to no more than 1-2 servings per day, which will allow someone to eat an ordinary-sized sandwich if desired once per day. Emphasize fiber from vegetables and fruits, not from grains. Continue to allow for lean, healthy meats, preferably from free-range cattle, pigs or chickens and healthy wild fisheries. The lipid profile of healthy lean meat from free-range sources is much different from that of standard supermarket meat from factory farms. The free-range meat is loaded with Omega-3s

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(desirable) and the factory-farmed meat is loaded with Omega-6s (very undesirable). And while there is a requirement for calcium in the diet, it can readily be obtained from plant sources rather than from the milk designed to nurse the young of another species.

**Comment ID:** 000110

**Submission Date:** 01/05/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** R L

**Last Name:** Mitchell

**Job Title:**

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

**Sub Topic:** Added sugars, Cholesterol, Fiber, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, MyPyramid, Oils, Unsaturated fatty acids, Vegetables, Whole grains

**Attachment:** N

**Comment:** I ate whole wheat bread, brown rice, beans and low fat products for years, it didn't do anything but make me hungry, tired and diabetic. Seriously, when I started restricting sugars and starches my appetite was cut in half and after the first week or so I felt like I suddenly woke up after being asleep for years. The scientific evidence is out there but you will never hear it on the nightly news, even the abstracts of the studies you hear about are carefully slanted to reflect current dogma no matter what the real results were. We don't need loads of carbohydrates and there is no real evidence for the saturated fat - cholesterol - heart disease theory. Quit eating stuff that comes in a box and start eating food that doesn't come with a nutrition panel and you will feel tons better. There are plenty of micro nutrients and fiber in non starchy vegetables, low sugar fruits, nuts and seeds and even more vitamins and minerals in animal products like meat and eggs, you really don't need bread, pasta, rice or potatoes and you surely don't need sugar added to everything in the store.

It's time we demanded representation on the panel that sets nutrition policy for this country and first degree scientific evidence for a food policy imposed on so many people who don't have a choice. Kids are coming home from school hungry because their school lunches are starch and sugar heavy and low in calories, protein and fat because lunch programs are required to follow the mypyramid policy. Lets get the grains, sugars, and artificial (chemically extracted) vegetable oils out of our diets and start eating real food again. Let us at least acknowledge that the USDA is here to promote the health of the giant agricultural conglomerates not US citizens and stop listening to the large medical and health organizations that are compromising our health by recommending diets that follow USDA policy.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000070

**Submission Date:** 11/18/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** John

**Last Name:** Morris

**Job Title:** Biologist/Nutrition Advocate

**Key Topic:** Carbohydrates, Eating Patterns, Evidence-based Review Process, Food Groups, Other, Protein

**Sub Topic:** Added sugars, Fruits, Other, Vegetables

**Attachment:** N

**Comment:** Please consider an evidence-based review on how diets consisting of mainly plant-based, raw whole foods results in better health while those that continue to follow recommendations to overindulge in high amounts of animal protein (dairy, eggs and meat) continue to see a rise in disease.

Please address the fact that all greens, vegetables and fruit have protein? There is great need to educate that one does not need to consume animal products to get the protein needed for good health.

Also, consider addressing the elimination of all added sugars, in addition to the evidence of their health detriment, they provide no known added nutritional value.

**Comment ID:** 000115

**Submission Date:** 01/06/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Elissa

**Last Name:** B

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Food Groups

**Sub Topic:** Low carbohydrate

**Attachment:** N

**Comment:** I became a vegetarian at age 19. In a decade I had gained 125 pounds and lost my health due to that high-carb low-fat diet. My background in science and the pre-med courses I took prompted me to try a carb-restricted approach. My health returned as I lost 140 pounds and have kept them off for years now. My blood pressure normalized and my triglycerides and cholesterol counts became ideal. The low-fat high-carb diet is our generation's Emperor's New Clothes. It does not work. It is responsible for the obesity epidemic. Please look at the scientific reality and promote healthful low carb nutrition. Thanks

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000122

**Submission Date:** 01/09/2009

**Organization Type:** Individual/Professional

**Organization Name:** Preventive Nutrition Services

**First Name:** Mark

**Last Name:** Rifkin

**Job Title:** Registered Dietitian

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Food Groups, Other, Protein

**Sub Topic:** Added sugars, Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Oils, Unsaturated fatty acids, Vegetables, Whole grains

**Attachment:** Y

**Comment:** Thanks for the opportunity to submit comments to the DGAC. As a registered dietitian, I see first hand how little Americans understand about nutrition, and the subsequent effects. Because the DGAC can no longer assume the average American is healthy, the Dietary Guidelines must be more aggressive in establishing a standard of appropriate intake. Specifically, the DGAC must take a more aggressive approach in recommending foods that can prevent and/or treat obesity, CVD, stroke, diabetes, renal disease, some types of cancer, osteoporosis, and other conditions associated with poor dietary habits. According to the preponderance of the data, these foods are fruits, vegetables, whole grains, beans, nuts and seeds. In other words, it's time to use the term "plant-based" or "plant-centered" as the key dietary guideline.

**Comment ID:** 000178

**Submission Date:** 01/22/2009

**Organization Type:** Individual/Professional

**Organization Name:** Serious Strength

**First Name:** Fred

**Last Name:** Hahn

**Job Title:** CEO

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Food Groups, Protein

**Sub Topic:** Low carbohydrate, Whole grains

**Attachment:** Y

**Comment:** The current USDA food pyramid has grains at the bottom indicating that the USDA believes that this food group is the most important of all. It indicates that we should derive the largest majority of our calories from this food group.

However, human beings do not need grains to survive healthfully. In fact, there is not a single micronutrient in grains that is not found as plentifully in meats, vegetables and fruits.

Why then is the USDA pyramid constructed in its current configuration? Should not the bottom of the pyramid be what human beings need most of to survive healthfully?

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Obviously this is so.

Water should be at the bottom. As for food , the question is begged - what is the most nutrient dense of all the food groups? Put another way, what food group would keep a human being alive the longest if no other food group was available? The answer is meat, fish, eggs and other protein/fat sources. This food group should be at the bottom of the pyramid above water. On top of meats, vegetables, nuts and seeds, then fruits. Every other food group is an option, in other words, we as humans do not need or require cheese, dairy or sweets to survive.

The food pyramid should be scientifically constructed not slapped together to satisfy the interests of certain organizations.

**Comment ID:** 000107

**Submission Date:** 01/04/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Linda J

**Last Name:** Morgan, MD

**Job Title:** Physician

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:** Added sugars, B Vitamins, Calcium, Cholesterol, Fiber, Fish oil, Omega 3 fatty acids, Folate, Glycemic index, Magnesium, Oils, Unsaturated fatty acids, Other, Potassium, Trans fatty acids, Vitamin A and Carotenoids, Vitamin C, Vitamin D, Vitamin E, Whole grains, Zinc

**Attachment:** N

**Comment:** I have worked in the medical field for 18 years. Through my reading of the studies done, I see that the problem with the health of our population is the oxidative stress that our bodies are undergoing without sufficient antioxidant systems, supplements, and intake in place to counter that stress. The population, starting in infancy needs to stay away from concentrated carbs, move towards complex carbs, help support the beneficial bacteria in our gut, and increase the antioxidant content of our diet through a more balanced approach of eating complex carbs (fruits, veggies, grains, legumes, nuts and seeds - yes they have complex carbs, too), good and beneficial fats, and high quality protein - animal and vegetable based. Good and beneficial fats are those found in nature. We have become a nation that is eating "FAKE" food and it is showing up in our health. I have read so many articles and books by different experts on our health and it seems that no one book, article can pull it all together. Everyone claims this or that is the only cause of what ails us, and I believe we owe it to the public to tell them the truth. High carb, low fat is NOT the way to go. Balance is the key and increasing our body's reserve of anti-oxidants to counter the oxidative stress that we are all experiencing in this polluted, chemicalized world. Feeding hormones to animals, spraying crops with chemicals because their own defense system (those antioxidant co factors and minerals) are missing. I own the second oldest farm west of the Mississippi River and we have never resorted to giving our cattle unnecessary antibiotics and never have given them hormones. Why do you think our nation of young women are starting through puberty so early? They are exposed to too many xenoestrogens through our food supply. I have run an indigent clinic in a homeless shelter, worked in an ER dealing with the aftermath of a lifetime of oxidative stress and poor nutrition, and now I'm teaching prevention.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000099

**Submission Date:** 12/21/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kay

**Last Name:** Hoover

**Job Title:** Lactation Consultant

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Human milk is the food nature intended at the start of life. Many diseases would decrease if more citizens started out their lives with exclusive human milk feedings.

**Comment ID:** 000100

**Submission Date:** 12/21/2008

**Organization Type:** Individual/Professional

**Organization Name:** Health...for Life

**First Name:** Annie

**Last Name:** Scheppach, MS

**Job Title:** holistic health counselor

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** Please reach out to Joshua Rosenthal, founder and director of the Institute for Integrative Nutrition. Chronic disease, which has been diagnosed in nearly two-thirds of us, is preventable and reversible, and Mr. Rosenthal is one of the most articulate spokesmen/leaders of how to heal America.

Talk to the graduates of this school.

I am 66 years old and I feel fabulous, take no prescription drugs; yet, if I ate according to the pyramid of 2005, I would be sick. That pyramid must have made the dairy and meat industries happy.

It is time to think outside the university boxes!

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000073

**Submission Date:** 11/19/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** IPlease include eating patterns of diverse cultures and communities within the U.S. There is a wide variance between different cultural, ethnic, geographic and socio-economic groups.

**Comment ID:** 000054

**Submission Date:** 11/06/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kristin

**Last Name:** Costello

**Job Title:** Producer

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I have noticed that I feel much healthier and have had many severe health problems, such as chronic pain, postpartum depression, allergies, fatigue and symptoms of MS and Arthritis reverse completely from eating a mostly plant based diet and adding moderate exercise to my routine Have also noticed that on this type of diet myself and my kids stay very healthy, avoiding the colds and flu's that 'most kids' get. When they return to the standard American diet, heavy with eggs, cheese etc... they start getting sick again. I wonder if more American's focused on a plant based diet if the chronic illness that causes so much suffering for our people, could be avoided? It certainly is an interesting question.

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*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

**Comment ID:** 000055

**Submission Date:** 11/06/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Christopher

**Last Name:** Booth

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** Based on scientific research and not the interests of the food industry, it is obvious that the standard Western diet has many negative impacts on human health and the environment. A diet based upon plant derived foods is sufficient to the human body and is particularly beneficial to our environment.

A more sustainable diet is the key to the future of human health and our planet.

**Comment ID:** 000136

**Submission Date:** 01/16/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Sandra

**Last Name:** Ryan

**Job Title:**

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity

**Sub Topic:**

**Attachment:** N

**Comment:** People are overweight and unhealthy from eating the processed foods and factory farmed meats on our stores shelves. People need help. They need a guide to show them how to be healthy. Please help them.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000166

**Submission Date:** 01/20/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Briana

**Last Name:** Osborn

**Job Title:** RN

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

**Sub Topic:** Cholesterol, Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Trans fatty acids, Weight maintenance

**Attachment:** N

**Comment:** I would like to encourage the committee to put a greater emphasis on adopting a plant-based diet, as evidenced by the large number of studies supporting the health benefits of a plant based diet. In connection with this, the reduction of trans and saturated fats (known for their detriment to positive heart health) should be stressed. Lastly, whole foods over processed foods should be recommended as part of an overall healthy diet.

**Comment ID:** 000124

**Submission Date:** 01/13/2009

**Organization Type:** Individual/Professional

**Organization Name:** Diabetes Educator

**First Name:** melissa

**Last Name:** baumann

**Job Title:** dietitian/ educator

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

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** The food guide pyramid is greatly misunderstood for incorporating a healthy lifestyle. Not from it's content, but from not understanding APPROPRIATE PORTION SIZES. Fruits and vegetables are defined as "Cups" for a day. Pasta and Rice appropriate portions are 1/3-2/3 cup, while most Americans consume 1-2 cups at a meal. Oils also are not defined & portions are greatly over consumed. I spend most of my time explaining Calorie balance and encouraging more exercise. I would like to continue to draw our children into the food pyramid by helping the educators teach portions appropriately.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000196

**Submission Date:** 01/22/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Rayna

**Last Name:** Weise

**Job Title:** Cancer epidemiologist

**Key Topic:** Eating Patterns, Evidence-based Review Process

**Sub Topic:** DASH, MyPyramid

**Attachment:** N

**Comment:** A great deal of epidemiologic evidence supports the health benefits of a plant-based diet in terms of reducing risk of chronic diseases, such as certain types of cancer, cardiovascular disease, and type 2 diabetes. Complementary to this, there are also a number of studies that have indicated a positive association between meat consumption (particularly red meat) and the risk of certain cancers. In fact the American Dietetic Association and Dietitians of Canada issued a position statement in 2003 stating, "...that appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases. The USDA Committee should consider revising the dietary guidelines to include recommendations on greater vegetable and produce consumption and very little meat (beef, poultry, fish) consumption in light of current research.

**Comment ID:** 000067

**Submission Date:** 11/17/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

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

**Sub Topic:**

**Attachment:** N

**Comment:** Increasing the daily consumption of vegetables, fruits, and legumes would be a considerably responsible and greatly needed change. There is substantial evidence of dietary benefits through a dramatic increase of all of these. The China Project is a great example of the direct impact on the quality and longevity of life. See <http://nutrition.cornell.edu/chinaproject/> for more details.

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*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

**Comment ID:** 000053

**Submission Date:** 11/04/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Donald J.

**Last Name:** Brix, Ph.D.

**Job Title:** Clinical Psychologist

**Key Topic:** Eating Patterns, Fats, Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** The work of McDougall, Esselstyn, N. Barnard, Ornish, Colin Campbell and others amply demonstrate that the standard Western diet is making people sick. Regrettably, our national guidelines continue to support the consumption of foods known to be harmful to health. Hopefully the new iteration will be an improvement.

**Comment ID:** 000144

**Submission Date:** 01/17/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Lindsey

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns, Fats, Food Groups, Protein

**Sub Topic:**

**Attachment:** N

**Comment:** It seems time to see a healthy shift from the current focus on consuming animal products for their reputed health benefits to incorporating more whole, organic plant based sources of proteins and fats as the main dietary intake.

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*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

**Comment ID:** 000145

**Submission Date:** 01/17/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Vegetables

**Attachment:** N

**Comment:** I urge you to remove meat from the pyramid altogether, and concentrate on sustainably raised, organic, fruits, veggies, nuts, seeds and herbs.

**Comment ID:** 000153

**Submission Date:** 01/19/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Michael

**Last Name:** Yannell

**Job Title:** Clinical Pharmacist

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** N

**Comment:** Please consider putting an emphasis on eating whole foods, rather than processed foods, and the benefits to health of a plant based diet, or at least reduced meat diet (elimination of "bad" fats). There is proven clinical research that demonstrates the benefits of reducing meat intake.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000157

**Submission Date:** 01/19/2009

**Organization Type:** Individual/Professional

**Organization Name:** self

**First Name:** Rosamund

**Last Name:** Downing

**Job Title:** teacher

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Please encourage Americans to adopt a more plant-based diet (even vegetarian). Plant-based diets are better for our health and the planet.

**Comment ID:** 000158

**Submission Date:** 01/19/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:** retired public elementary school teacher

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I would like the USDA to emphasize that a healthy diet should contain less protein from animal sources. Specifically, less red meat. Substitute chicken, fish, dairy products, and turkey. And reduce the quantity of those, too. Beans, nuts, and whole grains should be emphasized as healthier choices.

My other suggestion is that the USDA recommend a diet of whole, unprocessed foods. Better nutrition and cheaper, too!

If more Americans followed these suggestions, our environment would be healthier. The USDA could join the "Green Movement"! I'd like to see recipes for simple, healthy meals, too!

Thank you for the opportunity to give my input!

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000175

**Submission Date:** 01/21/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Elizabeth

**Last Name:**

**Job Title:** Police Officer

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** N

**Comment:** I have been a vegetarian for 8 years. I changed diets overnight for moral reasons. I have since become vegan. I have educated myself on many aspects of the food industry/chain. I am disgusted that the meat and dairy industry have such strong input in to the food pyramids. Evidence points to meat and dairy as key contributors to almost ALL common Western diets. More veggies and fruits must be consumed and far less, if any, dairy and meat should be eaten. The countries health "crisis" would pretty much be resolved with this simple fix! Please behonest and encourage Americans to eat more fruits and veggies. I know that your own evidence says to eat 8-12 servings a day but that Americans wont even eat 5 or 6. So they number is set lower..... Please dont treat people like they are stupid! Maybe if the charts said eat 8-12 people would actually start eating 5 or 6 or more! People believe what they need to believe so dont skew the facts! People are thier own worst enemy so give it em straight and maybe just maybe some will figure it out!

**Comment ID:** 000164

**Submission Date:** 01/20/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Lawrence

**Last Name:** Machtinger

**Job Title:** Pathologist

**Key Topic:** Eating Patterns, Food Groups, Food Safety, Other

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

**Attachment:** N

**Comment:** Dietary guidelines should promote a plant-based diet, which reduces rates of many cancers and vascular diseases. Eating animal products has been correlated to an increased incidence of these diseases. It would improve the overall health of Americans to drastically reduce meat consumption. A plant-based diet is one of the single most effective ways to fight global warming. Livestock production is responsible for 18% of greenhouse gas emissions, higher than that emitted by all the world's vehicles. Animal agriculture releases 37% of all human-induced methane and 65% of all human induced nitrous-oxide, potent greenhouse gases. Animal agriculture produces almost 2/3 of all human-induced ammonia emissions, contributing to acidification of ecosystems. It promotes the current epidemic of antibiotic-resistant bacteria. About 25 million lbs. of antibiotics are fed to U.S. livestock annually, almost 8 times the amount administered to humans in this country. This has promoted the spread of multi-drug resistant bacteria that are killing

# Comments Summary Report

*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

tens of thousands of Americans each year. Antibiotics are being rendered useless in order to increase livestock profits, putting all of us at risk. Animal agriculture also leads to enormous environmental degradation, pollution and waste of ever dwindling water supplies. The poor conditions of animals kept on factory farms are a breeding ground for infectious diseases that sicken or kill hundreds of thousands of Americans annually. From an ethical perspective, the current animal agricultural system causes immense suffering to the 10 billion animal slaughtered for food in the U.S. every year. This cruel system exists to maximize profits while producing cheap meat. Americans already consume far too much meat for their own good. If America's farmers were required to provide their animals truly humane living conditions, cheap meat would simply not exist. The price of meat has been driven down to unnaturally low levels through appalling factory farming methods, transforming what once was a luxury item into a staple of the diet, to the detriment of people, animals and the planet.

**Comment ID:** 000142

**Submission Date:** 01/16/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Sara

**Last Name:** Campbell

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups, Other

**Sub Topic:**

**Attachment:** N

**Comment:** I think more Americans need to be made aware of the benefits of a plant-based diet. I am not a professional. I know very little about nutrition. I do know that in October of 2008 I decided to switch to a vegan diet. Within 3 months I lost 21 pounds. I eat often and I eat well. I actually have the energy to exercise. My mood has improved. Too many times the public is told they must include meat and dairy in their diet. Every year there is more evidence that diets based on animal products are harmful. More care should be taken to provide information about plant based diets and their benefits.

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000146

**Submission Date:** 01/17/2009

**Organization Type:** Individual/Professional

**Organization Name:** Wellness Formulations, LLC

**First Name:** Nicholas

**Last Name:** Pokoluk

**Job Title:** Director of Research and Development

**Key Topic:** Eating Patterns, Minerals, Other, Protein

**Sub Topic:**

**Attachment:** N

**Comment:** There is a need to ensure individuals know that such important nutrients such as calcium and protein can be gotten from non-animal sources. There is a tendency to make the narrow position for these dietary components as coming from animal sources when they can easily be gotten other ways. Just because it is easy to get them from meat and dairy does not mean it is the BEST way to get these nutrients. Low fat animal products can be seen as health neutral but vegetables are health positive. The benefits of a isocaloric vegan versus animal based diet is incontrovertible! The public must be made aware of this for their health benefit and the benefit of the health care system's viability. To do otherwise would be an injustice.

**Comment ID:** 000141

**Submission Date:** 01/16/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Bea

**Last Name:** Elliott

**Job Title:**

**Key Topic:** Eating Patterns, Protein

**Sub Topic:**

**Attachment:** N

**Comment:** I think more focus should be on informing people that they can get all the protein they need from a plant based diet. Given the information on diabetes, obesity and heart health - encouraging people to eat more vegetables and fruits and opt for a plant based vegan diet would be beneficial.

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000189

**Submission Date:** 01/22/2009

**Organization Type:** Industry Association

**Organization Name:** National Pork Board

**First Name:** Ceci

**Last Name:** Snyder

**Job Title:**

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

**Sub Topic:** Iron, Meat, Beans, Eggs, Fish, and Nuts, MyPyramid, Oils, Unsaturated fatty acids, Potassium, Saturated fatty acids, Zinc

**Attachment:** Y

**Comment:** The National Pork Board urges the 2010 Dietary Guidelines Advisory Committee to uphold current recommendations for the meat and beans group based on the published science and to focus on the benefits of choosing a variety of nutrient-rich foods within and among the basic food groups. Americans will enjoy better health through more frequent selection of naturally nutrient-rich foods.

**Comment ID:** 000224

**Submission Date:** 01/23/2009

**Organization Type:** Industry Association

**Organization Name:** National Cattlemen's Beef Association

**First Name:** Kristina

**Last Name:** Butts

**Job Title:** Manager Legislative Affairs

**Key Topic:** Eating Patterns, Food Groups, Food Safety, Minerals, Other, Protein, Vitamins

**Sub Topic:** Iron, Meat, Beans, Eggs, Fish, and Nuts, Zinc

**Attachment:** Y

**Comment:** The Beef Checkoff through the National Cattlemen's Beef Association appreciates the opportunity to provide comments to the 2010 Dietary Guidelines Advisory Committee on the development of the seventh edition of the Dietary Guidelines for Americans. NCBA, which is producer-driven and consumer-focused, is the trade association of America's cattle farmers and ranchers, and the marketing organization for the largest segment of the nation's food and fiber industry. NCBA recognizes the critical role the Dietary Guidelines for Americans plays in forming the basis of federal food policies and nutrition education activities. We commend the efforts undertaken by the Department of Agriculture, the Department of Health and Human Services and members of the DGAC to evaluate and update the current Guidelines.

The main purpose of the Dietary Guidelines for Americans remains relevant today: represent science-based advice to promote public health and reduce risk for chronic diseases through food choices and physical activity. Within the attached comments, we are providing information in three primary areas for the DGAC's consideration:

The Beef Industry has committed numerous resources to help improve the nutritional health of Americans and ensure beef can play a role in a healthy lifestyle. We have

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

responded to consumer demand and public health recommendations to help Americans decrease fat intake by providing leaner cuts of beef. Today, at least 29 cuts of beef meet government guidelines for the definition of lean. Most importantly, these lean cuts of beef are some of the most popular in the diets of Americans.

Beef's bundle of nutrients is beneficial for growing, developing and maintaining overall health through all life's stages. With only 154 calories, one 3-ounce serving of lean beef contributes less than 10 percent of the calories, in a 2,000-calorie diet

**Comment ID:** 000098

**Submission Date:** 12/20/2008

**Organization Type:** International Organization

**Organization Name:** The Salvation Army

**First Name:**

**Last Name:**

**Job Title:** Manager

**Key Topic:** Alcoholic Beverages, Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** Please consider diversity of current population and eating trends, activities of different sections of U.S population. There is an economic, cultural and social diversity to consider as well as urban vs. non-urban eating trends to include. Let's also consider that there are far more people with addictions to drugs, alcohol and food and need to be informed of what their nutritional needs are. Thank you

**Comment ID:** 000215

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Center for Science in the Public Interest

**First Name:** Alexandra

**Last Name:** Lewin

**Job Title:** Nutrition Policy Fellow

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

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

**Attachment:** Y

**Comment:** The Center for Science in the Public Interest has submitted materials related to the following topics:

Nutrient Adequacy  
Sodium  
Fibers

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

Whole Grains  
Added Sugars  
Energy Balance  
Fatty Acids  
Restaurant Foods  
Food Dyes and Behavior  
Ethanol

**Comment ID:** 000221

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Center for Science in the Public Interest

**First Name:** Alexandra

**Last Name:** Lewin

**Job Title:** Nutrition Policy Fellow

**Key Topic:** Alcoholic Beverages, Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Safety, Minerals, Nutrient Density/Discretionary  
Calc, Vitamins

**Sub Topic:** Added sugars, Cholesterol, DASH, Fiber, Sodium, Vitamin D, Weight maintenance, Whole grains

**Attachment:** Y

**Comment:** Please see the attached comments from Center for Science in the Public Interest related to the following topics:

? Nutrient Adequacy  
? Sodium  
? Fibers  
? Whole Grains  
? Added Sugars  
? Energy Balance  
? Fatty Acids  
? Restaurant Foods  
? Food Dyes and Behavior  
? Ethanol

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000105

**Submission Date:** 12/31/2008

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Food Addicts in Recovery Anonymous

**First Name:** Jacquie

**Last Name:** P.

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I am a member of the Twelve Step group, Food Addicts in Recovery Anonymous, and as such, I recommend that the USDA consider not including processed foods containing white flour or sugar in the updated 2010 food guidelines. I believe these substances white flour and white sugar - are addictive substances that contribute greatly to the US obesity epidemic we are now witnessing. I also believe that snacking should be discouraged and that all available calories be consumed in three balanced meals.

**Comment ID:** 000220

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** American Heart Association

**First Name:**

**Last Name:**

**Job Title:**

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

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

**Attachment:** Y

**Comment:** Please see attachment

# Comments Summary Report

*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

**Comment ID:** 000225

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Center for Science in the Public Interest

**First Name:** Alexandra

**Last Name:** Lewin

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Food Safety, Vitamins

**Sub Topic:** Added sugars, Cholesterol, Fiber, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Vitamin D, Whole grains

**Attachment:** Y

**Comment:** Center for Science in the Public Interest (CSPI) submits the following supplemental materials to accompany the written comments submitted on behalf of CSPI.

**Comment ID:** 000204

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Metabolism Society

**First Name:** Laurie

**Last Name:** Cagnassola

**Job Title:** Director

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Food Groups, Protein

**Sub Topic:** Added sugars, Fruits, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** Updated to 79 Comments from the public concerning revising the dietary guidelines for 2010 - see attached.  
Thank you for this opportunity.

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000147

**Submission Date:** 01/17/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Food Awareness Resource Tools

**First Name:** Vaughan

**Last Name:** Dewar

**Job Title:** Project Manager

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Please replace meat & dairy emphasis and choices with more plant based meals (e.g., beans, nuts, soy & veggies). The AICR and WCF have stated processed meat (e.g., hot dogs, bolonga, lunch meats, ham & bacon) should be AVOIDED to prevent risk of cancer. The adverse health are well known and the impact to our environment is devastating. Adopting more of a vegetarian based diet is the best solution to these and many other problems.  
Thank you and good luck,  
Vaughan Dewar

**Comment ID:** 000075

**Submission Date:** 11/20/2008

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Commit2BFit

**First Name:** Catherine

**Last Name:** Webb

**Job Title:** program coordinator

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Nutrient Density/Discretionary Calc

**Sub Topic:**

**Attachment:** N

**Comment:** The prevalence of obesity related health issues in our society demands a strong emphasis on radical changes in our eating and activity patterns. Childhood obesity is partially the responsibility of the schools, based on what they allow to be served on campus and periods for activity provided. As a nation we need to hold school systems responsible and provide them the resources to comply with established research based best practices in the areas of nutrition and activity. The future health of our nation depends upon it.

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000056

**Submission Date:** 11/06/2008

**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, Fats, Food Groups, Minerals, Other

**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.

**Comment ID:** 000212

**Submission Date:** 01/23/2009

**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, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:** B Vitamins, Calcium, DASH, Folate, Magnesium, Milk, MyPyramid, Potassium, Sodium, Vitamin A and Carotenoids, Vitamin D, Weight maintenance, Zinc

**Attachment:** Y

**Comment:** The role of milk products and overall nutrient adequacy.  
Assessing the optimal number of dairy servings for Americans.  
Impact of milk products on chronic disease risk.

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000209

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Oldways Preservation & Exchange Trust

**First Name:** Nicki

**Last Name:** Heverling

**Job Title:** Registered Dietitian & Mediterranean Foods Alliance Program Manager

**Key Topic:** Eating Patterns, Fats, Food Groups, Protein

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

**Attachment:** Y

**Comment:** As the 2010 Dietary Guidelines Committee convenes for its second meeting, we urge Advisory Committee members to incorporate the nutrition principles of the Mediterranean Diet into the upcoming guidelines:

- 1) Choose a combination of plant-based foods at every meal: Grains (mostly whole), fruit, vegetables, beans, nuts, seeds, legumes, healthy fats, and herbs and spices;
- 2) Eat fish (as a vehicle for long-chain fatty acid intake) at least twice a week;
- 3) Include eggs, dairy, and poultry, if these foods fit in to an individuals food preferences and lifestyle, on a daily to weekly basis ; and
- 4) Enjoy sweets and meats less often and in smaller amounts.

**Comment ID:** 000219

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Center for Science in the Public Interest

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Vegetables

**Attachment:** Y

**Comment:** Please see the attached pages related to a vegetarian diet in Center for Science in the Public Interest's comments.

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000149

**Submission Date:** 01/18/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** NONE, PRIVATE citizen

**First Name:** nancy

**Last Name:** shinn

**Job Title:** private citizen

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** Stop taking bribes from the Cattlemen and Dairy industry to make their products so important in the food pyramid. Veganism is healthier for your body and the planet!

**Comment ID:** 000174

**Submission Date:** 01/21/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:**

**First Name:** Bryan

**Last Name:** Schultz

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups, Food Safety

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

**Attachment:** N

**Comment:** The efficiency and health benefits of a plant-based diet should be emphasized. Emphasis on at least the inclusion of significant amounts of plant-based, minimally-processed foods, whole foods, etc, would have significant health benefits for the public. Prevention and reversal of various cancers, heart disease (such as atherosclerosis), and kidney problems is becoming increasingly well-established.

Thus, an emphasis on reducing "fast food", food eaten in restaurants, and animal products (particularly meat, which is eaten in excessive quantities in the US), would have significant positive impact on the public (financially and otherwise).

It would also have indirect benefits, such as the reduction of groundwater pollution, carbon emissions and other problems of animal agriculture.

More details on non-dairy calcium sources would be beneficial, especially given that a majority of non-caucasians are lactose intolerant. This is especially useful as consumption of dairy products is on the decline. Research demonstrates that absorption from various dairy sources and imitation milks (dairy and non-dairy) is not significantly different. Soy- and rice-based ?milks?, for example, could be mentioned as an equivalent (and possibly superior) alternative. Various other vegetable sources of calcium should also certainly

# Comments Summary Report

*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

have some place in the food pyramid.

**Comment ID:** 000205

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Vegetarian Resource Group

**First Name:** Reed

**Last Name:** Mangels, PhD, RD

**Job Title:** Nutrition Advisor

**Key Topic:** Eating Patterns, Food Groups, Minerals, Other

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

**Attachment:** Y

**Comment:** We appreciate the opportunity to share our ideas for the 2010 Dietary Guidelines for Americans. As advocates for people who choose to follow a vegetarian diet, we believe that the Dietary Guidelines should include information about vegetarian diets. This has been done somewhat in the past with suggestions for alternatives to meat products but information is limited. We also recommend increasing the emphasis on plant-based diets for all Americans.

**Comment ID:** 000133

**Submission Date:** 01/16/2009

**Organization Type:** Other

**Organization Name:** Rio Grande REgional Hospital/Diabetes Mgt Center

**First Name:** Estella

**Last Name:** GArcia

**Job Title:** Registered Dietitian

**Key Topic:** Carbohydrates, Eating Patterns

**Sub Topic:** Low carbohydrate

**Attachment:** N

**Comment:** Reduced daily Carb percent for diabetes eating patterns

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000068

**Submission Date:** 11/17/2008

**Organization Type:** Other

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

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

**Sub Topic:** Added sugars, Cholesterol, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Weight maintenance

**Attachment:** N

**Comment:** Please name the foods by brands. The general public does not understand the terms used as complex carbohydrates, sugars, saturated vs unsaturated fats, more fiber, etc. Name the foods limit your soft drinks, potato chips, skittles, etc. People can relate to real foods.

**Comment ID:** 000154

**Submission Date:** 01/19/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Janet

**Last Name:** Alexander

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** The numerous benefits of eating a plant-based diet are well-known, so why is the US government still subsidizing meat and dairy? It's time to start supporting organic farming and less consumption of animal products. The meat and dairy industries are long overdue for paying the true freight of their products, including land, water, and chemical usage. I ask again, why is my government subsidizing unhealthy consumption?

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000139

**Submission Date:** 01/16/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Janis

**Last Name:** Lindenberger

**Job Title:**

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

**Sub Topic:** Fruits, Grains, Whole grains, Other, Vegetables

**Attachment:** Y

**Comment:** Plant based diet for both health and the environment.

**Comment ID:** 000171

**Submission Date:** 01/21/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Suzanne

**Last Name:** Marienau

**Job Title:**

**Key Topic:** Eating Patterns, Fats, Food Groups, Protein

**Sub Topic:** Cholesterol, Fruits, Grains, Whole grains, Vegetables

**Attachment:** N

**Comment:** I am calling for the USDA to put far more emphasis on a plant-based diet in it's recommendations for what people need to eat. We Americans are far too fat. We eat too much meat and processed foods. People who eat a plant-based diet are leaner, with less problems with cholesterol and heart health issues. It is time we got away from our meat laden, high fat diets. These are killing us.

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000184

**Submission Date:** 01/22/2009

**Organization Type:** Other

**Organization Name:** private citizen

**First Name:** Susan

**Last Name:** Eakins

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I learned you are revising the Food Pyramid and want to strongly urge a BIG increase on beans, nuts, fruits, whole grains and strongly recommend transition to PLANT BASED FOODS. Thankyou.

**Comment ID:** 000143

**Submission Date:** 01/16/2009

**Organization Type:** Other

**Organization Name:** none, comment from individual citizen

**First Name:** Maida

**Last Name:** Genser

**Job Title:** retired

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** N

**Comment:** More emphasis in the food pyramid has to be given to the adequacy of a well-balanced plant-based diet. It is important to tie in the additional benefits of vegetarian diets, specifically that they have a less deleterious effect on the environment.

# Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000152

**Submission Date:** 01/19/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Daniel

**Last Name:** Hamilton

**Job Title:** Senior Planner

**Key Topic:** Eating Patterns, Other

**Sub Topic:**

**Attachment:** N

**Comment:** I believe the dietary guidelines must go beyond an overly-simplistic model of carbohydrates, fats, and proteins. The system should be based on overall healthy eating practices, which relate far more to calorie intake, removal of processed foods to the greatest extent possible, and a focus on balance of nutrients rather than food types. I recommend inclusion of and focus on natural foods, meaning those foods that occur in nature, and a statement about the likely negative impacts of processed foods, artificial preservatives and fillers, and GMO foods.

**Comment ID:** 000108

**Submission Date:** 01/04/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Donald

**Last Name:** Prince

**Job Title:**

**Key Topic:** Eating Patterns, Other

**Sub Topic:**

**Attachment:** N

**Comment:** Diabetes - Type 2. This country has millions of people with diabetes (know & unknown). Your food type and amount are a major method of managing this condition. You should consider making this part of your material.

# Comments Summary Report

*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

**Comment ID:** 000120

**Submission Date:** 01/09/2009

**Organization Type:** Professional Association

**Organization Name:** American Society for Nutrition

**First Name:** Mary Lee

**Last Name:** Watts

**Job Title:** Director of Science and Public Affairs

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

**Sub Topic:**

**Attachment:** Y

**Comment:** The American Society for Nutrition (ASN) appreciates this opportunity to submit the attached comments to the 2010 Dietary Guidelines Advisory Committee. With a membership of more than 3500 scientists, ASN is the premier research society dedicated to improving the quality of life through the science of nutrition. We are proud of our members who are currently serving on the Dietary Guidelines Committee and those who have served on past Committees.

**Comment ID:** 000176

**Submission Date:** 01/21/2009

**Organization Type:** Professional Association

**Organization Name:** Nurse's Association

**First Name:** Ruth

**Last Name:** Cooper

**Job Title:** RN

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Vegetables

**Attachment:** N

**Comment:** Our children are in poor health and obese. We need to go towards a more plant based diet. After all they will be taking care of us when we get old.

# Comments Summary Report

*Submission Date Between 10/29/2008 and 01/23/2009*

**Key Topic: Eating Patterns**

**Comment ID:** 000072

**Submission Date:** 11/19/2008

**Organization Type:** State/Local Government Agency

**Organization Name:**

**First Name:**

**Last Name:** other

**Job Title:** public health nutritionist

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Please consider diversity of current population and eating trends and activities of different sections of U.S population. There is an economic, cultural and social diversity to consider as well as urban vs. non-urban eating trends to include. Thank you