

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Other**

**Comment ID:** 000727

**Submission Date:** 10/28/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Erika

**Last Name:** Bono

**Job Title:** Dietetics student

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

**Sub Topic:** Fish oil, Omega 3 fatty acids, Sodium

**Attachment:** N

**Comment:** Dear Committee Members,

Overall I am pleased with many of the aspects of our current dietary guidelines for Americans. I would like to offer suggestions for the 2010 guideline update that I think will supplement current recommendations for healthy living.

First, I would emphasize and promote the consumption of omega-3 fatty acids. Although polyunsaturated fats in general are encouraged over their saturated counterparts, I think a specific spotlight on these extremely beneficial essential fatty acids would help Americans increase quantity and frequency of consuming foods rich in omega-3s.

Secondly, I think daily sodium recommendations should more accurately reflect the variety of experimental outcomes and observations. The majority of those who have successfully elicited a reduction in blood pressure by adhering to a reduced sodium diet have been shown to have a higher sodium sensitivity than the majority of the American population. Also, some recent research supports the ineffectiveness of reduced sodium intake on the prevention of cardiovascular disease and overall mortality.

In my opinion, a focus that may result in a greater benefit to the American public would be the incorporation of ideal meal size and frequency (5 to 6 smaller meals) into the guidelines in order to avoid large spikes in blood glucose, but rather maintain a consistent level throughout the day.

Lastly, I would like to see a list of nutritious, wholesome, and sustainable food choices that average Americans could access and afford in order to support our farmers and our planet, and to promote food security nationwide.

I appreciate your time and consideration.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000729

**Submission Date:** 10/28/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Melissa

**Last Name:** Taylor

**Job Title:** Student

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

**Sub Topic:**

**Attachment:** Y

**Comment:** Discussing some of the vague areas actual portion size by using examples and diagrams to make the document more "public friendly?". The aspects of adding more information on fast food and restaurant choices to aid for a more realistic diet in today's busy world.

**Comment ID:** 000611

**Submission Date:** 09/08/2009

**Organization Type:** Educational Institution

**Organization Name:** Lowcountry Prep School

**First Name:** Nicole

**Last Name:** Cyr

**Job Title:** Student

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

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Our new Dietary Guidelines should involve different sections for age. We should have one pyramid for children, one for adults, and one for the elderly (or possibly even more). This is because at different ages, people have different needs. For example, a small child and an aged person both need more calcium in their diets for the development/maintaining of their bones than a young adult needs.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000724

**Submission Date:** 10/27/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Diana

**Last Name:** Hylton

**Job Title:** Student

**Key Topic:** Eating Patterns, Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Review of the Dietary Guidelines for Americans 2005, with recommendations for addressing the nutritional needs in the elderly for the 2010 Dietary Guidelines for Americans.

**Comment ID:** 000692

**Submission Date:** 10/25/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** C

**Last Name:** Armstrong

**Job Title:**

**Key Topic:** Energy Balance/Physical Activity, Other

**Sub Topic:**

**Attachment:** N

**Comment:** I think that it would be of great importance to consider including information on how to encourage children to eat better foods and find a physical activity they can ENJOY. It could be helpful to encourage parents to set the example for their children when it comes to eating better foods--by giving better foods and consuming healthier foods themselves. If a child sees their parent eating well, they could be more encouraged to do the same. As with physical activity, it would be important to encourage a child to find an activity that they ENJOY. Instead of telling a child that they have to go outside and "do thirty minutes of physical activity a day", encourage them to find a passion for some sort of game or sport. This could be something as simple as showing a child how fun it can be to take the dog out for a walk or to go play a game of a sport. Its much more likely that they will continue to be active throughout their lifetime if they have passion for doing something other than a sedentary activity. I think it would be helpful to provide information to parents to help them create this change in their child's life.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000687

**Submission Date:** 10/25/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Abigail

**Last Name:** Bauer

**Job Title:** MPH Student

**Key Topic:** Fats, Food Groups, Other

**Sub Topic:** Milk, Other, Trans fatty acids

**Attachment:** Y

**Comment:** Additions to the 2010 Dietary Guidelines should include the following topics:

- 1) Recommendations that are more suitable for individuals who cannot or choose not to consume dairy products. More emphasis should be placed on alternative sources of calcium.
- 2) Disclosure of any level of trans-fats in nutritional labels.
- 3) The importance of educating consumers about the nutritional implications of fast food and restaurant dining.

Please see more detail about these topics in the attached letter.

**Comment ID:** 000635

**Submission Date:** 09/22/2009

**Organization Type:** Educational Institution

**Organization Name:** University of North Carolina at Asheville

**First Name:** Amanda

**Last Name:** Hall

**Job Title:** Pre-Med Student

**Key Topic:** Fats, Other

**Sub Topic:** Trans fatty acids

**Attachment:** Y

**Comment:** Attached are comments related to trans fats, diabetes, and corn syrup.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000577

**Submission Date:** 08/14/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** MaryAnne

**Last Name:** Drake

**Job Title:** Professor

**Key Topic:** Food Groups, Nutrient Density/Discretionary Calc, Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Food choice and preference play a critical role in consumer decisions and the nutrients that they consume. Please keep in mind taste preferences when formulating new dietary guidelines. The attached study has been peer-reviewed and is currently accepted for publication in the Journal of Sensory Studies.

**Comment ID:** 000500

**Submission Date:** 05/21/2009

**Organization Type:** Educational Institution

**Organization Name:** Department of Animal Sciences, Washington State University

**First Name:** Jude

**Last Name:** Capper

**Job Title:** Assistant Professor of Dairy Science

**Key Topic:** Food Groups, Other, Protein

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

**Attachment:** Y

**Comment:** U.S. milk and meat industries have made huge improvements in efficiency over the past 60 years, enabling more safe, wholesome, affordable food to be produced using fewer resources. However, anti-animal agriculture groups often deliberately misrepresent the conclusions of a recent FAO report, suggesting that U.S. livestock production is a significant contributor to greenhouse gas production, despite the report's conclusion that improving efficiency is key to mitigating climate change. When assessing environmental impact, it is essential to compare U.S.-specific EPA data (stating that livestock production only contributes 2.8% of U.S. greenhouse gas emissions) with the oft-quoted FAO global estimates (18%) and to make dietary recommendations accordingly.

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Other**

**Comment ID:** 000501

**Submission Date:** 05/21/2009

**Organization Type:** Educational Institution

**Organization Name:** Iowa State University

**First Name:** Dermot

**Last Name:** Hayes

**Job Title:** Professor

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Environmental importance of improving agricultural productivity

**Comment ID:** 000502

**Submission Date:** 05/22/2009

**Organization Type:** Educational Institution

**Organization Name:** Penn State University

**First Name:** William

**Last Name:** Henning

**Job Title:** Emeritus Professor of Animal and Food Science

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Beef production in the United States plays a crucial role in producing food while taking care of the environment. Through encouraging conservation, efficient use of resources, and protecting wildlife habitat, beef farmers and ranchers are ensuring that beef is a sustainable food choice.

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Other**

**Comment ID:** 000468

**Submission Date:** 04/27/2009

**Organization Type:** Educational Institution

**Organization Name:** University of North Carolina at Asheville

**First Name:** Nathalie-Marie

**Last Name:** Vry

**Job Title:** Intern at UNC Asheville

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** My comments have to deal with making sure that vested interests do not affect the revisions being created. Obesity is only increases in America and its time we really reflect, and focus only on making a healthier population.

**Comment ID:** 000508

**Submission Date:** 05/27/2009

**Organization Type:** Educational Institution

**Organization Name:** UNC Chapel Hill Nutrition Research Institute at Kannapolis

**First Name:** Steven

**Last Name:** Zeisel

**Job Title:** Director, UNC Nutrition Research Institute

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** The attached document provides comments for the Dietary Guidelines Advisory Committee regarding the nutrient choline.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000642

**Submission Date:** 09/22/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:** student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** a plea to have the dgac recommend eating fresh fruits and vegetables over canned/frozen/processed foods.

**Comment ID:** 000643

**Submission Date:** 09/22/2009

**Organization Type:** Educational Institution

**Organization Name:** Univeristy of North Carolina at Asheville

**First Name:** Kate

**Last Name:** Brendlen

**Job Title:** student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** I would think that the importance of emphasizing research that has been tried and tested be of most concern to the commitee. To say that they are only suggestions from researchers and scientists don't exactly sway one's thoughts and beliefs enough to change them into actions. I think the seriousness of our health and wellness problems in our country are extreme enough to scare society using language that is equal in severity.

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Other**

**Comment ID:** 000644

**Submission Date:** 09/22/2009

**Organization Type:** Educational Institution

**Organization Name:** University of North Carolina at Asheville

**First Name:** Amanda

**Last Name:** Hall

**Job Title:**

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Health risks from processed foods need to be addressed in the guidelines.

**Comment ID:** 000650

**Submission Date:** 09/24/2009

**Organization Type:** Educational Institution

**Organization Name:** University North Carolina Asheville

**First Name:** Hannah

**Last Name:**

**Job Title:** Student, CNA

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** The average US family spends about 40% of food expenditures away from home , leaving children?s exposure to large marketplace portions to be routine. Even within the home recipe portions are often larger than needed. For example, a cross-cultural study was done that observed the recipe portions of the same dishes from popular cookbooks were 25% larger in the US than in France.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000613

**Submission Date:** 09/08/2009

**Organization Type:** Educational Institution

**Organization Name:** Lowcountry Prep School

**First Name:** Rachael

**Last Name:**

**Job Title:**

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** When the percentage of obesity is rising in America, restaurants and food corporations should do something about it. Restaurants should sell food that tastes just as a good as it did before but make it healthier. Food corporations should get the idea that obesity is causing problems in the U.S. and they should do their part in trying to stop that, and produce foods that are good tasting and healthy as well.

**Comment ID:** 000689

**Submission Date:** 10/25/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Allison

**Last Name:** Gunnoe

**Job Title:** student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Most Americans are not willing to sit down and read this lengthy document so a shorter version should be available to encourage more readers. Food label education should be included. Cultural and religious diet needs should be considered.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000702

**Submission Date:** 10/26/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Sandra

**Last Name:** Samland

**Job Title:** Student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** A need for education on how to read and use nutrition labels is needed to provide consumers with the tools needed to make wise food decisions. As trends change to more front of the box labeling, companies place information that they want to stress to consumers at this location. Regulations must be addressed to ensure that consumers also have proper knowledge about this type of labeling.

**Comment ID:** 000712

**Submission Date:** 10/27/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Emilie

**Last Name:** Hess

**Job Title:** student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** I am currently a student studying nutrition at Kansas State University. After reviewing the current Dietary Guidelines for Americans 2005 I came up with a few recommendations. I believe that a step was taken in the right direction with the dietary guidelines of 2005 but I feel that in the next version needs clarity and definition. One of the key recommendations is,? Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.? This recommendation many be clear to a nutritionist who is aware of what nutrient dense foods are, but for the average person there needs to be better explanation of what a nutritionally dense food is.

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Other**

**Comment ID:** 000728

**Submission Date:** 10/28/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Sydney

**Last Name:** Hanzlicek

**Job Title:**

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Recommending Visual portion sizes and Alternative choices for lower income families.

**Comment ID:** 000732

**Submission Date:** 10/28/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Julie

**Last Name:** Hutfles

**Job Title:** Student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Please see attachment

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000736

**Submission Date:** 10/28/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Michael

**Last Name:** Pilcher

**Job Title:** Student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Information recommendations on pre-made/pre-cooked foods.

**Comment ID:** 000703

**Submission Date:** 10/27/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Julia

**Last Name:** Black

**Job Title:** Nutrition Undergraduate Student

**Key Topic:** Alcoholic Beverages, Other

**Sub Topic:**

**Attachment:** N

**Comment:** Dear Committee Members,

As I reviewed Dietary Guidelines for Americans 2005, I came up with three suggestions for the 2010 publication.

The first would be to have a reference for specific needs of certain populations that would point them to relevant information in the text. Such as, diabetics, those with hypertension, various ethnicities, and age groups. With an increasing amount of people diagnosed with Type 2 Diabetes, it could be advantageous to have a quick reference for health professionals and educators that are asked questions on a 1 on 1 basis.

It would also be handy to have a conversion chart for the various measuring units and how they could be described easily to an individual unfamiliar with nutrition measurements.

My final suggestion would be to expound on the alcoholic beverages (Chapter 9). Instead of grouping alcohol into one category, perhaps discussing the risks/benefits of the major alcohol groups. For instance, the possible benefits of wine to a balanced diet was not discussed.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

Thank you.

**Comment ID:** 000631

**Submission Date:** 09/21/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

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

**Sub Topic:**

**Attachment:** Y

**Comment:** The three main things I would like to be considered in the process of revising the Dietary Guidelines are

1. A focus on buying locally/eating seasonally
2. Avoiding Genetically Modified Organisms
3. The benefits of vegetarian/vegan diets

**Comment ID:** 000598

**Submission Date:** 08/28/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Lea

**Last Name:** Cox

**Job Title:** Home economic engineer

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

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** All studies can be ambivalent.

One corn syrup should not be subsidized, or used in every drink. People do not need this much sugar.

Sugar is the enemy of the body unless comes directly from fresh food you eat, as fruit and legumes.

First we grow food with pesticide, then it becomes genetically modified...then it is poison.

Eliminate sodas and all candy to limit obesity.

Cut down food intake to 2/3 of what is normally thought to be necessary.

Reduce salt, another obesity cause, in all can food.

Reduce the type and kind of soda available.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

My diet is, no sodas, legumes, once a week organic chicken, eggs, fish, no read meat.  
Plenty of pasta, less meat, no fried foods, use only olive oil and fresh vegetables.  
Eliminate processed foods as much as you can.  
Most of all reduce amount of intake.

As for the government, until you get rid of MONSANTO and pesticide there is no reason to believe we will survive as a species. We will continue to get sick and the health cost will rise.

FDA is not doing a good job neither in assessing the danger of genetic change in our food or recognizing and aiding the organic industry.

We can eat better, less and stay healthier only with organic grown food and get off the red meat as a staple. Growth hormone in our milk is not acceptable, I drink organic. It will cause changes in the human genes and then there will be hell to pay.

**Comment ID:** 000587

**Submission Date:** 08/19/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Diana

**Last Name:** Wind

**Job Title:** Dietetic Intern-Student-Freelance Writer

**Key Topic:** Eating Patterns, Other

**Sub Topic:** DASH

**Attachment:** N

**Comment:** DASH has DIED. 65 million people or 1 in 3, as stated in the Dietary Guidelines 2005 are diagnosed with high blood pressure. Yet, a mere fraction of these people (a dash) know a thing about the DASH diet. A new face (name, logo, marketing materials, etc) to revitalize the DASH eating program seems eminent.

**Comment ID:** 000607

**Submission Date:** 09/07/2009

**Organization Type:** Individual/Professional

**Organization Name:** McLean County Unit 5 Schools

**First Name:** Mary

**Last Name:** Watterson

**Job Title:** Family & Consumer Science teacher

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** Please focus on any information regarding Celiac disease and Autism. The unbelievable increase in the incidence in our population is very alarming. If Celiac disease is caused by a change in the milling process of wheat, the government needs to be addressing it. For those with the disease, more foods, recipes, and support needs to be available. As

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Other**

an educator, I would like to see links on the homepage for these conditions (and diabetes, lactose intolerant, etc.) just as you have addressed pregnancy, etc. Your web site is a great teaching tool and these would be great enhancements. Thank you for considering my comments.

**Comment ID:** 000509

**Submission Date:** 05/27/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nadine

**Last Name:**

**Job Title:** Concerned for the health and wellness of all Americans

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** It really needs to be addressed the highly disproportionate number of healthy choices that lower income Americans have. There are more pharmacies on corners than there are local farmers markets. Why is that? Most areas have the ability to support local farmers and farming but there are few however even in a recessive economy we have Walgreens and Rite Aid popping up all over.

**Comment ID:** 000522

**Submission Date:** 06/05/2009

**Organization Type:** Individual/Professional

**Organization Name:** VA Medical Center

**First Name:** Cleve

**Last Name:** Bjur

**Job Title:** Clinical Dietitian

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** I am a clinical dietitian who has provided nutrition education to our Veterans for many years. One of the most confusing aspects of the "Nutrition Facts" on the food label is the value given for "sugar". Currently there is no differentiation between the naturally occurring sugars found in fruit and milk (which also contribute valuable nutrients to the overall diet) and the sugars of very little nutritional value that are added to commercial food products prior to being packaged and sold. As a result, I have found that many of our diabetic and weight-conscious Veterans will avoid fruit and milk because the label states that they contain "sugar". They will also refuse to eat a whole grain cereal such as raisin bran because most standard servings contain 19 grams of sugar (most of it coming from the raisins). Listing only "added sugars" would be a more valuable tool and would reflect more honestly the actual nutritional value of the product.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000472

**Submission Date:** 04/27/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jeffrey

**Last Name:** Armstrong

**Job Title:** Dean and Professor

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** see attached

**Comment ID:** 000495

**Submission Date:** 05/14/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** James

**Last Name:** Bavousett

**Job Title:**

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** I am lactose intolerant. I am a little upset that there is no option for dietary needs like mine. I came here looking for help planning a diet around my inability to process dairy, instead, I was told to drink 3 glasses of pain a day.

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Other**

**Comment ID:** 000720

**Submission Date:** 10/27/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Miranda

**Last Name:** Tucker

**Job Title:** Full Time Student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** I am a student and I am working towards degrees in health professions subjective to dietary concerns. I uploaded a letter directed towards the Committee Members containing concerns I have about the DGA2005 for a classroom assignment. I found this very stimulating and I am very happy to share my comments and concerns.

**Comment ID:** 000685

**Submission Date:** 10/23/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** OBESITY is an epidemic will there be more research conducted to determine how especially physical stress and unhealthy behaviors can contribute to the problem?

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000593

**Submission Date:** 08/24/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** chris

**Last Name:** melilli

**Job Title:** student

**Key Topic:** Other, Protein

**Sub Topic:**

**Attachment:** N

**Comment:** In response to another comment I would love to try a vegetarian or veggie lifestyle, or at least a meatless one. But, I am having trouble finding recipes that my family will consume. Also, cost is a concern, if they will not eat it than I feel that my time as well as money were wasted and these days they are both precious

**Comment ID:** 000557

**Submission Date:** 07/24/2009

**Organization Type:** Industry Association

**Organization Name:** National Confectioners Association

**First Name:** Alison

**Last Name:** Bodor

**Job Title:** Vice President, Scientific and Regulatory Affairs

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Nutrient Density/Discretionary Calc, Other

**Sub Topic:** Cholesterol, Other, Saturated fatty acids

**Attachment:** Y

**Comment:** NCA supports steps to improve Americans' ability to follow a healthy and active lifestyle and urges the DGAC to pursue guidelines that are realistic and accommodate all foods including occasional treats in moderation. NCA also recommends the Subcommittee on Fatty Acids recognize the neutral effect of stearic acid on blood lipid levels and distinguish between stearic acid and the other saturated fatty acids when making recommendations about saturated fat. While stearic acid, a significant fatty acid in cocoa butter, has a neutral effect on blood lipid profiles, the flavanols in cocoa and chocolate support cardiovascular health. Finally, we request that the DGAC recognize the contribution of sugar-free chewing gum to oral health and weight management in their recommendations.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000507

**Submission Date:** 05/27/2009

**Organization Type:** Industry Association

**Organization Name:** United Egg Producers

**First Name:** Gene

**Last Name:** Gregory

**Job Title:** President

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

**Sub Topic:**

**Attachment:** Y

**Comment:** The attached letter provides supplemental comments on choline.

**Comment ID:** 000496

**Submission Date:** 05/15/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Ardelia

**Last Name:** Johnson

**Job Title:** Secretary

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

**Sub Topic:** Fruits, Vegetables, Weight loss

**Attachment:** N

**Comment:** I had high blood pressure and have osteoarthritis. I was told to loose weight from my physicians. I tried all the fad diets- Atkins made me constipated and the grapefruit diet, it made me oversize with food after I had enough of grapefruits. I went to the food pyramid guide and followed its instructions to eat more fruits, vegetables, grains, and milk. It was easy and I never ate healthy all my life-- I am 47 years old. To my amazement, I lost 10 pounds in 3 weeks by following the food pyramid guide. Controlling ones weight loss is really simple - eat healthy. It is just that simple. Thank you all so, very, very much. With Love.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000662

**Submission Date:** 09/30/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Miles

**Last Name:** Glynn

**Job Title:**

**Key Topic:** Eating Patterns, Other

**Sub Topic:**

**Attachment:** N

**Comment:** I would like to see the new Dietary Guidelines go so far as to inform the public that they can in fact get all of the vital nutrients which are required through a plant based diet. I realize animal products are very dense in things such as proteins/amino acids, however, the public is generally unaware that they can attain the same proteins/amino acids through a balanced plant based diet. The main difference being that the plant based diet is void of cholesterol and has much, much harmful fat. However, I also realize that the enormous segment of the food industry which sells animal based products would be up in arms and would see this as detrimental to their profits. I am under the impression, however naive an impression it is, that the federal government is supposed to be an unbiased source of information to serve the greater good of the overall population. Too often though the leaders of the cattle and dairy industry are too influential and the information delivered ends up being watered down at best. Please, this time, give the public the honest answers to solving the health crisis in this country. Many people are hurting and dying because of misinformation and misunderstanding of how certain foods affect their bodies. Thank you for reading this.

**Comment ID:** 000657

**Submission Date:** 09/28/2009

**Organization Type:** Other

**Organization Name:** ConAgra Foods

**First Name:** Mark

**Last Name:** Andon

**Job Title:** Vice President, Nutrition and Food Labeling

**Key Topic:** Energy Balance/Physical Activity, Fluid and Electrolytes, Other

**Sub Topic:** Sodium, Weight loss

**Attachment:** Y

**Comment:** Caloric intake reductions, and to a lesser extent sodium reductions, would result in significant health, medical cost and productivity benefits for Americans. Recently published research supported by ConAgra Foods demonstrated the significant health benefits and cost savings of relatively small improvements in Americans' diets. The results show weight loss achieved by eating 100 calories less per day for each overweight and obese adult would lead to more than \$100 billion annually in savings based on today's costs. By comparison, the economic gain from medical cost savings and productivity gains from reducing dietary sodium intake by 400 milligrams would be about \$5 billion.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

Dedicating resources toward caloric reduction offers the greater potential health and economic benefits for Americans.

**Comment ID:** 000632

**Submission Date:** 09/21/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Natalie

**Last Name:** Little

**Job Title:**

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** School Meal Programs

**Comment ID:** 000674

**Submission Date:** 10/16/2009

**Organization Type:** Other

**Organization Name:** american citizen

**First Name:** n/a

**Last Name:** n/a

**Job Title:** american citizen/taxpayer

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** stop advocating meat. our animals are drowned in all kinds of drugs and antibiotics that make them grow fat fast, and those drugs are being transferred to people to make them grow fat fast too. the drugs are not out of the animals system. the animals are terribly abused under present usda regs and this needs to be stopped. all animals deserve a human life and putting mother pigs in crates, taking beaks off chickens, keeping them millions in one ammonia filled room and neve rletting them scratch - THAT NEEDS TO BE STOPPED. THE PIGS ARE ABUSED - WANT TO SEE THE VIDEOS? THE COWS ARE WATERBOARDED, FORKLIFTED AND ELECTROSHOCKED AND THEN KILLED WHILE SUFFERING IN PAIN. WANT TO SEE THE VIDEO? IT IS TIM ETHAT THIS ABUSE OF ANIMALS STOPS COMPLETELY. EVERY PROFITEER DOING THIS TO AN ANIMAL NEEDS TO BE JAILED. PIGS ARE VERY INTELLIGENT ANIMALS MORE INTELLIGENT THAN DOGS AND YOU WOULD BE PUT IN JAIL FOR TREATING A DOG LIKE THIS. NO FARM ANIMAL DESERVE THE HORROR OF THE US SYSTEM. THE USDA PROFITEERS ARE A HORROR TO ALL OF AMERICA. VEGETABLES SHOULD BE STRESSED. WE CAN GET MOST OF WHAT WE NEED FROM VEGETABLES AND ALL OF THEM NEED TO BE ORGANIC. WE NEED ORGANIC, NOT VEGETATBLEA AND FRUITS DROWNED IN TOXIC PESTICIDES. YOU MUST BE AWARE THAT ALL KINDS OF TOXIC PESTICIEES, ENOUGH TO CAUSE CANCER, ARE USED BY THESE PROFITEERS TO GET MORE MONEY FOR LESS WORK. THAT IS ALSO WHY HUMAN SLAVES ARE IMPORTED INTO THE US. WE NEED TO CLEAN UP

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Other**

AGRIBUSINESS - IT IS AS BAD AS THE WALL STREET MESS.

**Comment ID:** 000675

**Submission Date:** 10/16/2009

**Organization Type:** Other

**Organization Name:** CIS

**First Name:** Sheila

**Last Name:** Bunnell

**Job Title:** Clinical Assistant

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** Based on height,weight, and age, Is there a general mathematical formula for determining the number of calories a person needs (calorie deficit) to lose weight?  
This information is for an individual in general good health.

**Comment ID:** 000515

**Submission Date:** 05/31/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Darya

**Last Name:** Zmachynskaya

**Job Title:** student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** There is a flurry of information regarding how to lose weight, while there is very little regarding how underweight individuals can gain weight in a healthy way. More information needs to be provided for these individuals as the impression is given that every American is overweight.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Other

**Comment ID:** 000737

**Submission Date:** 10/28/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Bryce

**Last Name:**

**Job Title:** Student

**Key Topic:** Other

**Sub Topic:**

**Attachment:** Y

**Comment:** The dietary guidelines need more examples of foods that meet recommendations

**Comment ID:** 000739

**Submission Date:** 10/28/2009

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

**Organization Name:** New York City Department For The Aging

**First Name:** Joycelyn

**Last Name:** Valentine

**Job Title:** Nutrition Consultant

**Key Topic:** Other

**Sub Topic:**

**Attachment:** N

**Comment:** In the past, food programs funded by the government could not purchase artificial sweeteners from their food dollars. This from my understanding was due to the fact that the claims on some artificial sweeteners stated that "use of this product may be hazardous to your health. This product contains ----- which has been determined to cause cancer in laboratory animals". I would like to know the government's current position regarding the new sweeteners on the market with claims of being "natural" . This is my personal concern and not that of my agency.

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

Key Topic: Other