

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Energy Balance

Comment ID: 000857

Submission Date: 02/10/2010

Organization Type: Educational Institution

Organization Name: University of Kansas Hospital

First Name: Lindsay

Last Name: Thurlow

Job Title: Dietetic Intern

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: The Dietary guidelines have come a long way and every 5 years I look forward to the progress! The incorporation of physical activity to the dietary guidelines and the MyPyramid was a great improvement. Sending the message of energy in = energy out is a big step and was the missing piece to the puzzle! Since there is always room for improvement, I would like to see more focus on the physical ?be active? aspect of the dietary guidelines. No matter what we are consuming, we always need to be active Americans. We need to fight obesity, diabetes, and heart disease with more than just our diets.

Comment ID: 000874

Submission Date: 02/25/2010

Organization Type: Federal Agency

Organization Name: U.S. ARMY

First Name: MAX

Last Name: FAMBRO

Job Title: SOLDIER

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

Sub Topic:

Attachment: N

Comment: I eat in the Dining Facilities on post here at FT Stewart, Ga. and I have to say that I am appalled by the amount of gravy laden, fried entrée choices offered everyday. The Army expects us to perform like athletes but feeds us like were homeless! White rice, Fried potatoes, fried cabbage, fried chicken, fried meat, stir fried vegetables, ect. Its very frustrating to see FAT soldiers but there is NO accountability in the dining facility. Biscuits and gravy with fired eggs and sausage add in some fried hash browns. PATHETIC! They just don't do enough to promote a performance eating lifestyle. I tell my young soldiers that they should view food as fuel not a way to satisfy hunger. Most take heed after a good 5 miler @ 7 min/mi pace (most fall out) . Then I explain sound nutrition and the ones that apply it reap the rewards!

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Energy Balance

Comment ID: 000798

Submission Date: 01/15/2010

Organization Type: Individual/Professional

Organization Name: The Training Station

First Name: Philip

Last Name: Clark

Job Title: Owner

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss

Attachment: N

Comment: The Guidelines should more directly address weight loss. The 2005 Guidelines speak to Americans who want to maintain weight, who want to prevent gradual weight gain, and who want to sustain weight already lost. But they do not make a direct statement to Americans who want to loose weight. The 2010 Guidelines have an opportunity to speak to that group.

Comment ID: 000791

Submission Date: 01/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Maria

Last Name: Person

Job Title: Research Scientist

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

Sub Topic: Weight maintenance

Attachment: N

Comment: I was trying to find out where the definition of overweight comes from, and the web led me to the CDC and these guidelines. NHANES data show that overweight Americans (BMI 25-30) have lower mortality than normal weight (18.5-24.9 BMI) in the Flegal CDC study <http://jama.ama-assn.org/cgi/content/full/298/17/2028#JOC70112F2>
If 2/3 adults have BMI over 25, and they experience better overall mortality, we can increase the normal weight BMI to cover optimal mortality range. I have not seen convincing data to show there are overall negative health effects of BMI 25-30. While some risk factors are elevated, others are decreased. Consistent, evidence based information should be given out by the government within a holistic framework. The difficulty is determining what unchallenged assumptions are underlying the advice being given, such as the long-standing prejudice against fat or assumptions about female beauty that do not have health consequences.

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Energy Balance

Comment ID: 000921

Submission Date: 04/07/2010

Organization Type: Industry Association

Organization Name: American Beverage Association

First Name: Maureen

Last Name: Storey

Job Title: Senior Vice President

Key Topic: Carbohydrates, Energy Balance/Physical Activity

Sub Topic: Added sugars

Attachment: Y

Comment: Attached, please find the American Beverage Association's Comments to the Fifth Dietary Guidelines Advisory Committee Meeting