

Comments Summary Report

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

Key Topic: Protein

Comment ID: 000922

Submission Date: 04/07/2010

Organization Type: Educational Institution

Organization Name: Johns Hopkins Center for a Livable Future

First Name: Amanda

Last Name: Behrens

Job Title: Program Manager

Key Topic: Eating Patterns, Fats, Nutrient Density/Discretionary Calc, Protein

Sub Topic: Oils, Unsaturated fatty acids, Saturated fatty acids

Attachment: Y

Comment: There are a large number of Americans who simply do not have adequate access to all of the foods recommended in the Dietary Guidelines. In addition, the manner in which food is produced, processed, transported and consumed in the US affects the nutrient quality and availability of the recommended foods. We propose that issues of geographic and financial access and agricultural sustainability be addressed in the Dietary Guidelines. The Guidelines should recommend seeking out local sources of foods, pastured meat and milk products, and offer suggestions for accessing the recommended, healthy foods when individual access is compromised. Specific suggestions are included in our attached letter.

We thank you for this opportunity to provide comments, The NESAWG Diet, Access and Geography Working Group
<http://www.nefood.org/>

Comment ID: 000899

Submission Date: 03/30/2010

Organization Type: Individual/Professional

Organization Name: Kelly Consulting

First Name:

Last Name:

Job Title:

Key Topic: Eating Patterns, Food Groups, Protein

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

Attachment: Y

Comment: Consumer research on protein usage patterns and understanding of plant-based protein terminology

Comments Summary Report

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

Key Topic: Protein

Comment ID: 000919

Submission Date: 04/07/2010

Organization Type: Individual/Professional

Organization Name: Owen Clinic

First Name: Stuart

Last Name: Katsh

Job Title: Registered Dietitian

Key Topic: Fluid and Electrolytes, Food Groups, Protein

Sub Topic:

Attachment: N

Comment: First I appreciate this enormous task this committee has taken on. Thank you.

I reviewed some of the comments posted and agree with most of what I read. I believe the base of the pyramid/healthful eating should be exercise and water. That is, regular activity and plain unsweetened, non-caloric old fashioned water. I add this not to due the "old" adage of 8 glasses a day, because so many people have little or no water and instead have sweetened water, and other sugar rich beverages. We have enough evidence to show that these drinks are unhealthy. In addition if there were a way to relegate red meats, animal fats, additional/added sugars/refined foods to the top of pyramid that would be awesome. In sum: An emphasis on whole grains, plant based foods (including legumes, whole vegetables, whole fruits, etc) coupled with the modified intake of (smaller realistic servings) of animal based proteins.

Also all educational material should be in Spanish as well as English These are just a few of my suggestions. Thank you.

Comment ID: 000768

Submission Date: 12/02/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Jan

Last Name: Stapinski

Job Title: Teacher

Key Topic: Food Groups, Protein

Sub Topic:

Attachment: N

Comment: As a Nutrition teacher, it seems without fail, students have difficulties with the "Meat and Bean" group in the current Food Guide Pyramid when it comes to understanding complete and incomplete proteins. Inevitably, they believe that because the word "bean" is a part of the pyramid, they receive the full benefits of a complete protein by eating only beans!

Comments Summary Report

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

Key Topic: Protein

Comment ID: 000895

Submission Date: 03/26/2010

Organization Type: Industry Association

Organization Name: American Meat Institute

First Name: Betsy

Last Name: Booren

Job Title: Director of Scientific Affairs

Key Topic: Eating Patterns, Fluid and Electrolytes, Food Groups, Food Safety, Protein

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

Attachment: Y

Comment: Please see attached document for comments.

Comment ID: 000836

Submission Date: 02/02/2010

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: Carbohydrates, Eating Patterns, Evidence-based Review Process, Fluid and Electrolytes, Food Groups, Food Safety, Protein

Sub Topic: Added sugars, MyPyramid, Sodium

Attachment: Y

Comment: The American Society for Nutrition (ASN) appreciates this opportunity to submit comments to the 2010 Dietary Guidelines Advisory Committee (DGAC) in advance of the fifth meeting on Feb 9-10, 2010. We are pleased that the DGAC has taken on numerous challenging questions in a rigorous, thoughtful manner. As the Committee engages in final deliberations on the topics and questions, we offer a few final points (see attachment). We hope these comments are useful as the Committee moves forward with its work.

Sincerely,
Robert M. Russell, MD
ASN President 2010-2011