1 OF 1

Devlin

JUL 16 2004

5

Jessica Devlin

Falls Church, VA

June 13, 2004

Dear USDA,

I am a Medical Laboratory Technician so I have an interest in mine, my families and peoples health. I also have the background in the medical field so I am familiar with good healthy choices.

I agree that Americans like to consume high-fat sugary foods and processed carbohydrates and don't eat many fruits, vegetables and low-fat dairy products (Washington Post June 13, 2004 pg A5) but I do believe people respect the food pyramid for healthy choices of our diet. I believe if the Bread group was switched with the Fruit and Vegetable group people would make more healthy choices for snacks. When most people see bread on the bottom of the food pyramid they believe that they can eat as much as they want and it will be good for them. Unfortunately as we can see as our expanding waist size, it is not true and the vegetable/fruit group is what people can eat as much as they desire. If people saw fruit and vegetables on the bottom of the pyramid they would make healthier choices. I don't believe people will want to follow this diet right away. Carbohydrates have addictive qualities and it takes about a week or so depending on the person of limiting not eliminating carbohydrates to break the addiction. To get the snack producers to change their products will take time but I believe they want what is best for their bottom line and as people become more aware of healthy choices they will not want the high fat sugary snacks and they won't buy them.

To get more in a habit of eating fruit and vegetables would be a more healthy choice than bread products. By redesigning the pyramid the USDA would be encouraging people to make healthier choices.

Thank you,

Jessica Devlin (ASCP, NCA)

6

1 OF 1

Vayda

JUL 16 2004

ANDREA M. VAYDA

BOSTON, MA

July 14, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Team:

I'm writing to give my opinion of the pyramid, particularly of how the shape is used: poorly and inappropriately.

For many people, if not most people, the important part of the pyramid is the top part. This would reflect its use in both religious and secular examples – the Catholic use of the triangular, pyramid-type shape or a depiction of wealth distribution which shows the most privileged at the top. From a pure graphic standpoint, the eye goes to the top, as if an arrow was pointing there.

So it has always seemed completely backward to show on the top the things that people should be eating less, when the top is generally associated with the "best." HOW could anyone have thought to put the most unhealthy food group at the pinnacle?

So it would appear that the worse thing people could have done is pay attention to the Food Pyramid. You have to wonder how much damage, consciously or subconsciously, the pyramid did.

On a less bizarre note, if you spend time to understand the perverse inversion of the message, it also implies that you should eat huge quantities of bread and pasta.

If you do nothing else, at least invert the puramid.

Sincerely,

Andrea Vayda

1 OF 1 Redding JUL 16 2004

7

July 13, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Re: Revisions to the food pyramid

Dear Sir or Madam:

On your website it is noted that you are taking suggestions for the update to the food guide pyramid that you post. I am a certified dental hygienist who no longer practices but maintains an avid interest in health and nutrition. I am currently studying for my Master's in Health Care Administration so I intend to stay involved in health care issues for the foreseeable future. I have a few suggestions to make.

1. Change the shape of your food guide. We have become an impatient visual nation and the eye is drawn to the top of the pyramid where the least nutritional foods are listed. Even a rectangular shape might draw the eye to the largest portion, which should be the most nutritionally beneficial.
2. It would be very helpful to demonstrate serving sizes. Is an apple one serving? Is a cup (the size of a fist) a serving for vegetables or 2 cups? Weight Watchers has very good portion size demonstrations on their website.

As an increasingly obese nation, we have gotten away from reasonable food intake. I think it is the USDA's responsibility to promote better information. Obesity is now and will become a serious drain on our health care system.

Thank you for your attention.

Respectfully,

Stephanie Redding

Stephanie Redding

Houston, TX

JUL 16 2004

1 OF 1 Smolik

8

July 14, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy & Promotion
3101 Park Center Drive
Room 1034
Alexandria, VA 22302

Gentlemen:

Perhaps the problem is that most of the people do not know what the correct size of a "portion" is. When one orders spaghetti, they are served a large dish, piled with spaghetti and sauce, two meatballs on top. They probably assume that is one portion. Many do NOT realize that a "portion" of spaghetti is 1/2 a cup! The amount served on that plate is probably 2 1/2 to 3 cups--or 5 or 6 PORTIONS.

We have all been told that a piece of meat the size of a deck of cards (4 oz.) is one portion. However, I'm sure you've seen restaurants that advertise "20 oz. steaks". That's really five portions. Weight Watchers really do specify size of portions to make it easy for their people to eat out and stay within their diet.

Meat is easy--a portion would be approximately the size of the palm of your hand, not including the fingers. A portion of spaghetti or rice or mashed potatoes--cup your hand, what would fit inside would be about 1/2 cup or one portion. One slice of bread or one small dinner roll is one portion. If those sizes were printed in conjunction with the pyramid, and people could get it on a credit-card size card to fit in their wallet, it just might help, for those who really do want to try. You are always going to have the others who don't care--and those are the ones who frequent the buffet style restaurants.

It all comes down to having choices and it is a shame to see so many young people and children to be so overweight. In later years, they will all pay for it--with bad knees or hips from carrying all that excess weight.

Best wishes to you in trying to remake Americans into healthy portion-size aware people.

Sincerely,

Genevieve K. Smolik

Genevieve K. Smolik

Parma Heights, OH

JUL 16 2004 1 OF 3
Northington

9

1

July 13, 2004

Jeanne Dee Northington

Oneida, N.Y.

Food Pyramid Team
3101 Park Center Drive
Room 1034
Alexandria, Va 220302

Dear food Guide Pyramid Team,

Why not give the food Pyramid Some eye pizazz? See enclosed example.

No one uses per serving rules now a days. What can a person eat per the three main meals in a day? No one has time to measure out their portions now a days. The trends have changed in the past twelve years.

Give the main food group with numerous verbal written examples.

Lets not forget that fast food restaurants are plentiful and Should be used sparingly.

I thank you for taking time to read my comments on the food pyramid.

Sincerely,

Jeanne Dee Northington

Jeanne Dee Northington

Northington

USE SPARINGLY

Fats + OILS
Sweets

Butter, chips, cola, Sherbet, chocolate bar, Mayonnaise, syrup, cookies, candy...

FAST FOOD RESTAURANT

DAIRY

Milk, Yogurt, Cheese, Sour cream, Cottage Cheese

MEATS

Chicken, fish, Pork, eggs, Tuna, Nuts, Dry Beans, Peanut butter...

__ to __ per meal

VEGETABLES

Carrot, Potatoe, corn, Green Bean, Broccoli, Squash, Pea, Lettuce

FRUITS

Apple, banana, orange, Grape, cantalope, Kiwi, Plum, Peach...

__ to __ per meal

APPROPRIATE SNACK

BREAD

Whole wheat, Rye, Sour Dough, Bagel, English muffin, Italian, White, Pumpernickel, Biscuit, Angelfood cake, Piecrust...

CEREAL

Oatmeal, Cream of Wheat, boxed, cornmeal MAYPO, Wheatena, oatbran, Grits, Bear mush, cream of Rye...

RICE

Brown Grain, Sweet white, Wild Grain, Black Grain, Sweet Brown, Jasmine White...

PASTA

Spaghetti, Elbow noodle, Zita, Egg Noodle, Shells, Lasagne, orzo, Rigatoni, Wagonwheel, Bowtie...

__ to __ per meal

10

1 OF 1

Anderson

JUL 16 2004

July 13, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

I'd like to submit my comments about changing the Food Guide Pyramid.

I think a pie chart would make much more sense to most individuals. It's much easier to understand at a glance that the biggest "piece of the pie" represents the mainstay of your diet, rather than a section at the bottom of a pyramid; and that the slimmest slice means "take it easy" on this food group.

Also, I think there needs to be a way to stress that whole foods are preferred to highly processed foods. Unfortunately, I don't have a suggestion as to how to accomplish this.

Thanks for taking my comments into consideration.

Sincerely,

Mary T. Anderson

Tujunga CA

JUL 16 2004

1 OF 1

Szaro

11

July 15, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302.

Dear USDA:

Per release No. 0281.04 I would like to submit comment on revising the Food Guidance System. While I thought I understood the pyramid, apparently after reading the article, I missed some of the message.

Keep it simple. Most people recognize the food pyramid because they've seen it over an over again. That's the good news. For those who look at the USDA nutritional guidelines most often they will only remember the graphical representation and a few associated chart descriptions. To expect them to read an in-depth article or chart disclosures - clarifying the chart, is unrealistic. Even though it is good information, we just want a simple - "tell me what I need to know, and tell me quickly." Whatever change you make, keep it simple and to the point.

A suggestion: As sited in the current nutrition guide, the recommended # of servings is based on a person's activity level. So why not create a few of these "types" and create a chart appropriate for that group. This avoids a generic 'one chart fits all' with multiple disclosures. A person can determine their activity level, and then follow those specific guidelines. Also, to eliminate the "if it's at the top it must be important" I suggest an appealing pie or bar chart type graph. For example, the size of a pie piece or bar for veggies will tower over the fat's and oils. That is a pretty clear message and eliminates the hierarchy deception.

Volume. Having traveled around Europe and traveled around the USA, in my opinion, the number one cause for American obesity - VOLUME! Restaurants serve such large portions and fast food chains are "super sizing it" and creating "finally I am full" menus. We simply are eating way too much. What it comes down to is a normally active person can eat a little of everything - if eaten in moderation and throughout the day. I see volume is the most significant difference between the American culture and others.

So maybe VOLUME can be something to focus on. No matter what foods we know we should eat, if we are eating more and more of them we will defeat our healthy intent.

So instead of telling us how many servings to eat (because a serving size is quite subjective and I can not remember what makes up a serving for all types of food) show us how our breakfast plate should look. Show us how our lunch plate should look. Show us how our dinner plate should look. Visuals are the most effective way to get the message across. Give us tips on cutting down volume. Hopefully we will actually do it – that's the hardest part.

Best of luck,

Jennifer Szaro
Fairfax, VA

(12)

GEORGE H. QUINN

1 OF 9
Quinn

JUL 15 2004

July 15, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Sir or Madam:

COMMENT ON THE *FOOD GUIDE PYRAMID* UPDATE

This letter is in response to a request for public comment by the USDA Center for Nutrition Policy and Promotion as published in a Federal Register Notice of July 13, 2004. My comment is in regard to a means, "*...to help motivate consumers to put the food intake patterns into practice in order to improve their food choices.*" I propose that the updated *Food Guide Pyramid* include a method for the efficient collection of daily food intake information by individuals so that patterns, over time, can be identified and adjusted as needed.

In 1996 I developed a health diary for my company that included a *Foods Eaten* section based on the *Food Guide Pyramid* described in the USDA booklet first published in 1992. After some efforts to market the health diary to physicians as an aid to patients who need greater daily health discipline we set the item aside in favor more lucrative projects. Various information presentation and analysis methods were included with the diary. I have used the health diary myself since 1996 and found it helpful in adjusting to a more healthful diet.

From my experience with a health diary I believe that the following requirements must be met by any means used to collect and analyze daily food intake information:

1.	Goal	The goal should be for an individual to collect useful information with enough detail to make knowledgeable decisions about diet. The method offered for the collection of daily food intake information should be useful to the broadest population possible without sacrificing utility and comprehensiveness.
2.	Thoroughness	The method should be rigorous enough to serve an individual user, everyday, for a lifetime.
3.	Efficiency	Recording of food intake information should require no more than a total of five (5) minutes each day.

Springfield, VA

4.	Ease of use	The method should be easy to use by people of normal intelligence after a brief familiarization period (e.g., about three days of use). No specialized or technical knowledge should be needed to use the method.
5.	Accuracy & Precision	The accuracy and precision of information entries should support the goal of food intake pattern analysis without requiring unnecessarily exact or obscure food information.
6.	Flexibility	A provision should be included in the design of the method to permit use by those with a need, or desire, to record food information of interest to them but not necessarily of interest to most other users.
7.	Portability	The method should be easily available and usable in any location including the home, while traveling, at work, or anywhere an individual might want to record food intake information. (Collection of information on paper rather than on a computer probably would be most universally useful.)
8.	Reduction & Analysis	To be useful, a means must be provided to reduce the food intake data to a practical form for interpretation and for possible use in discussions with health professionals. (A monthly graphical presentation may be best for most people.)
9.	Cost	Daily recording materials should cost the user no more than $25.00 per year.

I believe that the food intake information collection method presented on pages 28 and 29 of the 1992 *Food Guide Pyramid* booklet was inadequate. The method was not structured for an easy meal-by-meal use through the day and it did not break the food groups into the component parts for ready recognition.

I will enclose a copy of the health diary that I have used for several years, including brief instructions on use.

I hope that you will consider my comments and include a method for the efficient collection and analysis of daily food intake pattern information by individuals in the updated *Food Guide Pyramid.* Please call on me if I can be of any assistance.

Sincerely,

George H. Quinn

Enclosure

3 of 9 Quinn

Date:

MEASUREMENTS

BLOOD PRESSURE

SYSTOLIC: _____

DIASTOLIC: _____

PULSE: _____

WEIGHT: _____

TEMP.: _____

OTHER:

_____ _____

_____ _____

TIME OF DAY:

EXERCISE

WALKING: _____

RUNNING: _____

WEIGHTS: _____

AEROBICS: _____

SWIMMING: _____

MULTIPLE: _____

OTHER:

_____ _____

_____ _____

_____ _____

FOODS EATEN

MEALS (SERVINGS) →	#1	#2	#3	#4	CALORIES ↓
BREAD (90)					
CEREAL (100)					
RICE (160)					
PASTA (210)					
BREAD TOTALS:					
FRUIT (80)					
FRUIT TOTALS:					
VEG. (40)					
VEG. TOTALS:					
MILK (150)					
YOGURT (150)					
CHEESE (110)					
MILK TOTALS:					
MEAT (200)					
POULTRY (120)					
FISH (170)					
BEANS (100)					
EGGS (200)					
NUTS (180)					
MEAT TOTALS:					
SUGAR (3.4) (grams)					
SUGAR TOTALS:					
FAT (10.0) (grams)					
FAT TOTALS:					
TOTAL CALORIES					

HABITS

SMOKING: _____

ALCOHOL: _____

DRUGS: _____

CAFFEINE: _____

EATING: _____

OTHER:

_____ _____

MEAL DESCRIPTIONS

#1:

#2:

#3:

#4:

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Day:
S M T W T F S

TIME PERIODS

(Medications List No.: _____)

MEDICATIONS	M	2	4	6	8	10	N	2	4	6	8	10
	2	4	6	8	10	N	2	4	6	8	10	M
ANALGESIC												
CHOLESTEROL CONTROL												
ESTROGENS												
THYROID												
BLOOD PRESS. - ANGINA												
DIURETIC												
ACID / PEPTIC DISORDER												
ANTIASTHMATIC												
ANTIANXIETY												
BLOOD GLUCOSE												
ANTIBIOTIC												
MEDICATIONS # 1 & 11												
MEDICATIONS # 2 & 12												
MEDICATIONS # 3 & 13												
MEDICATIONS # 4 & 14												
MEDICATIONS # 5 & 15												
MEDICATIONS # 6 & 16												
MEDICATIONS # 7 & 17												
MEDICATIONS # 8 & 18												
MEDICATIONS # 9 & 19												
MEDICATIONS #10 & 20												

SLEEP PERIODS	

EVENT TYPE 1												
EVENT TYPE 2												
EVENT TYPE 3												
EVENT TYPE 4												

NOTES & SYMPTOM DESCRIPTIONS

Date:

MEASUREMENTS

BLOOD PRESSURE

SYSTOLIC: _____

DIASTOLIC: _____

PULSE: _____

WEIGHT: _____

TEMP.: _____

OTHER:

_____ _____

_____ _____

TIME OF DAY:

EXERCISE

WALKING: _____

RUNNING: _____

WEIGHTS: _____

AEROBICS: _____

SWIMMING: _____

MULTIPLE: _____

OTHER:

_____ _____

_____ _____

_____ _____

HABITS

SMOKING: _____

ALCOHOL: _____

DRUGS: _____

CAFFEINE: _____

EATING: _____

OTHER:

_____ _____

FOODS EATEN

MEALS (SERVINGS) →		#1	#2	#3	#4	CALORIES ↓
BREAD	(90)					
CEREAL	(100)					
RICE	(160)					
PASTA	(210)					
BREAD TOTALS:						
FRUIT	(80)					
FRUIT TOTALS:						
VEG.	(40)					
VEG. TOTALS:						
MILK	(150)					
YOGURT	(150)					
CHEESE	(110)					
MILK TOTALS:						
MEAT	(200)					
POULTRY	(120)					
FISH	(170)					
BEANS	(100)					
EGGS	(200)					
NUTS	(180)					
MEAT TOTALS:						
SUGAR (grams)	(3.4)					
SUGAR TOTALS:						
FAT (grams)	(10.0)					
FAT TOTALS:						
TOTAL CALORIES						

MEAL DESCRIPTIONS

#1:

#2:

#3:

#4:

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How to use the Health Diary

Day of the week and date

Day:
S M T (W) T F S

Left side

Date:
07/21/2004

Right side

On the left side page circle the correct letter for the day of the week (e.g., "W" for Wednesday) and on the right side page write in the date (e.g., 07/21/2004 or July 21, 2004)

RECORDING INFORMATION

Each day you write information on the daily form for that date. To ensure that information is correct, each item should be written *only after it has been completed*. Your routine for entering information on the daily forms should be setup for convenience and accuracy.

Medications List

MEDICATIONS
ANALGESIC
CHOLESTEROL CONTROL
ESTROGENS
THYROID
BLOOD PRESS. - ANGINA
DIURETIC
ACID / PEPTIC DISORDER
ANTIASTHMATIC
ANTIANXIETY
BLOOD GLUCOSE
ANTIBIOTIC
MEDICATIONS # 1 & 11
MEDICATIONS # 2 & 12
MEDICATIONS # 3 & 13
MEDICATIONS # 4 & 14
MEDICATIONS # 5 & 15
MEDICATIONS # 6 & 16
MEDICATIONS # 7 & 17
MEDICATIONS # 8 & 18
MEDICATIONS # 9 & 19
MEDICATIONS #10 & 20

The ***Medications*** list is divided into two sections. The top section lists the most prescribed medications. The lower section provides for the use of twenty different medications that you identify on a separate medications list. Use of Medications #1 and #11 are recorded on the same line by using two different symbols. When you use medication #1 you can write an "X" to record the time that it was taken. When you use medication #11 you use a "O" for the time record. If both #1 and #11 are taken at the same time the "X" and "O" will be placed in the same time section. The same scheme follows for medications #2 through #20.

(See *Timescale* on the next page for an explanation of time periods)

5 of 9 Quinn

Timescale

M	2	4	6	8	10	N	2	4	6	8	10
2	4	6	8	10	N	2	4	6	8	10	M
									X		
			X								
			O								
				X							
									X		

Both symbols indicates two medications taken at the same time

The 24 hour daily ***Timescale*** is divided into 12 periods of two hours each. Each time period is identified at the top beginning with the Midnight (M) to 2am (2) period. Next is 2am to 4am, and so on until the next midnight. Noon is designated with (N). To use the Timescale, place the appropriate symbol (i.e., either "X" or "O") in the correct time period. Several entries are shown in the Timescale. When two medications are taken at the same time (e.g., #9 and #19) then the two symbols are placed on top of each other in the same time box. (See example above)

Sleep Periods

SLEEP PERIODS		7:15	N	10:30	

The ***Sleep Periods*** *section is aligned under the* ***Timescale*** *and uses that scale to note periods of sleep. Sleep periods are marked differently than Medications. A vertical line is placed to show the approximate time of arising in the morning and the exact time is written beside the vertical line (See the example above.) The same procedure can be used for start of sleep at night - (enter the approximate time the next morning or before you go to bed). Draw a horizontal line to show sleep periods. In the example above the person arose at 7:15 am and went to sleep at 10:30 pm. A* ***NAP*** *during the day can be shown with an "N"*

Insert appropriate information on a health subject of interest

Health Events

EVENT TYPE 1												
EVENT TYPE 2					9							
EVENT TYPE 3												
EVENT TYPE 4												

The ***Health Events*** section is aligned under the ***Timescale*** and uses the same two-hour periods. For purposes of the section an event is defined as something that takes place, an incident, or an occurrence that is related, by you, to your health. Such events could be daily, or non-daily but periodic, or sporadic. Examples of bodily events that you might consider important to your health are muscle spasms, anxiety attacks, bowel movements, headaches, or dizzy spells. Events that originate outside of your body that might relate to your health are arguments, exposure to illness, use of alcohol or drugs, or tension filled occurrences. Indicate occurrence of an event an "X" or the numeral indicating the time "9".

In the example above an *Event Type 2* took place at 9:00 am.

NOTES & SYMPTOM DESCRIPTIONS

At the bottom of the left-side page, below the 24-hour time scale, is a blank area for notes or for a description of symptoms. Notes, for example, might include a medical appointment scheduled for that day, additional explanation of an event, or questionable food eaten. A symptom can be any change from normal functions that may indicate a disorder or disease.

Measurements

MEASUREMENTS

BLOOD PRESSURE

SYSTOLIC: 130

DIASTOLIC: 74

PULSE: 62

WEIGHT: 186

TEMP.: 98.6

OTHER:

TIME OF DAY: 7:15am

At the upper left side of the right-side page is a section entitled ***Measurements***. Space is provided in the section for records of the most common measurements made by individuals. The measurements are:

- **BLOOD PRESSURE**
- **PULSE RATE**
- **WEIGHT**
- **TEMPERATURE**

Other is space is provided in the measurements section for any *other measurement* that you may make.

Time of day is the last item in the measurement section. You may want to enter the time that measurements are made to search later for variations over various time periods (e.g., morning to evening).

7 of 9 Quinn

Exercise

EXERCISE

WALKING: :30
RUNNING: _____
WEIGHTS: _____
AEROBICS: _____
SWIMMING: _____
MULTIPLE: _____
OTHER:
Garden 1:15
_____ _____
_____ _____

Below the Measurements area is a section for records of ***Exercise*** accomplished. Six of the most common types of exercise are listed.

The daily record for any of the six exercise methods may be a check mark or a time period. If your exercise time period is fixed for any of the exercises, then a simple check mark may be adequate. If the exercise time varies, then a notation of the time may be more useful. An indication of intensity and peak pulse rate also may be helpful in making a complete record.

At the bottom of the six common exercises are three lines for notations on *other exercises*. Other exercises can include any activity that you deem to be a useful exercise for your health. Examples of such other exercises are gardening, cleaning, painting, or mowing a lawn.

Habits

HABITS

SMOKING: 3 cigrts
ALCOHOL: _____
DRUGS: _____
CAFFEINE: _____
EATING: _____
OTHER:
_____ _____

At the bottom left of the right-side page is a ***Habits*** section. The purpose of the section is for simple notes on lapses into bad habits. Five potential bad habits, depending on your view, are listed with an additional space for other habits

Why are breads, cereals, rice, and pasta important?

These foods provide complex carbohydrates (starches), which are an important source of energy, especially in low-fat diets. They also provide vitamins, minerals, and fiber. The Food Guide Pyramid suggests 6 to 11servings of these foods a day.

U.S. Dept. of Agriculture, *The Food Guide Pyramid; Oct 1996*

8 of 9 Quinn

Meal Descriptions

MEAL DESCRIPTIONS

#1: *Corn flakes, milk, banana*
coffee, sugar

#2: *Ham sandwich, yogurt, soda*

#3: *Flounder, rice, salad, bread*
wine, ice cream, tea

#4: *Pretzels, beer*

In the ***Meal Descriptions*** area you list the significant foods eaten at each meal. There is space for four, numbered meals. Minor items, or items with no food value, might be ignored. The example above shows foods eaten at four meals (or snacks) during the day.

Next, from each numbered meal in the Meal Descriptions, make entries into the appropriate meal column in the ***Foods Eaten*** section. In this step you separate each meal item into its components. For example, a ham sandwich will be recorded as two servings of bread (i.e., two slices) one serving of meat (i.e., 2 or 3 ounces of ham), and 7 grams of fat from the ham and bread.

Calories Calculation

The calculation of calories using the number of servings multiplied by a fixed number for each serving is, at best, a coarse method. Use another method if accurate calorie counting is needed.

Foods Eaten

FOODS EATEN

MEALS (SERVINGS) →		#1	#2	#3	#4	CALORIES ↓
BREAD	(90)		2	1½	2	495
CEREAL	(100)	1				100
RICE	(160)			1		160
PASTA	(210)					
BREAD TOTALS:					7.5	755
FRUIT	(80)	1½				
FRUIT TOTALS:					1.5	120
VEG.	(40)			1		
VEG. TOTALS:					1.0	40
MILK	(150)	½				75
YOGURT	(150)		1			150
CHEESE	(110)					
MILK TOTALS:					1.5	225
MEAT	(200)		¼			50
POULTRY	(120)					
FISH	(170)			1		170
BEANS	(100)					
EGGS	(200)					
NUTS	(180)					
MEAT TOTALS:					1.3	220
SUGAR (grams)	(3.4)	10	40	40	40	
SUGAR TOTALS:					130	442
FAT (grams)	(10.0)	5	7	18	1	
FAT TOTALS:					31	310
TOTAL CALORIES						2,110

The ***Foods Eaten*** section is divided into six major food groups. The groups are:

- BREAD GROUP
- FRUIT GROUP
- VEGETABLE GROUP
- MILK GROUP
- MEAT GROUP
- FATS & SUGARS GROUP

Some Groups are divided further into specific food items. The Bread Group includes bread, cereal, rice, and pasta. The Fruit and Vegetable Groups have no subdivisions. Under the Milk Group you find milk, yogurt and cheese. The Meat Group includes meat, poultry, fish, beans, eggs, and nuts. The unit of measurement for the first five Groups is a ***serving.*** Typical serving sizes based generally on U. S. Department of Agriculture (USDA) food consumption surveys.

The sixth Group is different from the first five groups. No serving sizes are specified for fats and sugars because the primary guidance message of USDA is to "use sparingly". The unit of measure for both fats and sugars is ***grams***.

Calories are calculated by multiplying servings (or grams) by the number of calories-per-serving shown in parenthesis to the right of each food category.

The food categories are explained fully in the *Food Guide Pyramid* brochure publisher by the USDA. A copy of the brochure can be downloaded from the USDA site at:

http://www.usda.gov/cnpp/pyrabklt.pdf

Page 9 of Quinn

13

JUL 16 2004

7/14/04 1 OF 1 Marto

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Folks,

This low carb craze turns your present pyramide on its head. Low carb diets may seem sucessful in the short run. as losing pounds. But its not healthy as fats, (red meat) and is not sustainable. Carbs are the most healthy sustainable energy sources and should remain as a foundation of our nutrition. Though perhaps not as this many servings. (You need to define a single serving for the food dummies). Thanks for reading.

Mrs. Kim
Marto

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