

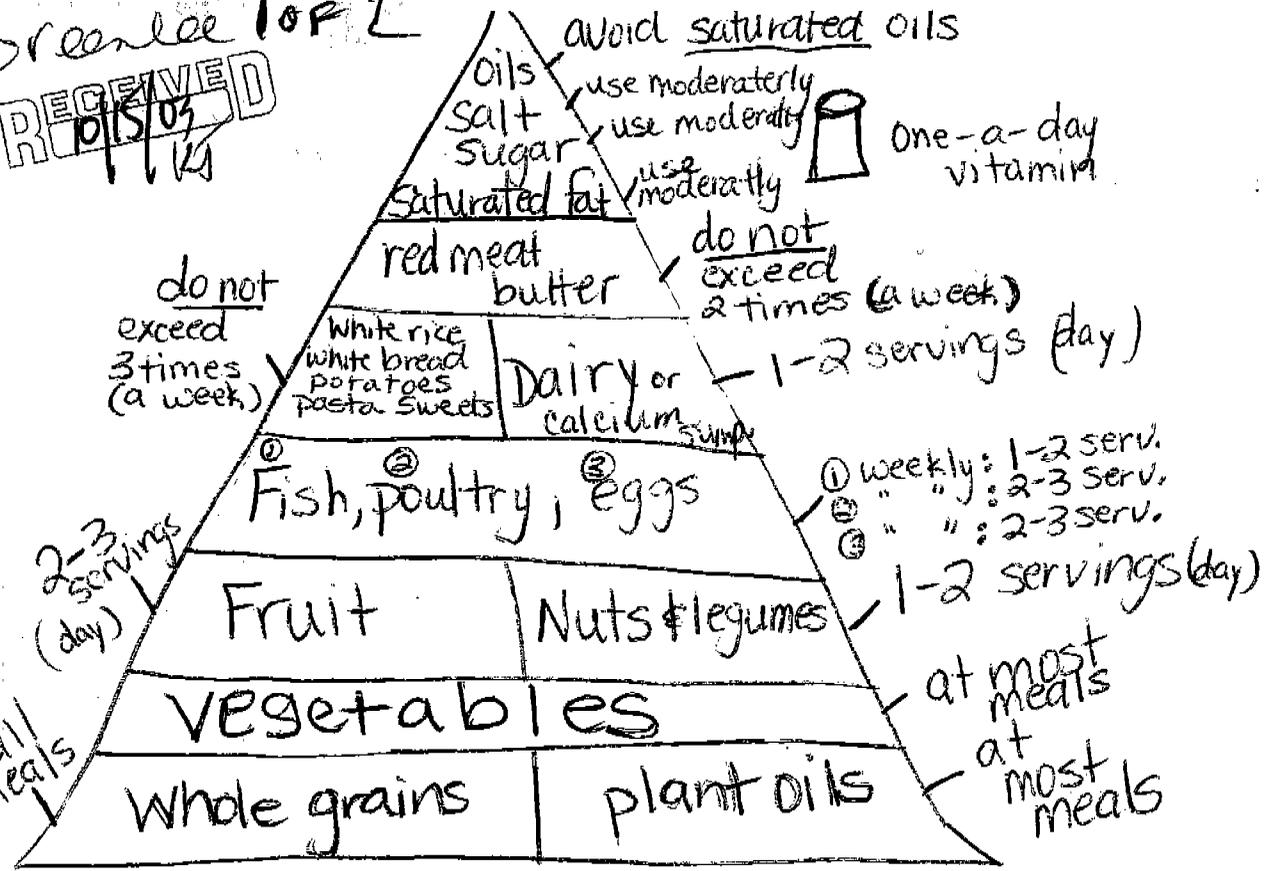
Greenlee 10P2

RECEIVED
DIS/03
1/14



alcohol
do not
exceed
2 times
(a week)

at all
meals



Greenlee
2 OF 2

Miranda Greenlee ✓
ALHS
October 7, 2003

The New Pyramid

I agree that the old pyramid is out dated and unhealthy. It is past time to create a new and improved pyramid that not only supports healthier eating but, suggests the healthier types of food that Americans need to eat to replace the unhealthy foods that are slowly killing the population. My pyramid is similar to the proposed "new pyramid" with a few slight changes. Like the new pyramid states, both the carbohydrates and fats need to be divided into good (healthy) and bad (unhealthy) categories. First, I put whole grains and plant oils at all meals. I believe that many Americans do not know how to differentiate between good and bad breads and oils. Next, I put that vegetables need to be at all meals. I believe that food distributors need to think of innovative ways to package vegetables in a way that's appealing to the consumer. On the next level of the pyramid, I placed fruit at two to three servings and nuts at one to two servings. I believe that the servings that I set on the fruit and nut level are idealistic and obtainable by many Americans. On the level with fish, poultry and eggs, I listed weekly servings that many Americans could go by. The dairy section states, one to two servings per day. I know that many Americans do not get enough calcium. I believe that this issue needs to be addressed immediately. I have seen that some food distributors are concerned because they have added calcium to their products (orange juice and butter). In my white rice/potatoes category, I wrote, "do not exceed three times a week". I believe that it is important to set specific servings on the foods that could be harmful if too much is consumed. On the next level, I listed oils, salt, sugar and saturated fat. For oils, I wrote I stated to avoid saturated oils. For salt, I wrote to use moderately. For sugars, I wrote to use moderately. For saturated fat, I wrote to use moderately. I listed the top level like I did because first, it reflects the Dietary Guidelines for Americans, and secondly, in class we learned that oil have different fat levels and which ones to avoid. Lastly, I wrote to drink alcohol no more than twice weekly and to take a one-a-day vitamin. I am ready to see the new pyramid. I believe that people will eat healthier if they are given the tools and knowledge to do so.

Tucker
1 OF 2

Anja Tucker ✓
Health and Nutrition
My Revised Food Pyramid
October 7, 2003

RECEIVED
10/16/03
KA

I believe that we need to restructure the Food Pyramid, so that maybe Americans will take notice and restructure their diets and live a healthier lifestyle. We need to be eating the healthy carbs. Carbs that digest slowly are the ones that we get lots of energy from and not as many useless calories. They help us to feel satisfied and not hungry. We wouldn't have the carb cravings that cause us to overeat.

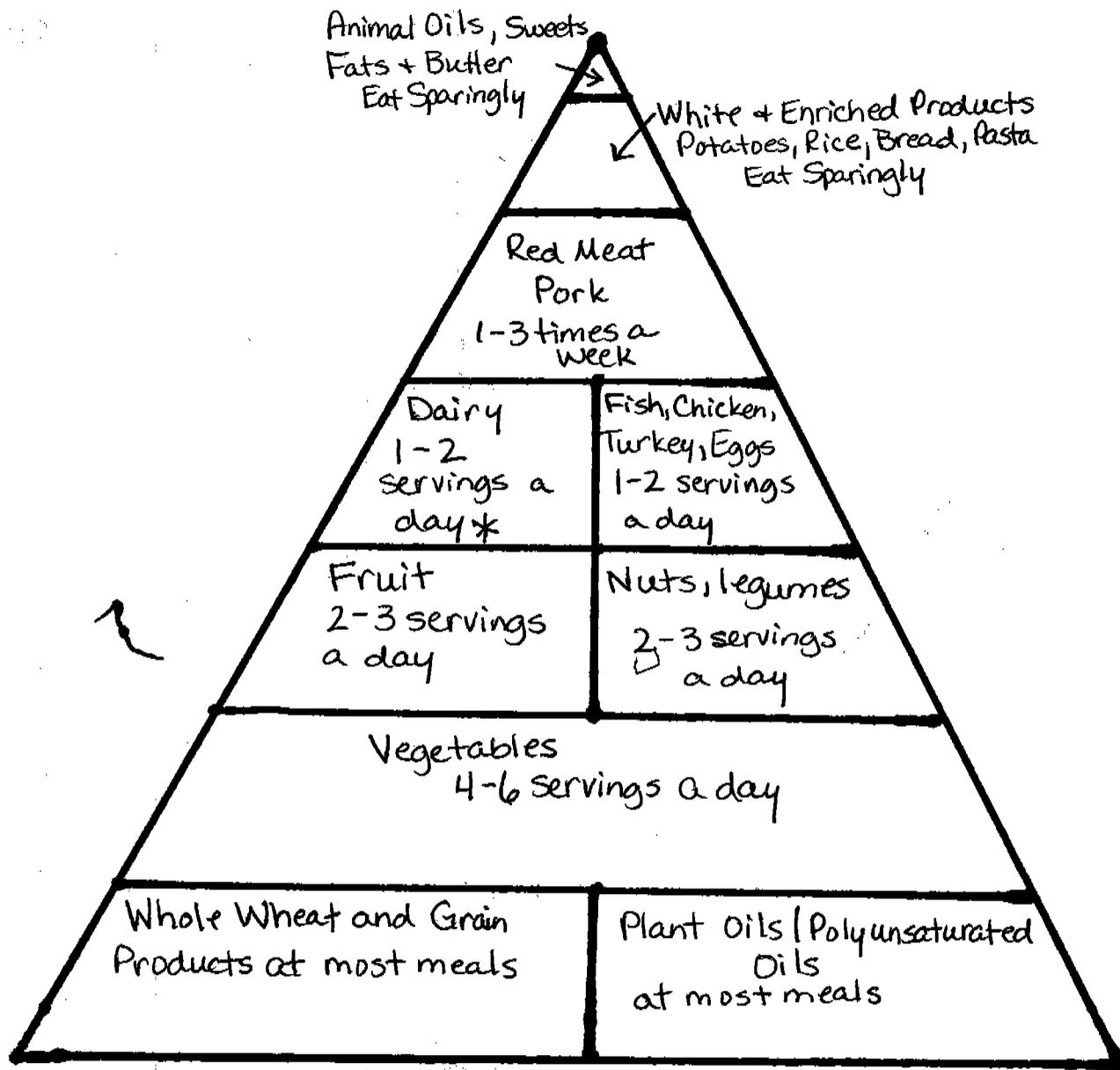
We also need plenty of fiber. To get these we need the grain products and the vegetables and fruits. From the vegetables and fruits we will also get nutrients and vitamins that are essential to our body.

Dairy products are beneficial, especially for our children. They need the most for their growing bones, and adults need it to maintain their bones.

Fish, chicken, turkey and eggs are all lowfat and provide protein that we need. Fish also provides some essential fatty acids that we need, such as omega 3 fatty acids. These are all good for a healthier heart and low cholesterol.

The foods that we need the least of or none at all are listed at the top of the food pyramid. These are foods that are not beneficial to us and if consumed too much can cause us to be overweight or other problems such as heart disease and high cholesterol, and high blood pressure, and diabetes. All these problems can lead to other illnesses.

Tucker
2012



- * If not consumed, use a supplement product.
- * Daily multi vitamin is beneficial.
- * Drinks - Alcohol only in Moderation.
- * Daily Activity or Exercise is Beneficial to a Healthy Lifestyle.

McNeely / OP /

RECEIVED
1/15/03
KW

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

To Whom It May Concern:

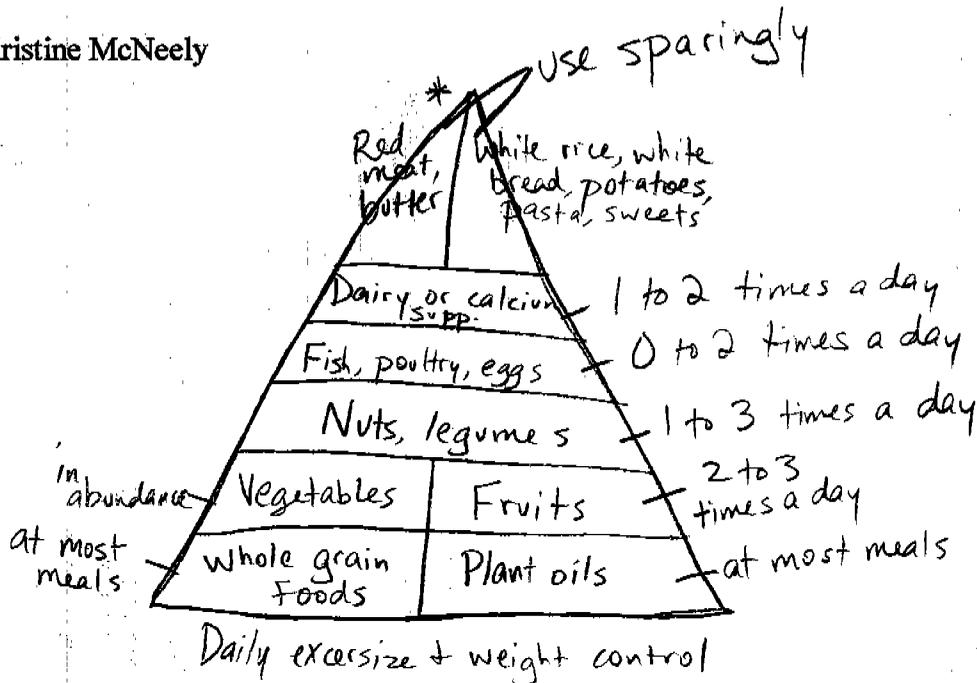
I appreciate that you are allowing the public to express their views concerning the reassessment of The Food Guide Pyramid. As I am not an expert in the field of nutrition, I feel I am not qualified to give exact instructions to the design of the new pyramid, but I believe I can share with you a few issues that need addressed.

First, as I am sure you are aware, the current food pyramid does not distinguish between good carbohydrates, such as whole grains, and bad carbohydrates, such as white breads, white rice, and white pastas. The public needs to be informed that not all items of the bread group are healthy. Secondly, in the current food pyramid, all fats are lumped together as bad, which is not the case. In fact, people should be consuming plant oils at almost every meal. Third, the current food pyramid places the same nutritional value on all meats. In truth, people should consume much less red meat and more poultry and fish. Finally, people are eating bigger servings than they did when the current food pyramid was introduced to the public. I hope you will consider these points when devising a new pyramid.

Below is an example of a pyramid that meets all of the requirements mentioned above. Though I did not think of the design myself and believe it may be a little too complicated for the general public, I do believe that the concepts represented in it are very valuable and should be acknowledged. Thank you very much for your time, and I wish you good luck in this endeavor to create a new pyramid for the public to look to for guidance.

Sincerely,

Kristine McNeely



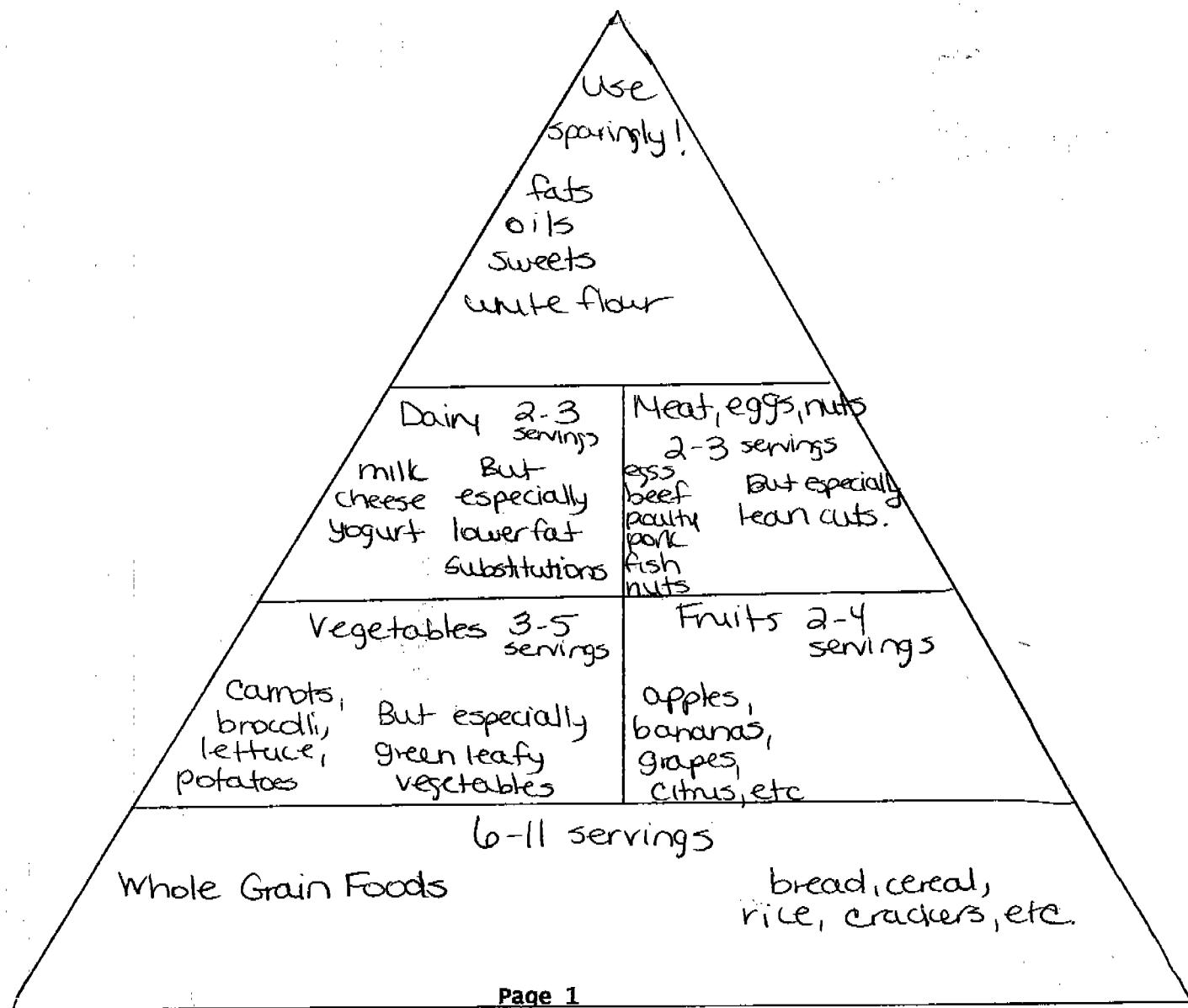
Leinart 10/1

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10/10/03
KJ

Susan Leinart

Untitled

The food pyramid below describes what we know now about food benefits and downfalls. I have left the food groups the same and with the same serving sizes, but modified the contents in each group. The groups are more strict about which foods make it in each food group and the which ones don't. On the bottom of the food group is whole grain foods, which limits our intake of white flour, white rice, and pasta. We know that not all carbohydrates are good for us; it would be best to replace the white flour and pasta that we eat with whole grains. On the second level is vegetables. In this category I try to emphasize that the green leafy vegetables are most important. The fruits category is left exactly the same. The next level is dairy; I tried to encourage people to substitute low-fat or non fat for whole milk or regular cheese, yogurt, etc. In the meat group, I try to encourage people to eat lean meat. Red meat is still ok, if you substitute lean cuts for fatty ones. Poultry, fish, eggs, and nuts are also recommended. At the top, I put down to use fats, oils, sweets, white bread and flour sparingly.



Mullins
1 OF 2

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12/15/03
KW

Wade Mullins ✓
Nutrition
Dr. Ballard

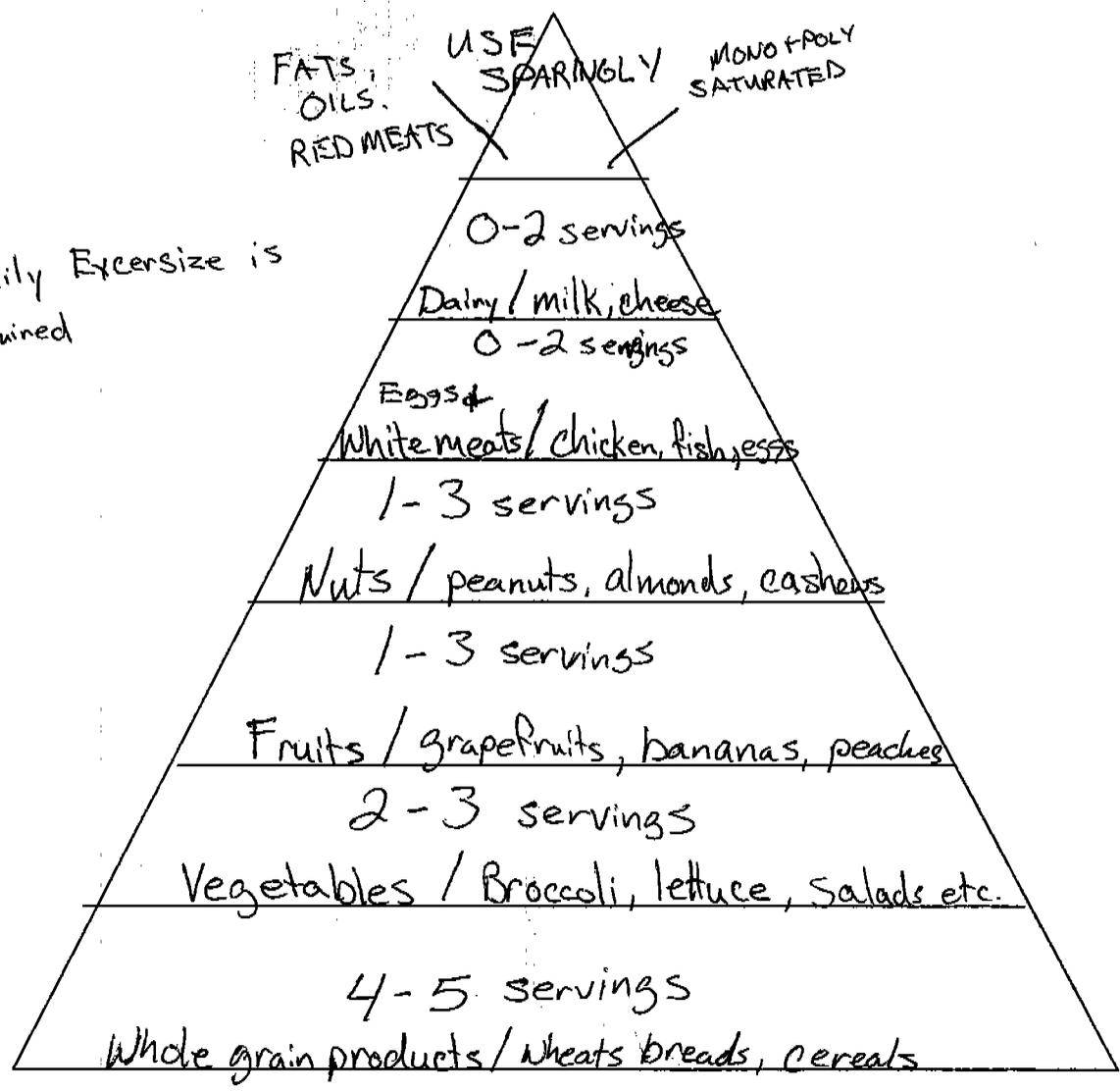
The current pyramid seems to be under heavy fire from nutritional advocates. However I believe that everyone should have slight modifications ^{do} ~~due~~ adhere to their specific body type and medical history. For example, someone with a history of heart disease would be advised to keep red meats and cholesterol at the top of the pyramid. As far as body types, a thinner person would more likely be advised to allow more servings in order to maintain an adequate body weight. If I were allowed to redesign the national food pyramid to make it my very own, it might look like this. In agreement ^{ment} to classroom discussions, the serving sizes will be low than the standard to off set the large quantities that we Americans eat as servings. The first and lowest section of the pyramid would belong to complex carbohydrates such as whole grain products, wheat breads and cereals. As for serving sizes, the amount allowed would be 4 – 5 servings. Next section belongs to the good 'ole veggies. Broccoli, lettuce and other vegetables essential to build an excellent salad would fit into this category. Serving sizes allowed would be 2 – 3. Next in line would be fruits. 1 – 3 servings of fruits like grapefruits, bananas and peaches. It seems that fruit usually appeases the “sweet tooth” for me. The fourth line would be a good place for nuts. 1 – 3 servings of peanuts, almonds and cashews makes for good snacking in between the big meals. And for the fifth line, white meats and eggs would be an excellent source of protein. 0 – 2 servings of chicken, fish or scrambled eggs for breakfast should do the trick so as where you won't think you're a vegetarian. Dairy products will be in the sixth line. 0 – 2 servings of cheese and milk will make for excellent calcium absorption and cheese cereal (j/k). And last but not least, fats, oils and red meats should be eaten sparingly to decrease cholesterol and saturated fat intake. If

Mullins
20F2

Wade Mullins
Nutrition
Dr. Ballard

cooking with oils, I try to keep it restricted to olive oil for the mono-saturation factor. To add, all meals should be garnished with the least amount of sugar and salt as possible.

Wade's Food Pyramid



* Daily Exercise is required

* cooking oils to use: olive oil and other vegetable oils

* USE SALT AND SUGAR IN MODERATION

Starkey
10PZ

Melanie Starkey ✓

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10/15/03
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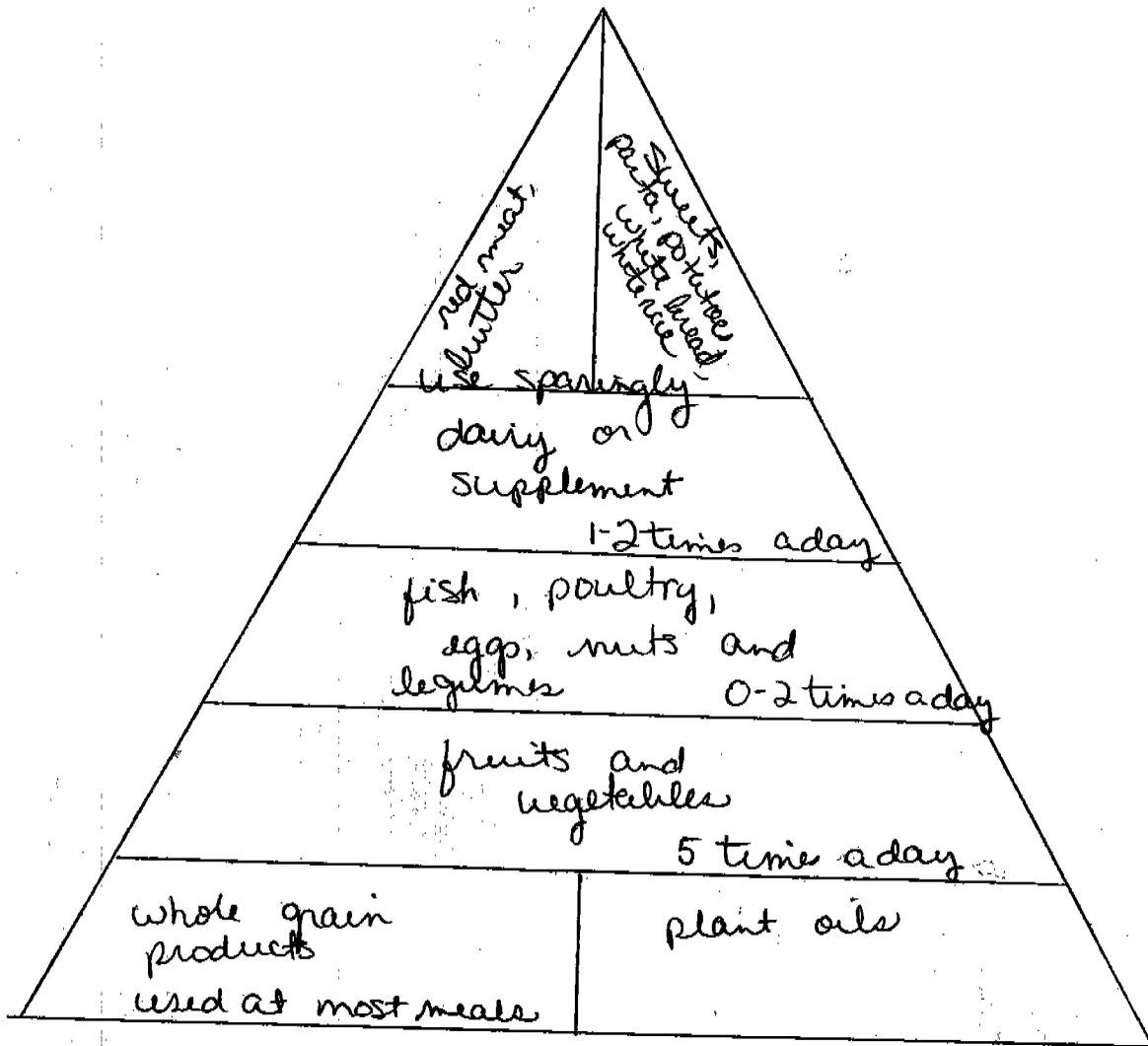
I think that the old food pyramid needs some revision regarding the amounts or sizes of the food portions. Restaurant servings are generally much larger than what a person should consume in one meal, particularly with the current trends of "super-sizing" and of the popular buffet-style meals. Therefore, when food is prepared at home, it has become the custom to eat that same size portion.

I also think that the food pyramid should distinguish between which fats are good fats and which are bad fats. The saturated (bad) fats should be separated from the monounsaturated and polyunsaturated (good) fats. We need monounsaturated and polyunsaturated (good) fats in our diet. In addition, I believe that there is a need to show foods high in protein and foods that are the best source of carbohydrates. I think that a new pyramid should be drawn to make it easier for any consumer to understand what foods are necessary for a healthy diet and in what amounts they should be eaten.

1. The best sources of carbohydrates are whole grains, such as oatmeal, whole-wheat bread, and brown rice. These should be used at most meals.
2. Plant oils, such as olive oil, canola oil, soy oil, corn oil, and sunflower oil, help improve cholesterol levels when eaten in place of highly processed carbohydrates.
3. Vegetables and fruits help prevent risk of heart attack or stroke and cancer, and they also help to lower blood pressure.
4. Fish, poultry, eggs, nuts, and legumes are high in protein.
Fish reduces the risk of heart disease.
Chicken and turkey are low in saturated fat and are good sources of protein.
Nuts and legumes are good sources of fiber, vitamins and minerals, and protein.
5. Milk is high in saturated fat. Instead of whole milk, one should try no-fat or low fat milk or a calcium supplement.
6. Red meat and butter contain a high amount of saturated fat and should be eaten sparingly.
7. White rice, white bread, potatoes, pasta, and sweets cause weight gain, diabetes, and heart disease.

Starkey

2012



Rishel
1 OF 3

✓ Kristin Rishel
Oct. 7, 2003
Nutrition
Dr. Ballard

Reassessment of the Food Guide Pyramid

When viewing the current Food Guide Pyramid, I observed several things that, in my opinion, should be assessed. One of these points is that the current pyramid does not distinguish between the different types of carbohydrates. Another observation was that the pyramid did not separate foods high in saturated fat and cholesterol from those containing mostly unsaturated fats. A third problem that I examined was that not all protein sources were evaluated. The last thing I found was that the vegetables weren't separated into different groups.

When placing the carbohydrates on the pyramid, all were placed in one broad group. To resolve this problem, the refined grains and their products should be separated from the whole grain products. In addition to this, the refined products, which contain more simple sugars and less of the necessary nutrients, should have a smaller amount of servings required daily to discourage the consumption of foods with higher fat and sugar content and promote the intake of more complex carbohydrates.

In addition to this correction, the intake of the different types of fats should be considered. Red meat, for instance, contains more saturated fat and cholesterol than other foods. In this case, red meat and other foods that contain high levels of saturated fats should be separated from foods containing unsaturated fats and should also be placed so that smaller portions are recommended.

When discussing proteins, the different sources should be considered. I already discussed the fact that red meats contain higher amounts of saturated fat and cholesterol; this would cause it to be higher on the food pyramid. In order for people to gain adequate amounts of protein, other sources must be put lower on the pyramid. These sources could include dairy products, eggs and the nuts and legumes group.

Rishel
2013

Kristin Rishel

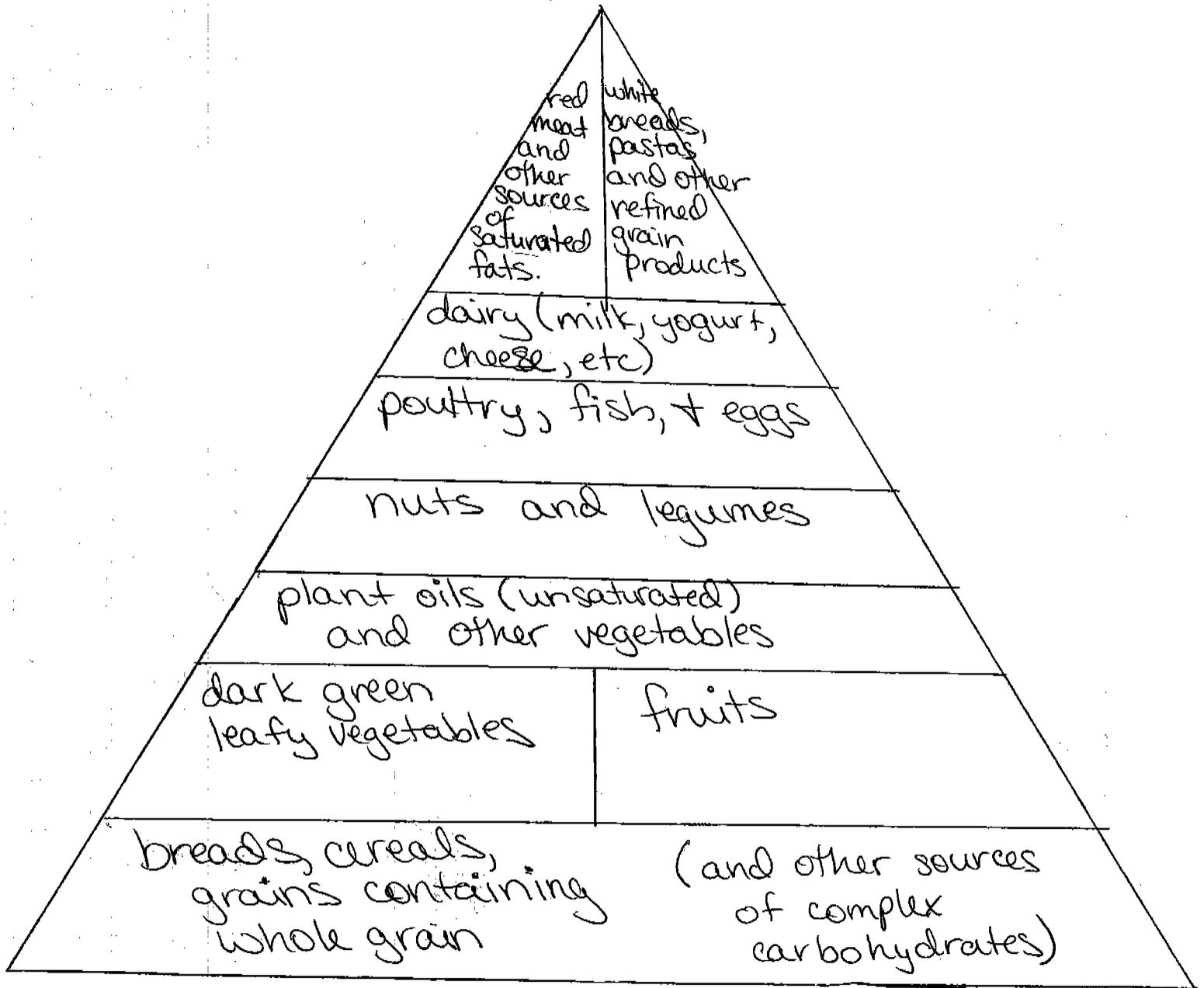
The last idea that I would like to discuss is the separation of dark green leafy vegetables from other vegetables. This should be considered because of the fact that dark green leafy vegetables should be consumed in higher amounts due to the need for certain vitamins and minerals. Certain vitamins, such as vitamin A, are necessary in the diet, and are in high amounts in these vegetables and not in others.

I hope that you consider these facts when assessing the current food guide pyramid, since each of these is a very important key to everyone's diet.

Reassessment of the Food Guide Pyramid

Rishel
3 of 3

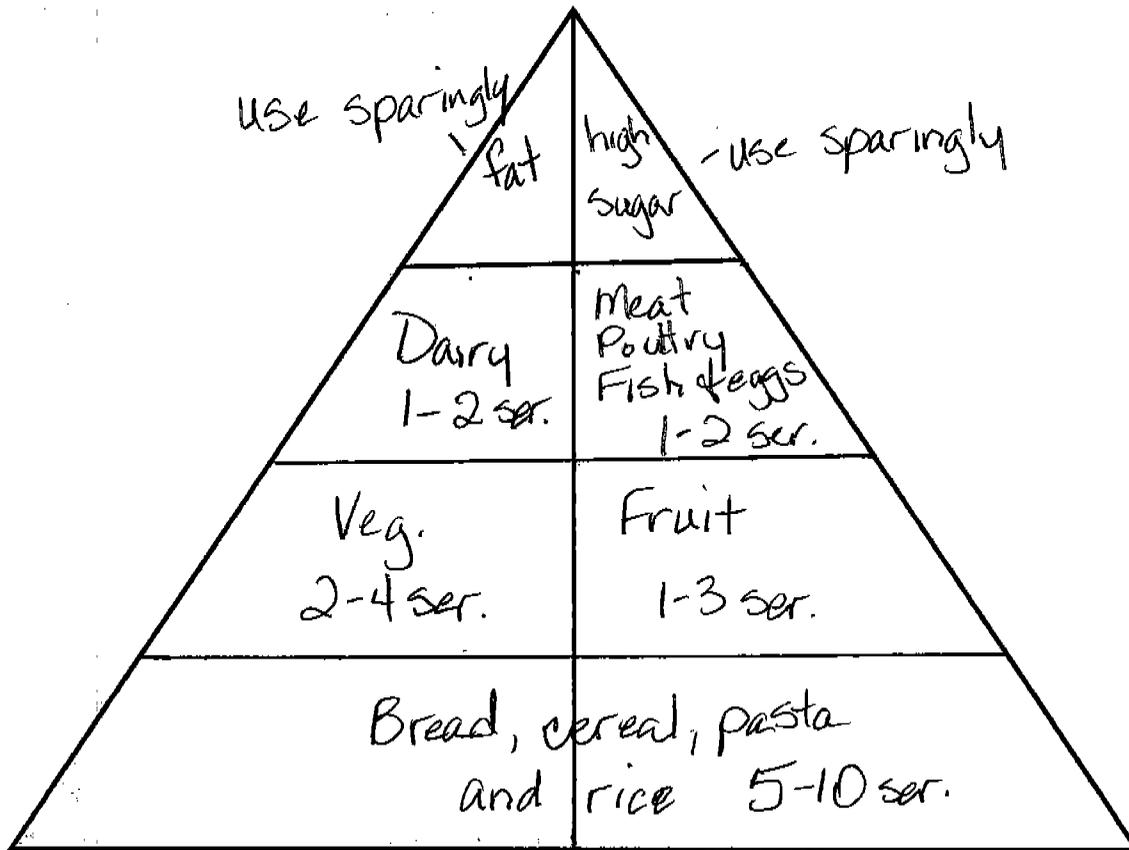
Kristin
Rishel



Keller
10/7/03

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10/15/03
KT

Stephanie Keller
Nutrition ALHS 4315
October 7, 2003



Recommended Changes for the Food Pyramid

1. Specify the need to use high sugar foods sparingly.
2. Specify good sources of meat.
3. Reduce number of servings.

I believe the best course of action with the food pyramid would be to reduce the number of recommended servings due to the larger portions served. There has been an increase in the serving size that has greatly increased the daily caloric intake of the average American. Americans need to be better educated about good sources of protein and how much fat is in various sources of meat. Increased education about proper nutrition and diet would be beneficial in

Keller 2012

teaching people the difference between good carbohydrates and high sugar foods.

Zhang
10/6/03

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KJ

Jenny Zhang ✓
10-6-2003

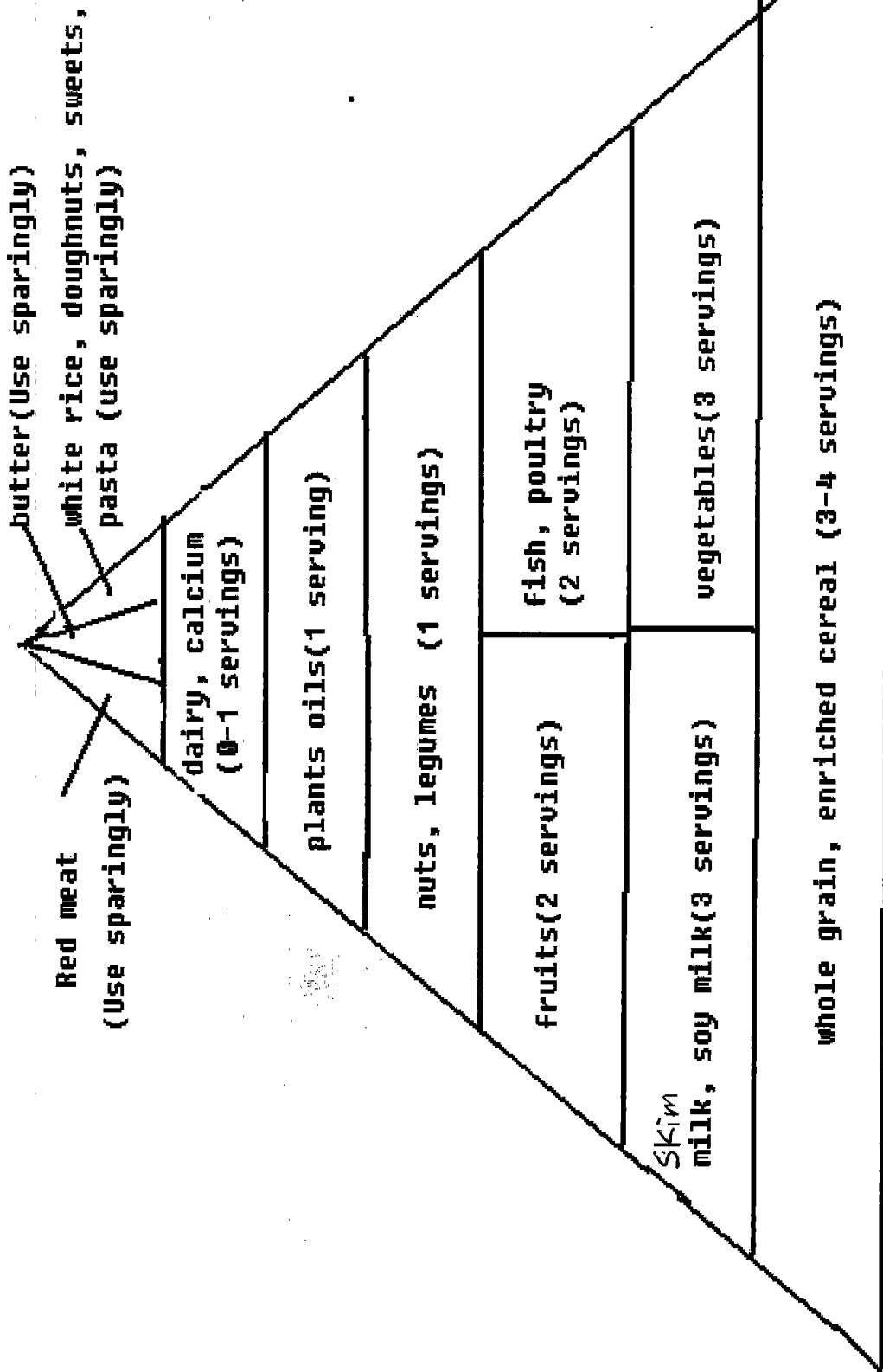
Justification of the Dietary Pyramid

This pyramid is based on the Asian diet, but it is implemented to fit all. The pyramid includes three major food groups: carbohydrates, proteins, and fats.

In the pyramid, the main food is whole grains and enriched cereals which not only have carbohydrates but also vitamins and fibers. The processed grains, such as white rice, white bread, and sweets, are only used sparingly for quick energy and the sweet tooth. Plenty of vegetables served in each meal and two servings of fresh fruits between the meals provide a variety of vitamins, minerals, and fibers. Drinking plenty of skim milk or soy milk is an easy way to supply important vitamin, and minerals such as calcium and iron to all ages. Instead of red meat, fish and poultry are the major protein source. One serving of plant oils is enough for the daily requirement because nuts and fish (or poultry) also provide some fats.

This dietary pyramid provides all essential nutrients: carbohydrates, proteins, fats, vitamins, minerals, and fibers.

Zhang
2 of 2



Natera
10F3

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10/15/03
KT

Monica Natera ✓
Nutrition
October 7, 2003
Food Guide Pyramid

There are seven levels in my food pyramid. They are organized in such a way that it can be followed throughout the day, from breakfast to lunch to dinner. I found that it is easier to follow a pattern that is parallel to my pattern, eating pattern, that is. The pyramid is as follows:

Top Level: Sugars, Salts, and Sweeteners - use sparingly

Row 2: Bread, Cereal, and Whole Grains - (6-8)

Row 3: Milk, Cheese, and Dairy Products - (2-3)

Row 4: Fruits - (2-3)

Row 5: Vegetables - (3-5)

Row 6: Meat, Fish, and Poultry - (1-2)

Row 7: Rice, Pasta, and Beans - (1-3)

Rationales:

Top Level: This is common nutrition; most people know that eating all of sugars, salts, and sweeteners are not healthy

Row 2: Measures in ounces and based on a regular diet: example (cereal for breakfast, sandwich for lunch), eating this portion isn't too difficult. Plus, you need a lot of fiber and grains in the diet)

Nutrition 2013

Row 3: Because of the high fat content in dairy products, a high intake of this product is not recommended, but they are the best source of calcium.

Row 4: "An apple a day, keeps the doctor away"; as the saying goes, fruit is important. I chose 2-3 servings because of the high vitamin content in fruit and because it isn't hard to eat a piece of fruit on the run

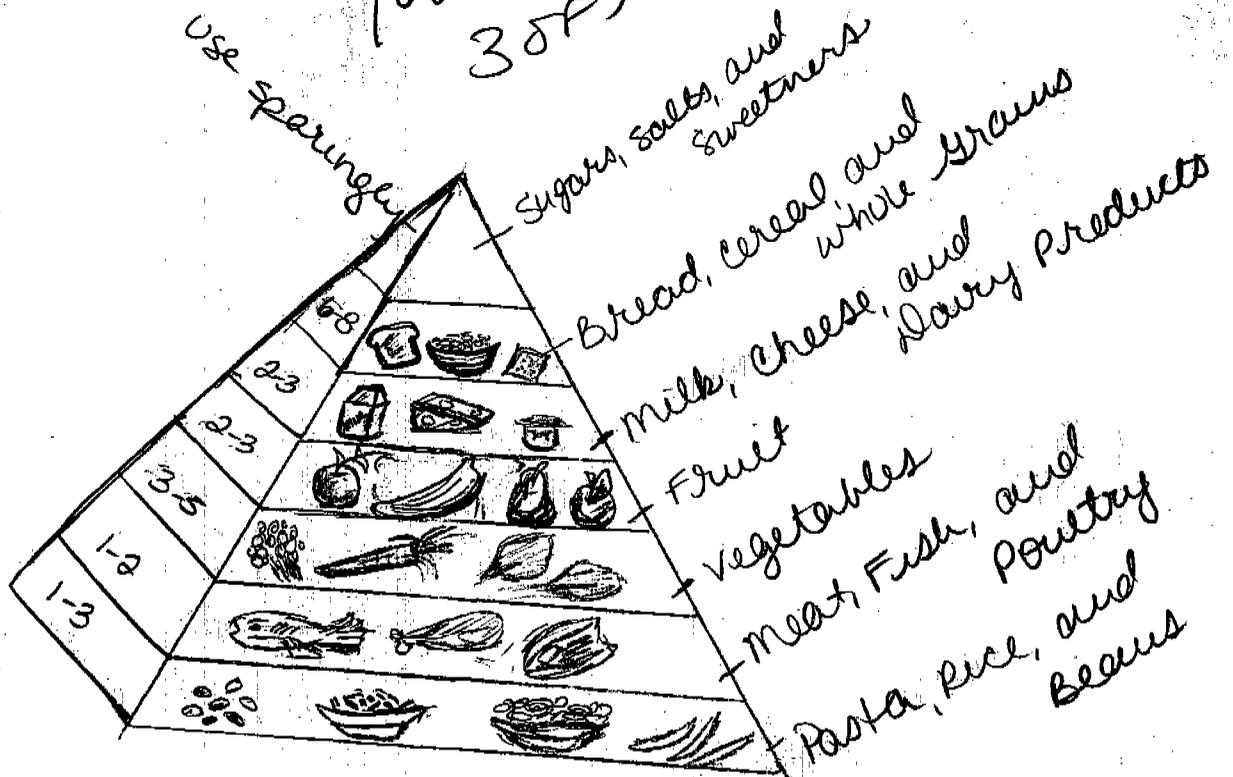
Row 5: A little bit of vegetables at lunch and a little bit at dinner and you can easily meet this requirement

Row 6: Once a day is best, but these are usually served in big portions, so limit portion sizes. Because of the high fat content they shouldn't be consumed in excess.

Row 7: Once a day is also okay because the portion size of rice, pastas, and beans can be served all at once at the same meal. These also are high in carbohydrates and shouldn't be consumed in excess.

Natera 30F3

Use sparingly



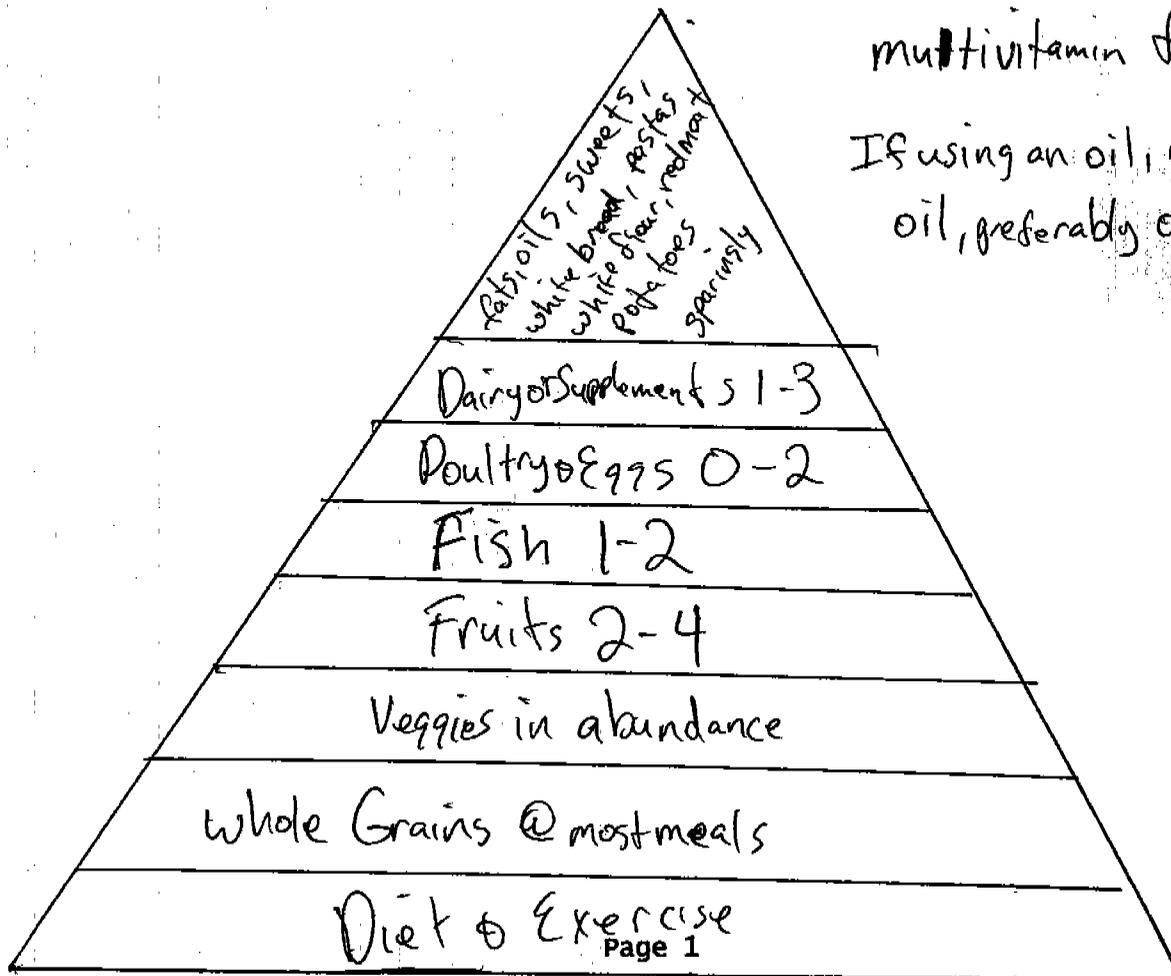
Leinart 10/1

Brannon Leinart ✓
10-7-03
Nutrition

Untitled

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KT

The pyramid I have drawn up is very similar to the newly proposed pyramid. What I have done is make diet and exercise the foundation because they are very important to health. Next I put whole grains instead of having them grouped with bread in general because whole grains are much more nutritious. Then I put vegetables because we need lots of vegetables. I put fruits next because we need to get plenty of servings of fruit. Then I put fish all by its self. Americans are big meat eaters, and we have generally been beef eaters. But beef is high in fat, saturated fat, and cholesterol. Fish on the other hand is much more healthy, and is also a very good source of omega-3 fatty acids, which has shown to be very good for the heart. Eskimos who eat lots of fish very seldom die from heart disease. Studies have shown supplements of Omega-3's can actually be harmful, so the best way is to get them from actually eating fish. Then I put poultry with eggs, and then put dairy food in their own class. Fats, oils, red meat, white bread, white flour, sweets, potatoes, and pastas should be used sparingly. I stated that all people should get a multivitamin, and that if oils are used that plant oils should be used, preferably olive. I say this because oil is very fattening. 1tablespoon has 14 grams. There are many recipes that oil can be left out of, or replaced by something like applesauce when your baking.



multivitamin for all.

If using an oil, use vegetable
oil, preferably olive oil.

Brandy McIlveene ✓
October 7, 2003
Nutrition

M^c Ilveene
10F2

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KT

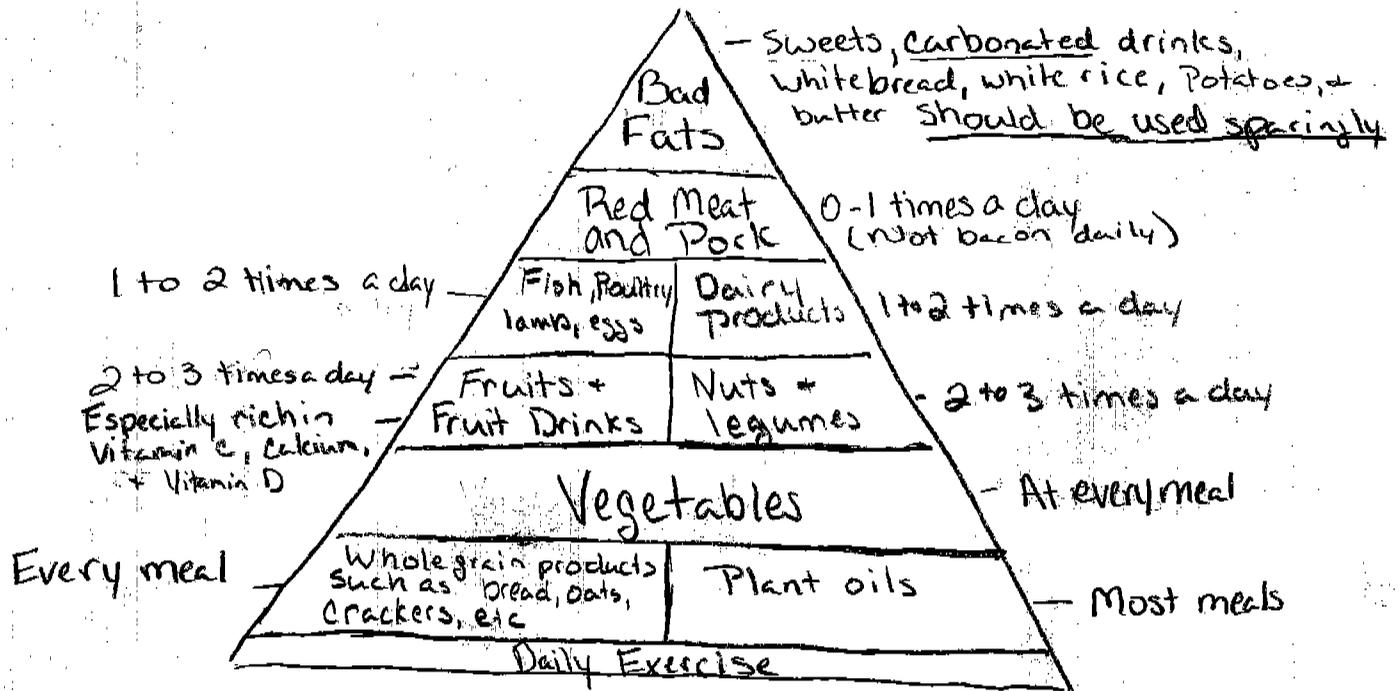
FOOD PYRAMID

I placed sweets and carbonated drinks at the top of the pyramid, because I believe that they are one of the biggest problems in our diets. Next, I placed red meat and pork (excluding bacon, which is mainly fat). As long as consumed in moderation, (0 to 1 times a day), I believe that they still contain enough nutritional value. Other meats such as fish and poultry I placed next, because they are less fattening and needed 1 to 2 times a day. Dairy products are rich in calcium and vitamin D, which are essential for bone growth. However, if your diet is lacking in this category you can add to it by drinking fruit drinks, fortified in Vitamin C, Calcium, and Vitamin D (also covering part of your fruit intake as well). Another category most of us need to work on is eating vegetables at every meal. I placed whole grain products and plant oils at the bottom verses the white bread, rice and butter at the top of the pyramid, to separate the good from the bad. Last, but most important is daily exercise!

McIlveene
2 of 2

Brandy McIlveene
October 7, 2003
Nutrition

Food Pyramid



Jessica Layne

Layne
1 OF 3

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10/15/02
DH

Proposed Food Guide Pyramid

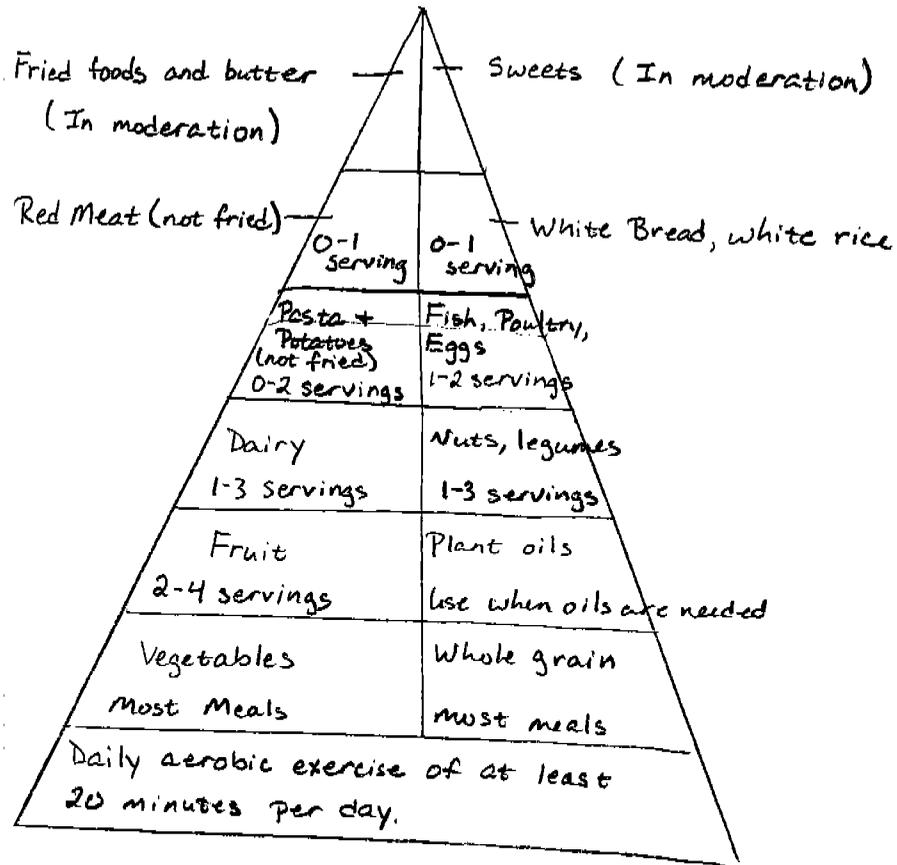
The first Food Guide Pyramid was designed to help people eat a more balanced diet and consume foods most likely to accompany a healthy lifestyle. However, as with any new plan, there was room for improvement. The new proposed Food Guide Pyramid is a good plan, but there are still things that can be changed and improved. For instance, Americans consume a large amount of fried foods. If one were to focus on limiting those foods to only eating them occasionally, the amount of saturated fat in their diet would drastically decrease. Therefore, those foods, including butter, should be eaten in moderation. Along with fried foods, sweets should also be limited and consumed in moderation. Next on the pyramid should be red meat that is not fried and 0-1 serving can be allowed because there is still a considerable amount of fat, but it is better than fried foods. Also allowing 0-1 serving would be white rice and white bread because these foods are not as nutritious as whole grain products and provide less benefit to the body. Pasta and potatoes (not fried) should be moved to their own group because they are more beneficial than white bread and white rice, but they are still not as good as whole grain products. Pasta provides a great deal of carbohydrates, which is good for athletes who are preparing for an event since its energy is stored longer than sugars, and potatoes are a good source for starch.

Layne 20F3

Fish, poultry and eggs should be allowed 1-2 servings instead of the proposed 0-2 servings because poultry is a meat that can be prepared as a low fat food, fish is high in omega-3 fatty acids, and eggs are a great source for amino acids which are the building blocks for protein. The next group should be dairy with 1-3 servings instead of 1-2 servings. The reasoning for this is that many Americans do not consume enough calcium in the first place and more emphasis should be placed on these foods. Nuts and legumes should allow for 1-3 servings as well, as the current proposed pyramid states.

Fruit should allow for 2-4 servings instead of 2-3 placing a bit more emphasis on fruits since they are a good source of vitamin C and fiber, which has been reported to reduce the risk of colon cancer. Plant oils should be used in any meals that require oil, but it should not be placed as being more important than whole grains and vegetables. Vegetables and whole grains should be consumed in abundance, as the current proposed pyramid suggests. Vegetables are great antioxidants and whole grains are a nutritious food that is low in saturated fat and they also help prevent colon cancer. At the bottom of the pyramid should be daily aerobic exercise of at least 20 minutes per day. Exercise is included on the current proposed pyramid, but it implies that any amount of exercise is adequate. Instead, people should understand that they should do 20 minutes of aerobic activity everyday to reduce the risk of heart disease and osteoporosis.

Layne
3 of 3



Harmon 1 of 2

Cristin Harmon ✓
Dr. Ballard
T TH 8:00

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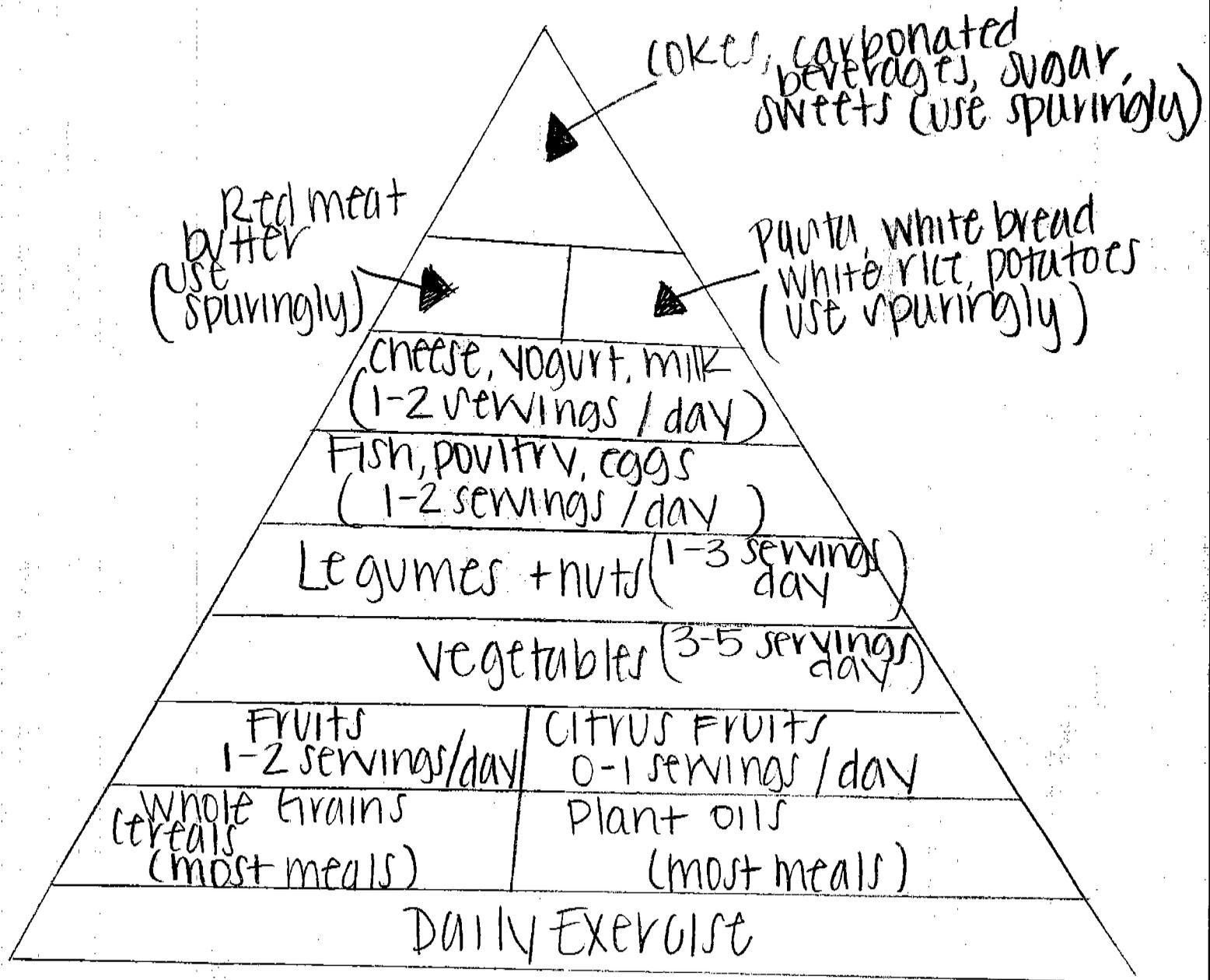
Food Pyramid

This food pyramid distinguishes the difference between good and bad carbohydrates. By placing the bad carbohydrates at the top of the pyramid this helps people differentiate what are considered bad carbohydrates in particular. The good carbohydrates are placed at the bottom in more detail because people need more servings. The pyramid also helps people see the difference in good and bad fats. Again they are categorized in more detail to help people see the difference between the two. This pyramid also aids to distinguish the difference between good and bad meats. Red meat is placed at the top because it is considered bad meat, while on the other hand poultry, seafood, and fish are considered good meats. While identifying between what is good and what is not, cokes, and other carbonated beverages have been added at the top under to use sparingly, and citrus fruits have been added as well to give a more detailed description of fruits. The servings have been changed in some of the categories based on what I feel is more affective for the American diet.

Food Pyramid

CRISTIN HARMON

Harmon 2 of 2



Draper 10/21

RECEIVED
10/15/03
LaDena Draper

Redesigning the Food Pyramid

The food pyramid is a great way to see, at a glance, how our diet needs to be formatted. After studying Health and Nutrition in college, I have come to see that the current Food Pyramid is too vague and not exactly accurate. Below is a description of how I would change the Food Pyramid and the reasons behind the changes.

First, I would put daily exercise and weight control as the base. Proper exercise can work together with a good diet to improve overall health.

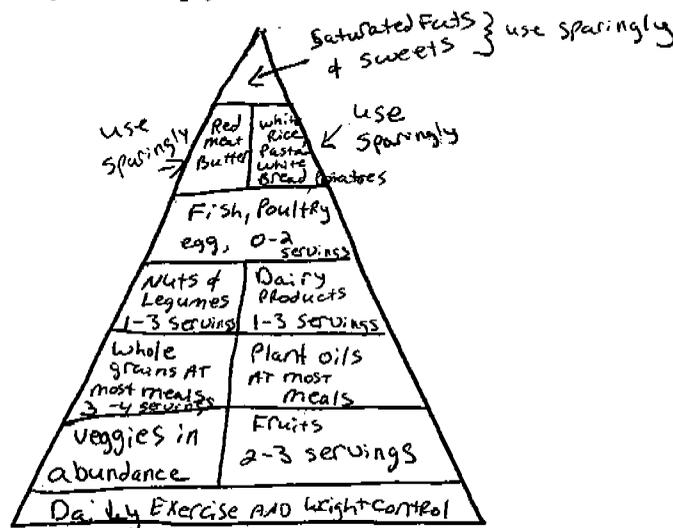
Second, I would put "vegetables in abundance" and "fruits, 2 or 3 servings", as my first food groups. Vegetables and fruits are full of vitamins, minerals, and nutrients. If we concentrated our diet on fruits and vegetables and just added everything else in smaller portions we would be more healthy.

Third, I would have "whole grains 3 or 4 servings" and "plant oils at most meals". All grains, as research has found, are not good for you. Grains contain a lot of carbohydrates and that, in abundance is not healthy. Research has also found that all oils are not bad for you and, in fact, some oils, such as plant oils are good for you.

Fourth, I would have "nuts and legumes 1 to 3 servings" and "dairy products 1 to 3 servings". Nuts and beans have been lumped in with the meat group when actually, nuts and beans are healthier for you than red meat. Dairy products are very good for you because of the calcium, Vitamin D and other essential nutrients. Dairy products can be purchased in low fat portions and provide good nutrition without being too fattening.

Next on the pyramid I would place fish, poultry and eggs. These have been put in with all meats but again, these have more nutritional value than red meat or pork.

Next to last on the pyramid I would place "red meat and butter" and "white rice, pasta, white bread and potatoes". These are high in carbs and fat and should not be lumped in with all meats and all grains. And last of all saturated fats and sweets should only be eaten sparingly as they have empty calories and are not of nutritional value.

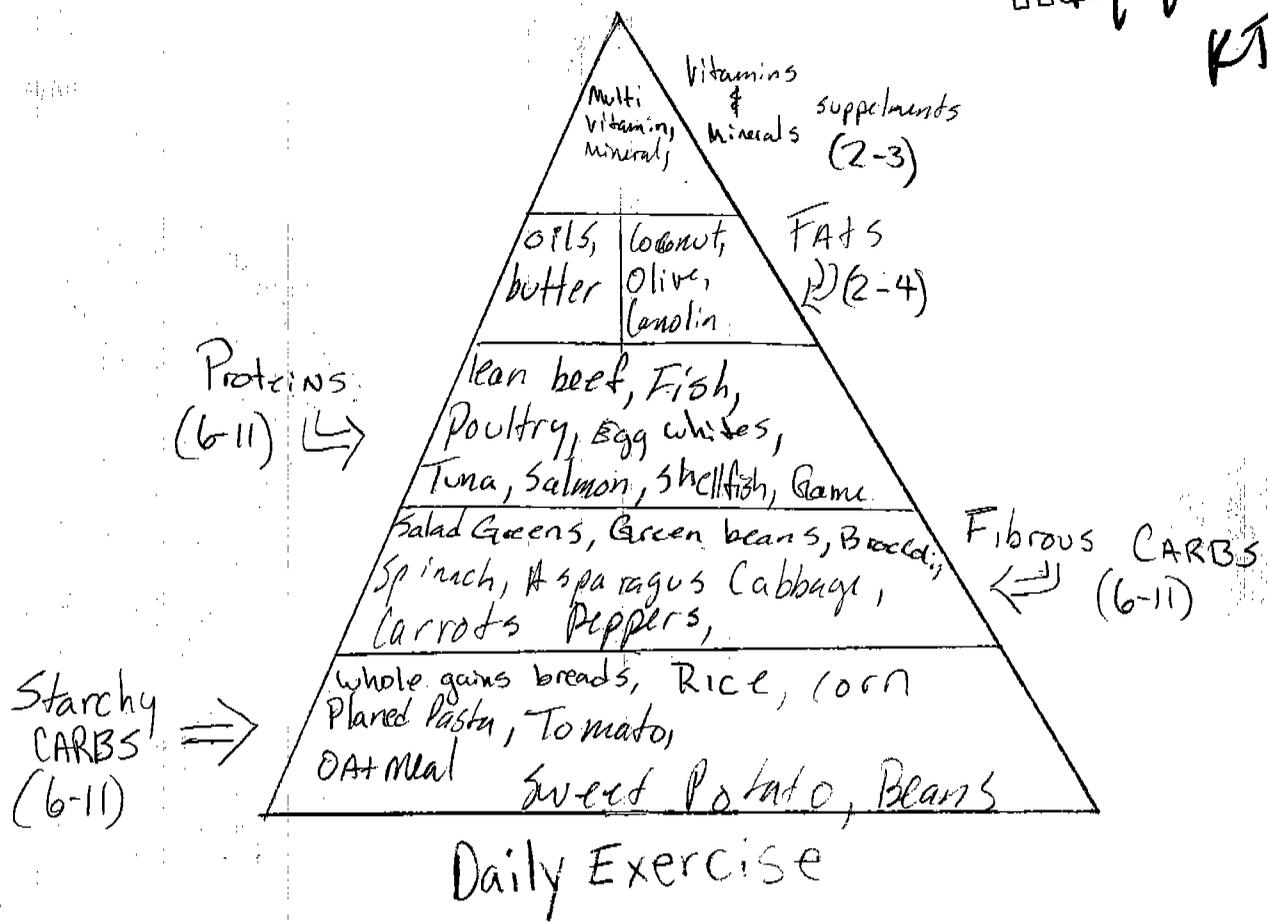


Fabian 10/1

✓ George Fabian

Food Pyramid

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10/15/03
KT



On this food pyramid I had it adjusted pretty much on how I let through out the day. I went ahead and put the food groups by groups of starchy carbs first, because I believe this is something the body needs every day to carry out the person through out the day with energy. The Carbs form here are all complex carbs, which have good nutrients. Then it moves on to fibrous carbs which is where we get the fiber, since we have a lot of serving on proteins (meat) we need a lot of fiber so it won't cause constipation. Then we move to proteins we need a lot of this to keep the body burning calories all 24 hours, and to be rebuilding anything that is needed. Then we go to fats which is also important, but stay with fish & olive oil the most. Vitamin & minerals are important to make sure the body gets what it needs. Pretty much this pyramid should be followed by eating a small portion of 1 item of Starchy Carbs, and 1 of fibrous Carbs, 1 Protein, and a fat, at least six times a day. To be in a healthy diet.

Myers
10/8/03

RECEIVED
10/15/03

RT

October 8, 2003

Subject: The Food Guide Pyramid Update

To whom it may concern:

I am very interested in the revamping of the US Dietary Guidelines, for a primary focus in my life is health education. I grew up on the old Four Food Groups... lots of junk food, refined and processed foods, dairy and meat. I had weight problems and later developed severe ulcerative colitis. My colon was bleeding every day for over 10 years! I was under the care of specialists and took drugs for years. When I no longer had insurance and the doctors were talking about cancer... I knew I had to find a better way.... and I did! I eventually discovered that a whole food plant based diet was my salvation. I lost weight, became more active and my body healed! This occurred without insurance and at no cost to government. I became a veggie. I hope the enclosed information will prove fruitful and enlightening.

Regards,
Pamela Wunder Myers
Nutrition Education/Disease Prevention Specialization

PS: And I have all my parts! (-:

My 15
2013

The Tale of the Kingdom

A comic book with a purpose!

Summary

To Whom It May Concern:

I have been actively involved in health education for over twenty years and know that education to understand the critical nature of the food choices made each day is important and far reaching, especially regarding disease prevention. A primary focus of my work concerns the relationship of degenerative diseases and foods depleted of nutrients needed for proper growth and functioning.

During the course of my master's degree studies and an internship in nutrition education with the public schools, I saw a need for informative educational tools regarding disease prevention. Along with my master's thesis, I proceeded to write a play and later a comic book/reference guide concerning these issues, for I felt it critical that people have a common sense understanding of the simple and basic principles underlying good health and development. Statistics now reveal that a major health consequence of childhood obesity has given rise to type II diabetes in adolescents. Worldwide there are approximately 160 million people afflicted with this disease and 300 million people are dealing with obesity. Diseases are running rampant, and health care costs in the US alone are estimated to be \$93 billion a year.

Today, in addition to the massive consumption of junk food, nutrient depletion of our soil, genetically modified organisms, the environmental hazards of toxic waste and its link to cancer, and the possible threat of biological agents... knowledge and awareness of building strong immune systems is extremely important. **The Tale of the Kingdom** provides a fun and magical way to create awareness about wise food choices, in order to insure proper growth, mental and emotional functioning. *Education is the key!*

The format of **The Tale of the Kingdom** is presented as an actual script for a play that has been performed by varying age groups of children. It's fun and funny, as well as, educational and insightful and is offered as a transitional tool to assist with the current change towards healthier eating. It has proven to be a wholesome vehicle for multiple forms of learning, as education regarding healthy food choices becomes a by product of the many fun, eventful and constructive activities derived from such a venture with numerous rewards for life. **The Tale of the Kingdom** carries a benevolent but critical message concerning personal responsibility.

Plans include a website, so the format can be easily revised, updated and adapted to diverse cultural settings, and/or developed into an interactive computer game with toys, tee shirts, etc. There is an amateur video of the play, as performed by students, to be used as a prototype. Consideration is being given to renaming it *The Tale of the Kingdom*. In addition, it has been suggested that outreach programs be developed to health organizations, insurance companies, the corporate sector and the population in general, as medical costs have skyrocketed more than twice the rate of inflation, people are spending billions of dollars on medications and millions are without health insurance. Statistics reveal a critical need in our present day society for a new worldview - one founded on truth, wisdom and a feeling of being connected. The essential essence of **The Tale of the Kingdom** offers such a worldview.

Thank you, Pamela Wunder, Author

March 27, 1988

'Kingdom of Light' Educates Public

Good Nutrition Theme Of Local Comic Book

By Judi Lemos
D.N. Staff Writer

MOUNT SHASTA — Sir Cosmic and his winged horse Victory lead the search for good eating habits in the Kingdom of Light, according to the plot of an educational comic book authored by a Mount Shasta woman.

Pam Myers, 39, founded Cosmic Comics, Inc. in Mount Shasta recently. She said her first comic book, "Kingdom of Light," attempts to educate the public on nutrition's role in good health.

From a survey she conducted in 1983 while working toward a master's degree in clinical holistic health education, Myers concluded that the general public is unaware of dietary goals. She had sent out questionnaires to the parents of elementary school children in Santa Cruz, while she was working on an internship through John F. Kennedy University in Orinda.

"I discovered a large percentage of the respondents were not aware of the U.S. dietary goals," Myers commented. "That became a big part of my thesis."

It also became the basis of a play Myers wrote for the Santa Cruz school system. The comic book is based on the play.

The play chronicles the search of the hero, Sir Cosmic, for the cure to mysterious diseases which plague the Kingdom. He and his winged horse Victory travel to the distant Land of Noir, which is suffering through diseases similar to those in the

Kingdom. A wise man from the Land of Awees tells Sir Cosmic that poor eating habits are the root of the diseases. Sir Cosmic returns to the Kingdom with the knowledge that good eating habits will cure the people.

But the play alone was not enough to get the good eating habits message across, according to Myers.

"We needed more exposure, outside of Santa Cruz," she stated. "Because the play went over so well, the comic book idea just sort of flowed."

Myers approached her former brother-in-law Michael Myers, a graphic artist. He agreed to illustrate the book with Pam writing the story. It took Michael about seven months to finish the drawings for the approximately 15-page book. Meanwhile Pam was busy adapting the play's script to book form.

Along with the comic book story itself, the book will include several pages at the end which outline the U.S. dietary goals and ways to achieve them. A list of "super foods" is among this, as well as recipe tidbits.

Myers hopes that her book will guide people, especially children to healthier eating habits, which include less sugar, salt and fats.

"I hope people realize the role they play in the condition of their health," she said. "It's a question of mind over matter — having the presence of 'mind' not to put just any 'matter' into their mouths."

Myers has firsthand experience

with the impact of eating habits on her health. Ten years ago she was diagnosed as having an intestinal tract disorder. After seven years of doctor's appointments and medicines, the disorder had not gone away.

When Myers became interested in holistic health three years ago, she decided to try changing her eating habits and see what effect that would have on the disorder. The result was phenomenal, she said. The disease symptoms virtually disappeared, according to Myers.

"That's when I started to acknowledge the role nutrition played in my healing process," she said.



Myers 3083



Educational comics that instruct students in the principles of nutrition are an inspired new teaching aid.

Nutrition Comix

A California nutrition educator has come out with a comic book that discusses the whys and hows of resisting the siren call of processed foods and bucking down to good nutrition. Pamela Wunder Myers says the book evolved from a two-year internship with the Santa Cruz city schools, where she became keenly aware of the need for teaching aids in disease prevention.

The thirty-two-page book tells the story of Sir Cosmic, a knight who travels to a distant land to learn why his kingdom is riddled with disease and unhappiness. Along the way, he encounters piteous creatures who have overdosed on salt ("I had a stroke. It was no joke.") and white flour ("I get pastier by the hour. I often get stuck in that tower!" (pointing to an outhouse on the hill)). In the end, Sir Cosmic completes his quest and carries home words of nutritional wisdom that save the kingdom.

The second half of the book is a surprisingly thorough discussion of the U.S. Dietary Goals, nutrition and birth defects, food irradiation, and the benefits of whole foods. "The Tale of the Kingdom of Light" is available for \$2.95 plus 65 cents postage from Cosmic Comix, P.O. Box 700, Mt. Shasta, CA 96067.

The Case of the Missing Nicotine

There's a new cigarette that promises to be at least a small improvement on a bad idea. Favor, the world's first smokeless cigarette, is a hollow tube with a nicotine-laced plug at the end. People who've tried it say it feels like you're drawing in hot smoke. The makers of the new cigarette, Advanced Tobacco products of San Antonio, Texas, say that their invention is beneficial for bystanders who

don't have to inhale the smoker's blue-grey cloud.

At the American Health Foundation, a non-profit medical research group in Valhalla, New York, a biochemist who wondered how the cigarette was affecting the smokers themselves measured nicotine levels in volunteers... and found none. There's plenty of nicotine in Favor, says Daniel Sepkovic, but somehow not much of it seems to reach the smoker. Favor will go on sale in stores by the end of the year.

Waxing Angry Over Food Additives

Supermarket produce is commonly treated with waxes, fungicides, and other preservatives to guard against deterioration and to inhibit natural ripening. We can't taste them, and, beyond an occasional shiny-slick cucumber, we can neither feel nor see them.

There ought to be a law? There already is one, but most stores routinely ignore it. Federal regulations require retailers to post signs or bulk container labels that "prominently and conspicuously" announce the presence of specific preservatives. Mark Brian, a California tennis-club owner, wants to know why so many produce stands are skirting the law. Brian is mailing letters to supermarket chains asking what steps they plan to take to comply with the law. He is also planning a class action suit.

Brian's work has the blessing of the Union of Orthodox Jewish Congregations of America, whose concern stems from the fact that some waxes and coatings are derived from beef tallow and thus violate the dietary laws of orthodox Jews (see *Compass*, August 1985).

Brian is asking anyone who has ever suffered illness or injury from fruit or vegetable coatings to contact him for possible inclusion in his



lawsuit. He can be reached at Valley Tennis and Swim Club, 1450 Hotel Circle North, San Diego, CA 92108; (619) 296-6341. For the record, items that may have a wax coating include apples, avocados, bell peppers, cucumbers, eggplant, grapefruit, lemon limes, melons, oranges, parsnips, passion fruit, peaches, pineapples, pumpkins, rutabagas, squash, sweet potatoes, tomatoes, and turnips.



Surprising Relief for Indigestion

Here's an item that almost makes you wonder why the drug companies don't market sugar pills. A Swedish study reported in the *New England Journal of Medicine* (Vol. 314, no. 6) indicates that for people with chronic indigestion not caused by ulcers, placebos work just as well as antacids. They also relieve symptoms as well as the prescription drug Tagamet (cimetidine), one of the largest selling drugs in the world.

According to Paul Miscovitz, a gastroenterologist at Cornell Medical College, "This report challenges the validity of a common medical practice." Doctors assume that antacids help indigestion patients by neutralizing acidic stomach secretions. But Miscovitz says it's more a case of blind faith. "Stomach disorders are poorly defined. We don't know exactly what non-ulcer indigestion is."

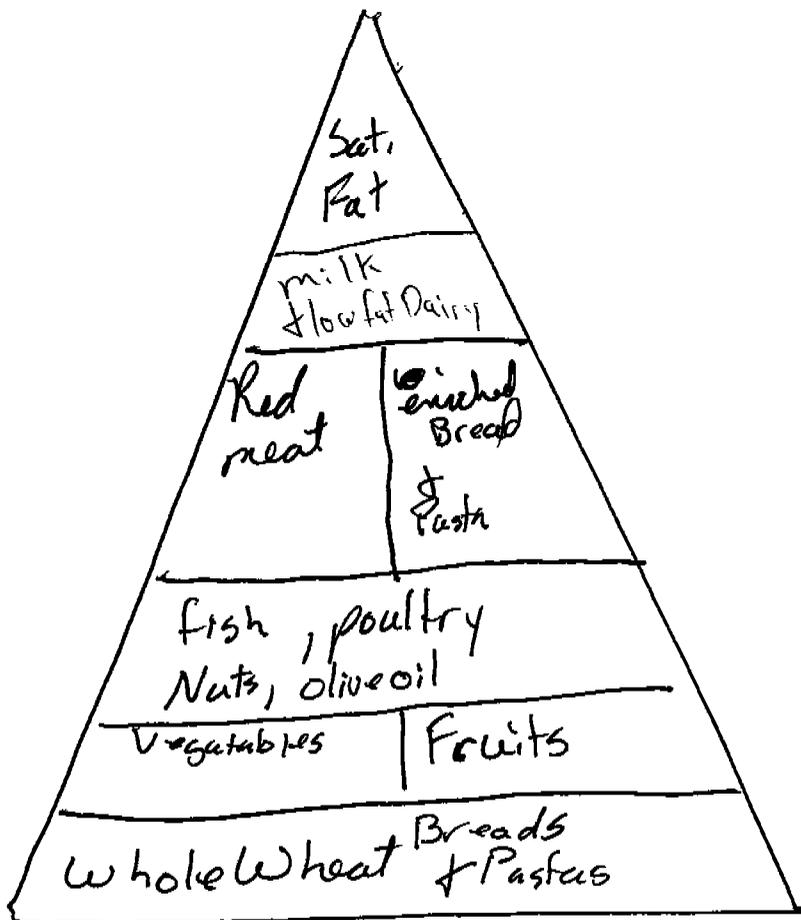
Ryan Olson ✓

O/son
1 OF 1

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10/15/09
KS

Food pyramid

In my pyramid I am going to split up the food groups a little, they are too general. The bread and pasta group need to be split up into two groups. 1) Whole wheat breads and pastas 2) enriched breads and pastas. The meat needs to be split up into two different groups 1) this is the red meat group which is the higher fat of the meats. 2) This the fish and poultry meats that are a great deal less in fat than the red meat but, it will provide all the nutrients of red meat with out the fat. I am going to recommend that people use this pyramid on the bases that they are active people and will be able to burn some calories and some fat. If the people are not active then they may need to adjust the servings to accommodate their lifestyles.

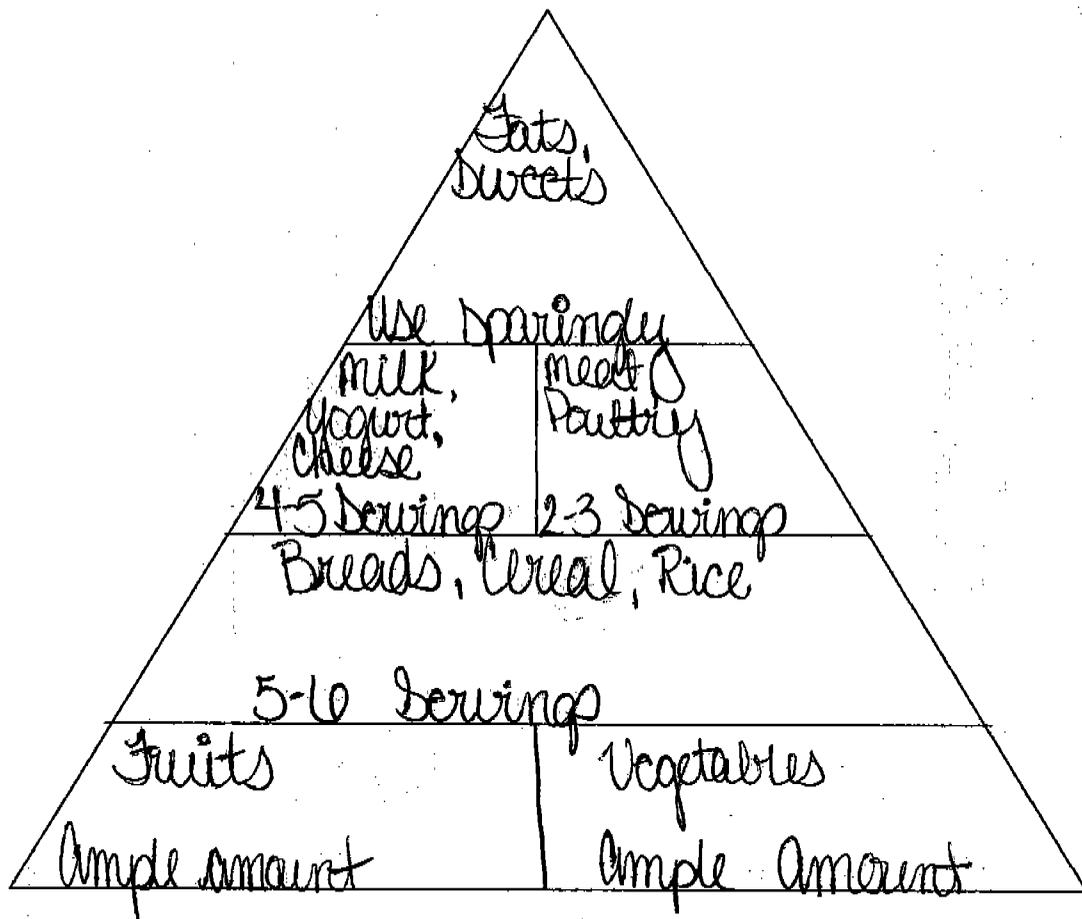


Gowdy
10/1

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10/15/05
KS

Jessica Gowdy
TR 8:00-9:15
✓

I think that the current food pyramid is not reasonable enough. Most people that I know do not get nearly enough of the required servings on the current food pyramid. I personally think that there are too many servings on some parts of the pyramid and not enough on other parts. I kind of like the idea of the new food pyramid in question, but I still think that they broke down the pyramid too much. I do not think that most people would pay attention to servings of nuts, legumes, etc. I would build my pyramid as follows...



October 7, 2003

Alford
1 of 2

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10/15/03
KS

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

Dear Team Member,

I am writing to you in response to the invitation for consumers to submit comments about proposed changes to the food pyramid. I would like to propose the following changes to the current food pyramid.

1) The new food pyramid should emphasize the intake of water, & place it in a category by itself. Water is the body's most indispensable nutrient. The body needs more water each day than any other nutrient & the body can only survive a few days without it. Although water is found in almost all the foods we eat, it is not enough to assume that consumers understand that, & assume that the body's water need is being met in that way. Water intake should be in its own category above & beyond all other nutrients for people to see the significance of it. Water acts as a solvent, provides the medium for transportation, participates in chemical reactions, provides lubrication & shock protection, & aids in maintaining the body's temperature.

2) The new pyramid should also emphasize physical fitness along with nutrition. Consumers need to know that just following any food pyramid is not enough. Consumers need to understand that physical fitness is just as important as adequate intake of nutrients. Consumers need to be able to distinguish between adequate nutrient intakes & its affects on both a sedentary lifestyle vs. a physically fit lifestyle.

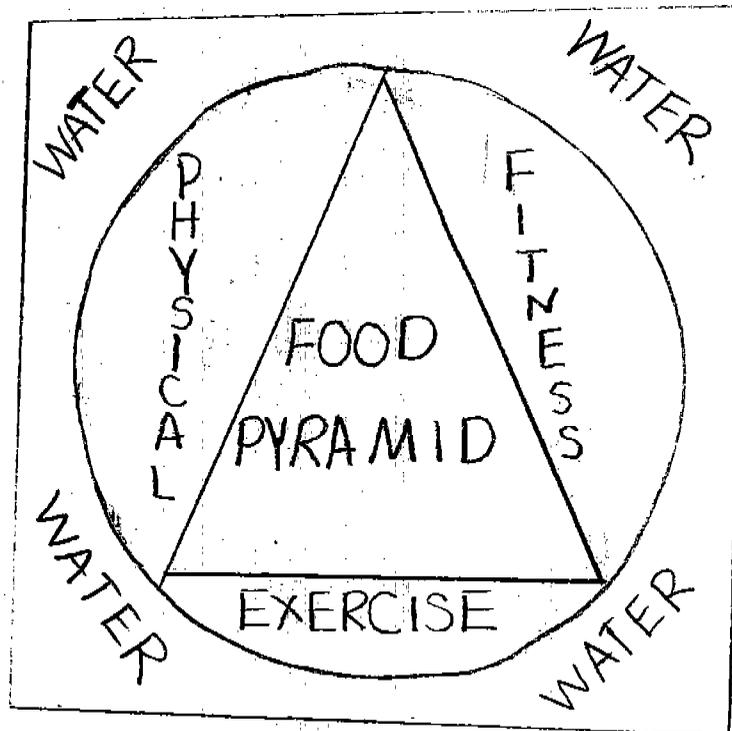
I feel that both adequate water intake and encouraging physical fitness should be a priority when designing the new food pyramid. These two factors when acting together should bond the entire pyramid. So many other factors go into each of the other food categories, when taking into account one's religion, ethnicity, personal tastes, affordability, and educational background. Two factors that I feel most people will learn to

Alford
2 of 2

agree on, when properly informed, are the importance of adequate water intake and physical fitness.

Thank you for your time and consideration.

Darius Alford ✓



DA 2003

Tami Trail ✓
ALHS 4315
October 6, 2003

Trail 1 of 2

RECEIVED
10/15/03
14

Introducing a New Food Pyramid

A new food pyramid should be introduced to Americans and everyone around the world because the old pyramid is simply giving the wrong impression to people.

Nutritionists have discovered that there are both good and bad carbs and good and bad fats. These differences can be easily distinguished on a new food pyramid. A new food pyramid would break up old food groups to separate good and bad carbs, fats and proteins by quality.

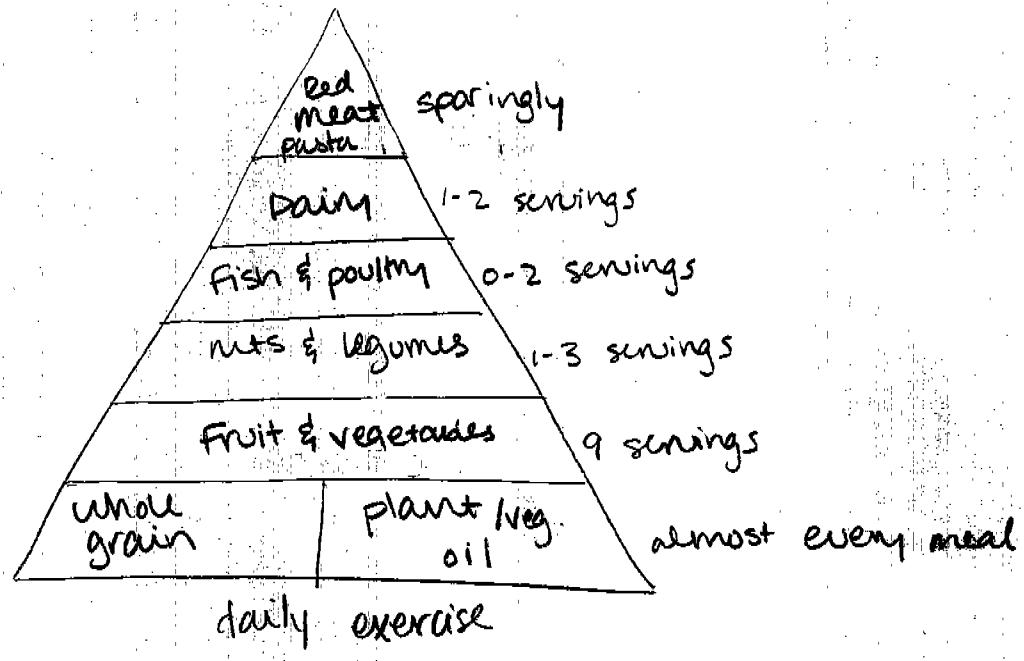
The bottom of the pyramid would consist of daily exercise, at least 30 minutes a day. This will lower the chances of heart disease, obesity, and osteoporosis if a person is active throughout the day. The next line, for better health, is good fats and whole grains such as plant oil and whole grain products, which should be eaten with every meal. Refined carbs cause a rapid raise in blood insulin. Whole grain foods such as whole wheat, brown rice, or oatmeal are a good source of fiber, which slows the release of carbs into the bloodstream and keeps insulin levels spiking. Vegetable oils are considered heart healthy fats because they do not raise blood cholesterol levels. Then vegetables and fruit will take up the next line. They should be eaten up to 9 servings a day because they provide essential vitamins, minerals, and enough fiber to help keep people healthy. Nuts and legumes go next. Not only do nuts provide high-quality protein, they also provide "good fats" that help lower bad cholesterol. Beans are another source of protein and may help reduce the risk of heart disease. Fish, poultry, and eggs are in a group all their own

Trail 2 of 2

Tami Trail
ALHS 4315
October 6, 2003

because fish have almost no artery-clogging saturated fat, lots of essential fats and may help prevent heart attacks. Eggs are a good source of protein and may help fight age-related cataracts. Dairy comes next, and this group should be taken in 1-2 servings a day. Supplements should not be taken in place of dairy products because like in the old days, "nothing is as good as the real thing." At the very top, red meat, butter, white rice, white bread, potatoes, pasta and sweets are to be used sparingly. Red meat contains a lot of harmful saturated fat and refined grain products contain a "empty calories" that may contribute to weight gain and diabetes. We should also consider making the servings smaller. People have drastically increased portion size and if they were to decrease them even a little, there would be a huge difference in the quantity of food we take in.

Regardless of nutrition advise, a person should eat a diet high in fruits, vegetables, and whole grain foods, eat less red meat and more fish, choose low-fat dairy products, and go with vegetable oils instead of butter. These healthy guidelines can make your diet better and make you feel better about yourself.



Krystal Faifer

Dr. Ballard

ALHS 4315

Faifer
1 OF 3

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10/15/03
DH

Proposed Changes to Food Pyramid

I have proposed several new changes to the current food pyramid guide. First, a healthy lifestyle and education should be the foundation for all nutritional guides. Without the correct lifestyle and education one cannot successfully follow any sort of food pyramid. Next, I suggested four to nine servings of whole grains. I differentiated "good" carbohydrates from "bad" carbohydrates. It is important that a person can differentiate between complex and simple carbs; this again goes back to the educational foundation I have suggested as well. I cut the number of servings because portion sizes in America are much larger than they used to be. Third, I suggested both fruits and vegetables in a similar manner to that of the current pyramid. I did not change the serving size to correlate to Americans larger portions because as a whole, fruits and vegetables are under eaten. Fourth, I suggested plant oils at most meals. Here I dispelled the assumption that all fats are "bad". Next, I felt the public should consume 1-2 servings of legumes, fish, and other lean white meats. Here I provided the much needed lean protein sources. Sixth, I recommended 1-2 servings of dairy products, including cheese and milk. Finally, I advised the consumer to use animal fats, simple carbohydrates, sugar, and red

Fairer
2 of 3

meat sparingly. These foods are of no significant use in the body and should not be ingested in large quantities.

I feel that food servings should be reduced in order to compensate for the larger portion sizes offered. I also believe that lifestyle and education should be incorporated into the pyramid because these factors play a huge role in being able to abide by and understand recommendations. Classifications of carbohydrates and fats should be clear. Generalizations must be kept to a minimum. A successful pyramid should be easy to understand and interpret by anyone. I feel my proposed pyramid meets all these stated requirements.

Faster
3 of 3

Animal Fats, simple
carbohydrates, sugar,
red meat
Use Sparingly

Dairy
1-2 servings

Fish, legumes, lean white
meats
1-2 servings

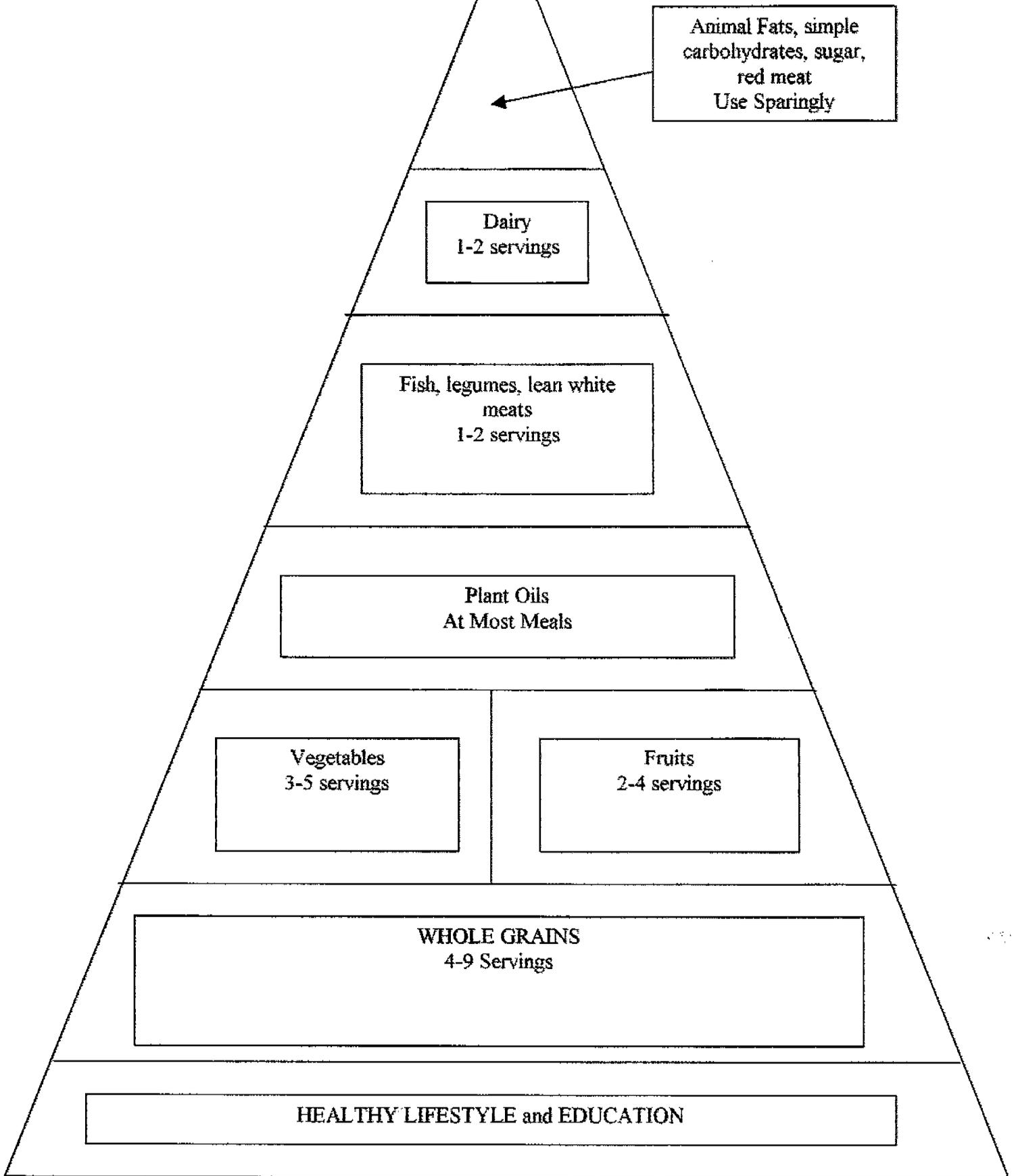
Plant Oils
At Most Meals

Vegetables
3-5 servings

Fruits
2-4 servings

WHOLE GRAINS
4-9 Servings

HEALTHY LIFESTYLE and EDUCATION



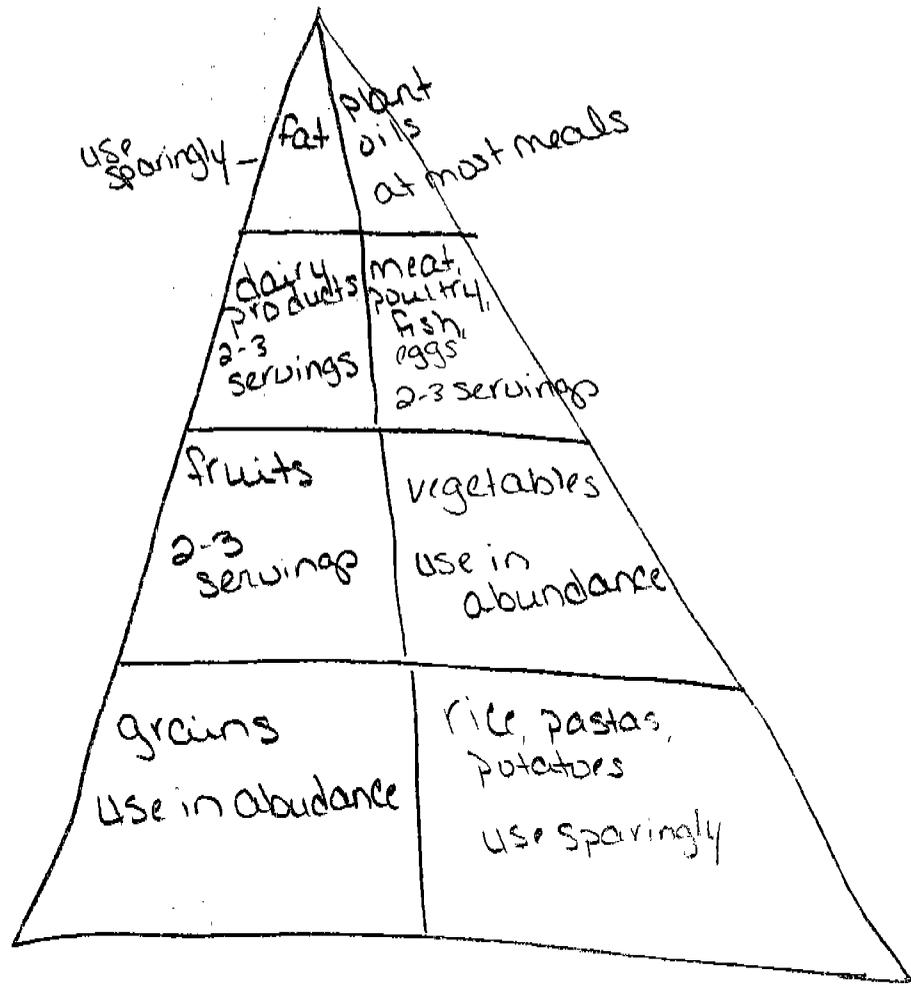
Johnson 1 of 2

Jennifer Johnson ✓

RECEIVED
10/15/03
KT

A major criticism with the current food pyramid is that it does not separate from the good carbohydrates and the bad carbohydrates. A good thing about the proposed pyramid is that it does, but a negative is that it is too big. The pyramid should separate the whole grains from the rice, pastas, and potatoes. The vegetables should be increased in the number of servings. It should be known that all oils are not bad and that some meats are good.

Food Pyramid Johnson 2 of 2



Jessie Droptini ✓
Nutrition
Dr. Ballard
October 7, 2003

Droptini
1 OF 2

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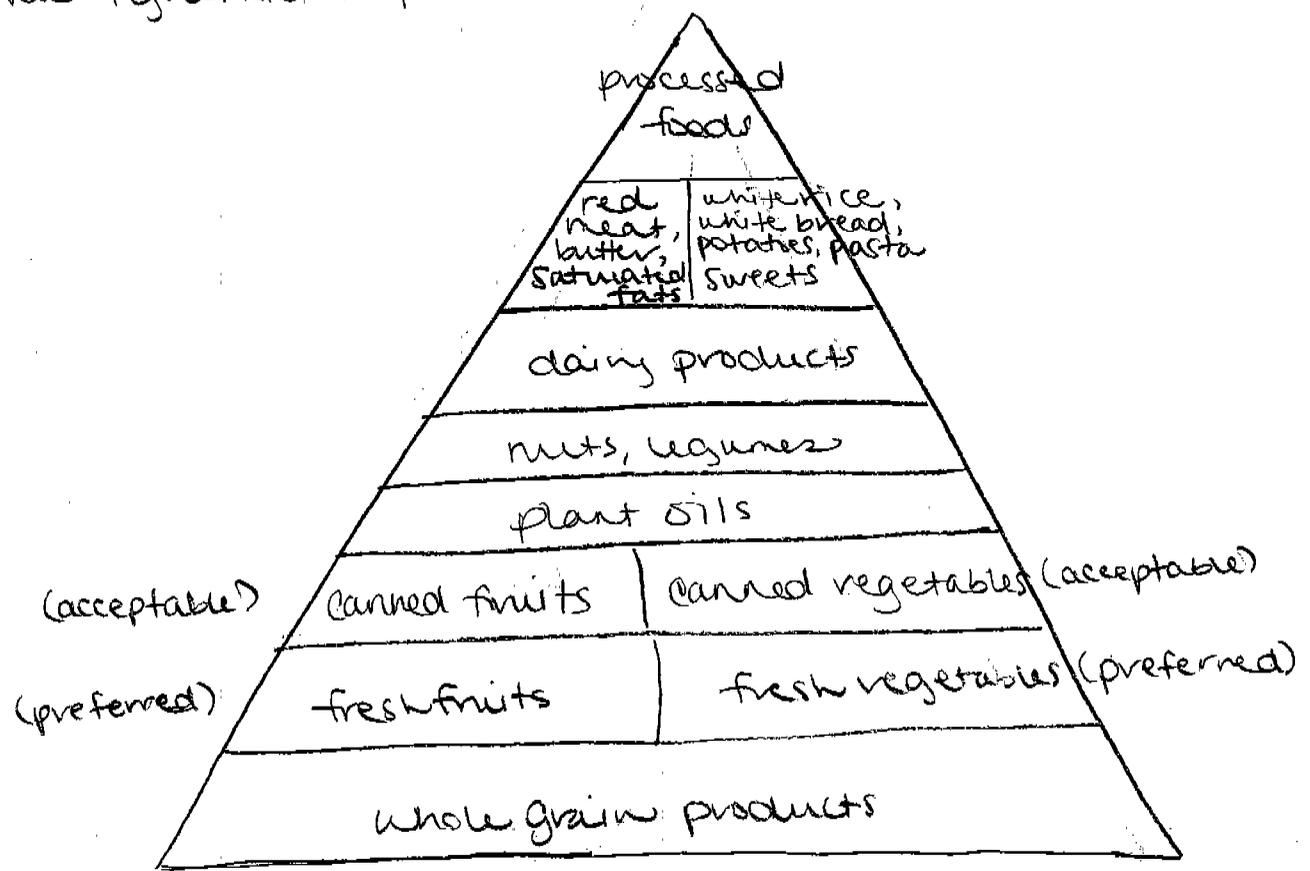
The food pyramid in present use has several problems with it that need to be addressed and corrected. The food pyramid makes the assumption that all fats are bad, instead of differentiating between good fats such as vegetable oils and bad fats such as red meat, butter or saturated fats. It also makes the assumption that all carbohydrates are good, when in fact carbohydrates such as white rice, white bread, potatoes, pasta and sweets are not as healthy of a choice as whole grain products. The present food pyramid again makes an assumption by showing milk, dairy products and meat as the only sources of protein when nuts and legumes may also be used as a substitute source of protein without the fat and cholesterol of meat or dairy products. In looking at these misleading assumptions made by the present food pyramid, certain changes should be made to help individuals have a better and more specific understanding of what a healthy diet is.

In order to create a better pyramid, the statements I made earlier should be taken into consideration. There should be differentiation between good and bad fats, good and bad carbohydrates and emphasis on better and healthier sources of protein. Also, other possible changes should be considered. If we are to create a pyramid to better serve society as a whole, we need to realize that many Americans do not have the best of eating habits. Many people have resorted to the "quick and easy" way of cooking by using foods that are processed and already prepared. While this may not be the healthiest choice, it should be included in the pyramid in very limited portions to show individuals that processed foods are not the best choice in a healthy diet. Also, there should be

Dropini
2072

separation between canned fruits and vegetables versus fresh fruits and vegetables. The reason for this is when fruits and vegetables are cooked they tend to lose some of their nutrients that are originally contained in fresh fruits and vegetables. This separation should be included in the new food pyramid because individuals should be informed that canned fruits and vegetables, while still a very healthy choice, have lost some of their original nutritional value due to cooking processes. In conclusion, the new pyramid should make the distinction between good and bad fats, good and bad carbohydrates and emphasize healthier sources of protein. Also, the making of the new food pyramid should be accompanied by the realization that many Americans do not make the best diet decisions; these poor diet decisions should then be shown, in limited portions, in the new food pyramid to show Americans their unhealthy decisions and ways that those decisions can be corrected.

New Pyramid Proposal:



Loosier
1 of 2

October 2, 2003

Food Guide Pyramid Reassessment Team,

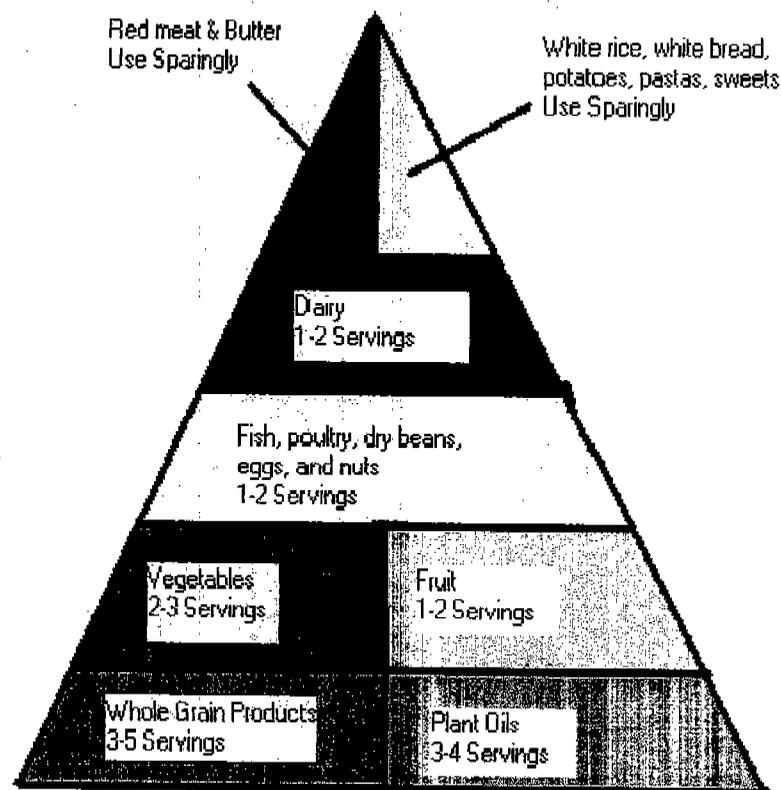
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DRI

I am writing in regards to the request of input about the current food guide pyramid. In my nutrition class at University of Texas at Tyler, I realized three criticisms of this pyramid. It assumes all carbohydrates are good for the body, but actually they are not. The food guide pyramid needs to make a difference between whole grain products and white rice, white bread, potatoes, and pasta. Another fault is the food guide pyramid assumes all fats are harmful to the body. Plant oils are very healthy for us and needed to be added to our diets. The last criticism is the pyramid does not take in account that the serving sizes have become larger throughout the years. Everything in today's society is sold in larger quantities, so the servings need to be smaller. I have designed a new food pyramid that shows the changes that help the criticisms of today's pyramid. Thank you for allowing me to give you my input.

Sincerely, Misti Loosier

Coosier
2012

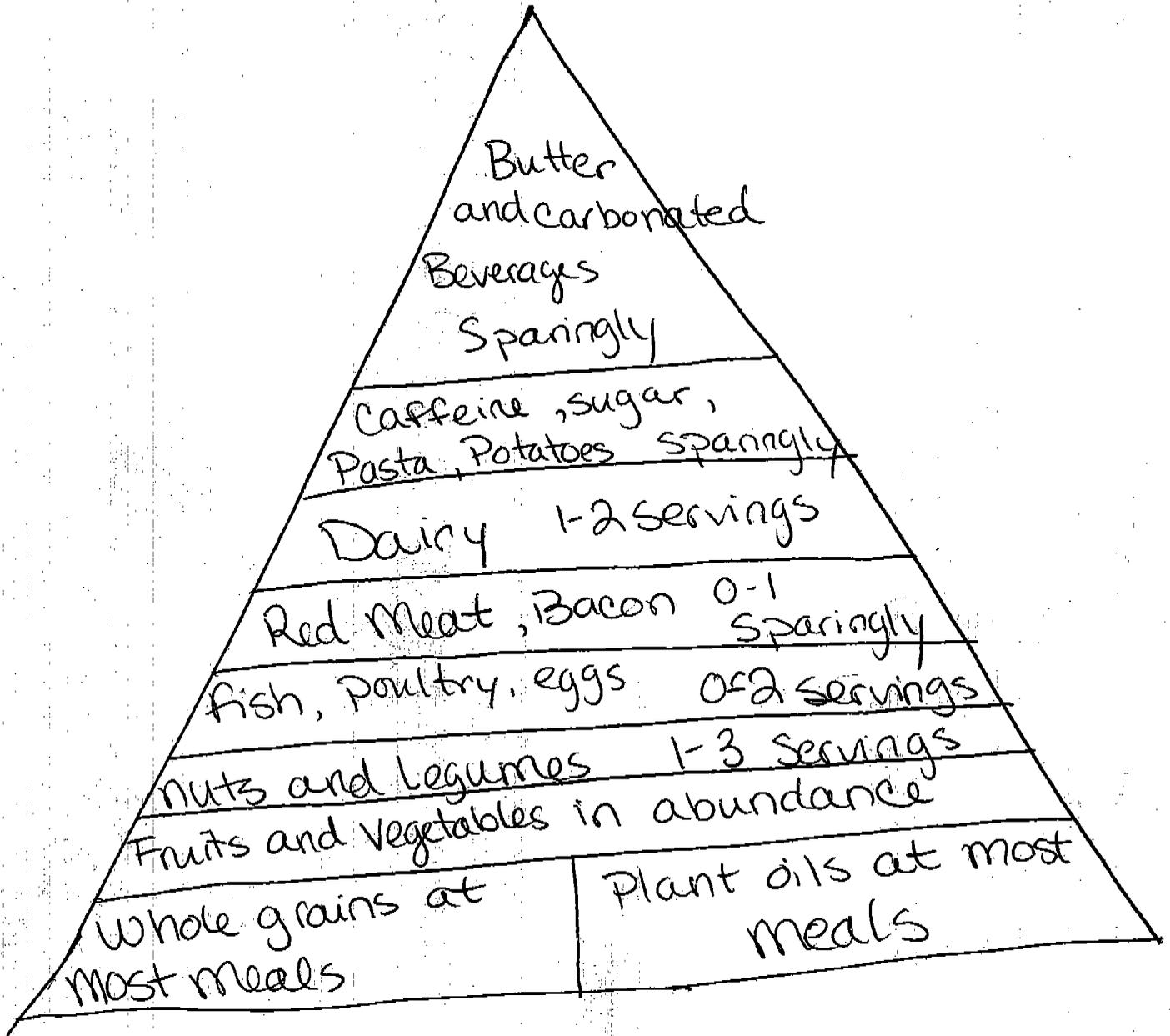
New Food Guide Pyramid



McFadden 10/2

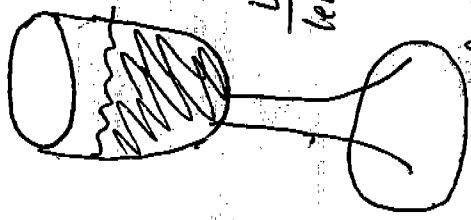
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10/15/03
Melissa
KT ✓ McFadden

The food guide pyramid needs several things to be changed. Most of all Americans food portions are larger and contain more butter and carbonated foods. I do think that the food pyramid should separate between good and bad carbohydrates and fats. That is probably one of the most detrimental things to the American diet, the common public doesn't know the difference. The pyramid I have suggested recommends more whole grains and white meat. Fruit and vegetables still need to be in abundance. But I do think that there should be a category for nuts and legumes, though I do not think most Americans are familiar with what falls into the legume category. Further explanation would probably be useful in that category. I made red meat into its own category so people could see how important it is to limit their intake of this product. Dairy is still important but should be less servings than originally required. Most importantly I made a separate category for sweets and carbonated foods and beverages. The American public needs to be advised that these are not of significant nutritional value and should be given usage of sparingly. Butter as well should be in a category of rare use. With a combination of the food pyramid I suggested and the old one I think there could be a great outcome and the general public would benefit tremendously.





Carbonated beverages
 ↳ use sparingly
 avoid beverages that have high fructose corn syrups.

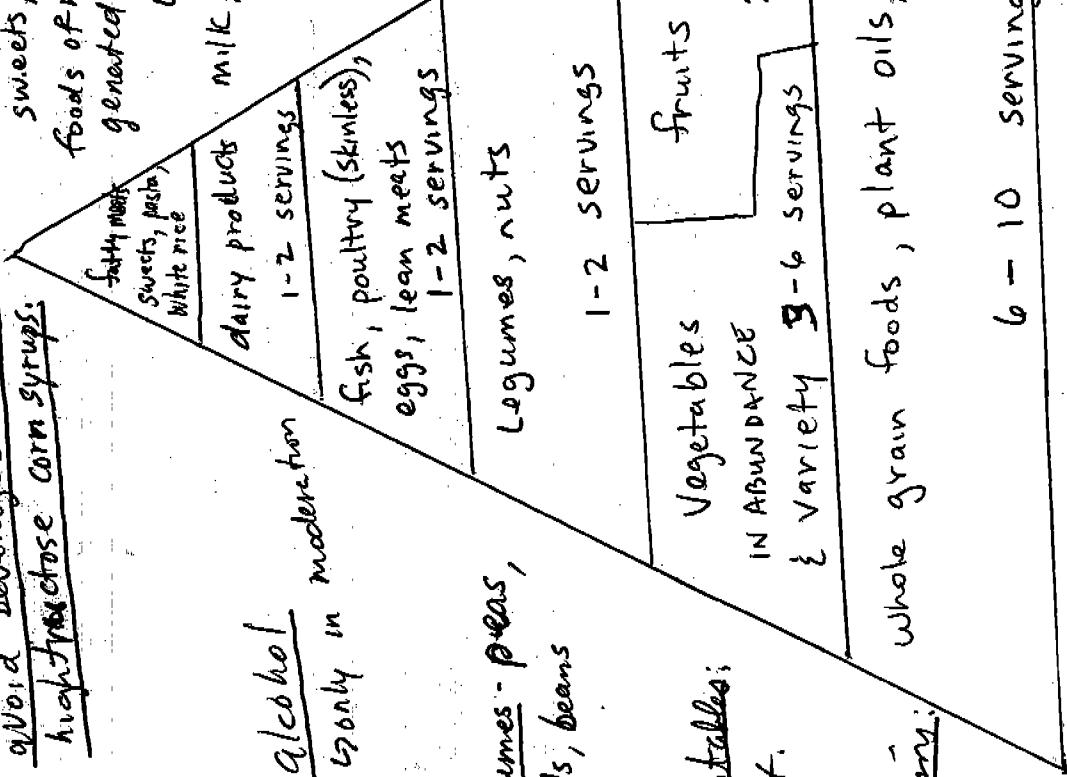


alcohol
 ↳ only in moderation
legumes - peas, lentils, beans

Eat a variety of vegetables;
 leafy, sprouts, squashes, etc.
 greens

Choose a variety of grains;
 every day, especially whole grains enriched grains.

Hi fat foods
 sweets, fatty meats, butter,
 foods of min nutr value, hydrogenated oils. Limit saturated fats to $\leq 10\%$ total calories
 use sparingly
 milk, cheese, dairy products



Robert J West

RECEIVED
 1/15/05

avoid packaged, prepared foods
 high in saturated fats & high in processed sugars.

Best OF ALL

Eat a variety of fruits, dairy.
 avoid frozen, processed & prepared fruits high in processed sugars.
 Avoid sugars being added.

You need a daily intake of ~~fat~~ unaturated fats.
 Total fats should not exceed 30% of daily intake.

Sat fat 10%
 unsat fat 10%
 hydrogenated fat $\leq 10\%$

Glasgow / OFI

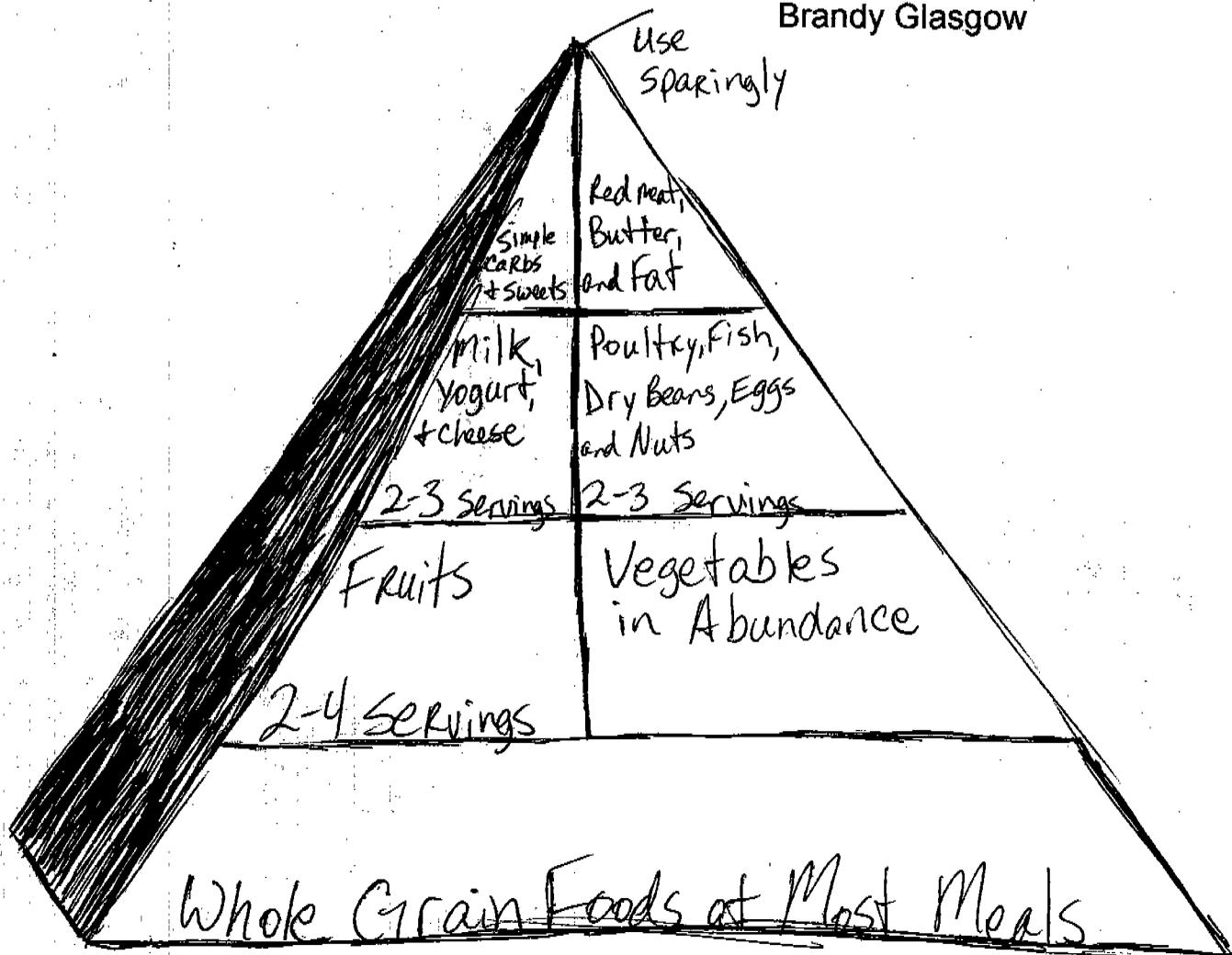
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10/15/07
KT

Dear Food Guide Pyramid Reassessment Team,

The food guide pyramid is clearly flawed and should be changed. I suggest dividing carbohydrates into two categories. This will show that not all carbohydrates are good for you. Also, I think you should make red meat its own category so that American's know that it is not the best way to get protein. However, I do not think you should make plant oils its own category and say to eat them at most meals. American's already eat too much fried foods. Making plant oils a main food group would just give them an excuse to fry everything in plant oils because they do not know enough about nutrition to understand what they should eat.

Thank You ✓

Brandy Glasgow



Chomba Hansende ✓

Nutrition, Health and Disease

October 7, 2003

Hansende
1 OF 1

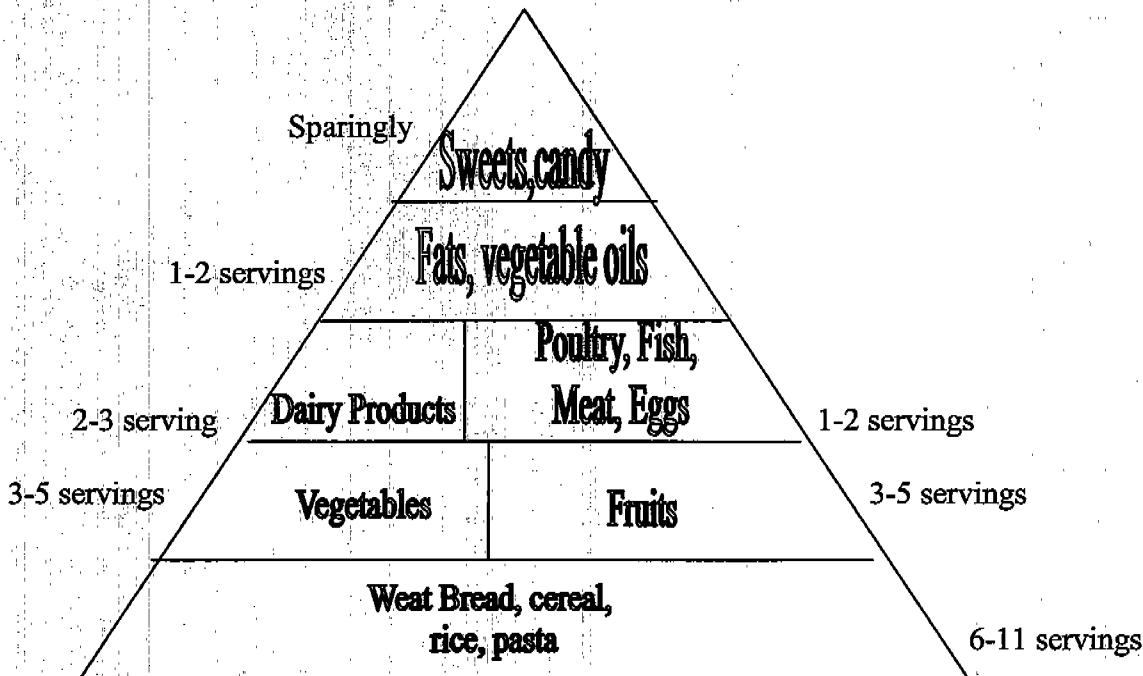
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KJ

Improving Food Pyramid

Though the Food Pyramid was made to help people improve their diet, there is a large population of people still struggling with their health. Changes have been made to make the pyramid better. I believe there is still need to improve the pyramid.

There are so many disadvantages for fat intake, such that it is at the very top of the pyramid. People do not realize that fat can be important in the diet. The food pyramid does not give a serving size for fat. This should be changed because people might take in less fat than they need. Fat is needed in the diet because the body does not make fatty acids, which support cholesterol metabolism and help in skin and hair health. Too much fat is not good, just as too much of the other nutrients, is bad. The size of fat serving should be enough for the people just like the other nutrients in the food pyramid.

Below is a drawing of how the new food pyramid should be:



Julie D. Rhame ✓
Nutrition and Health

Rhame
1 OF 2

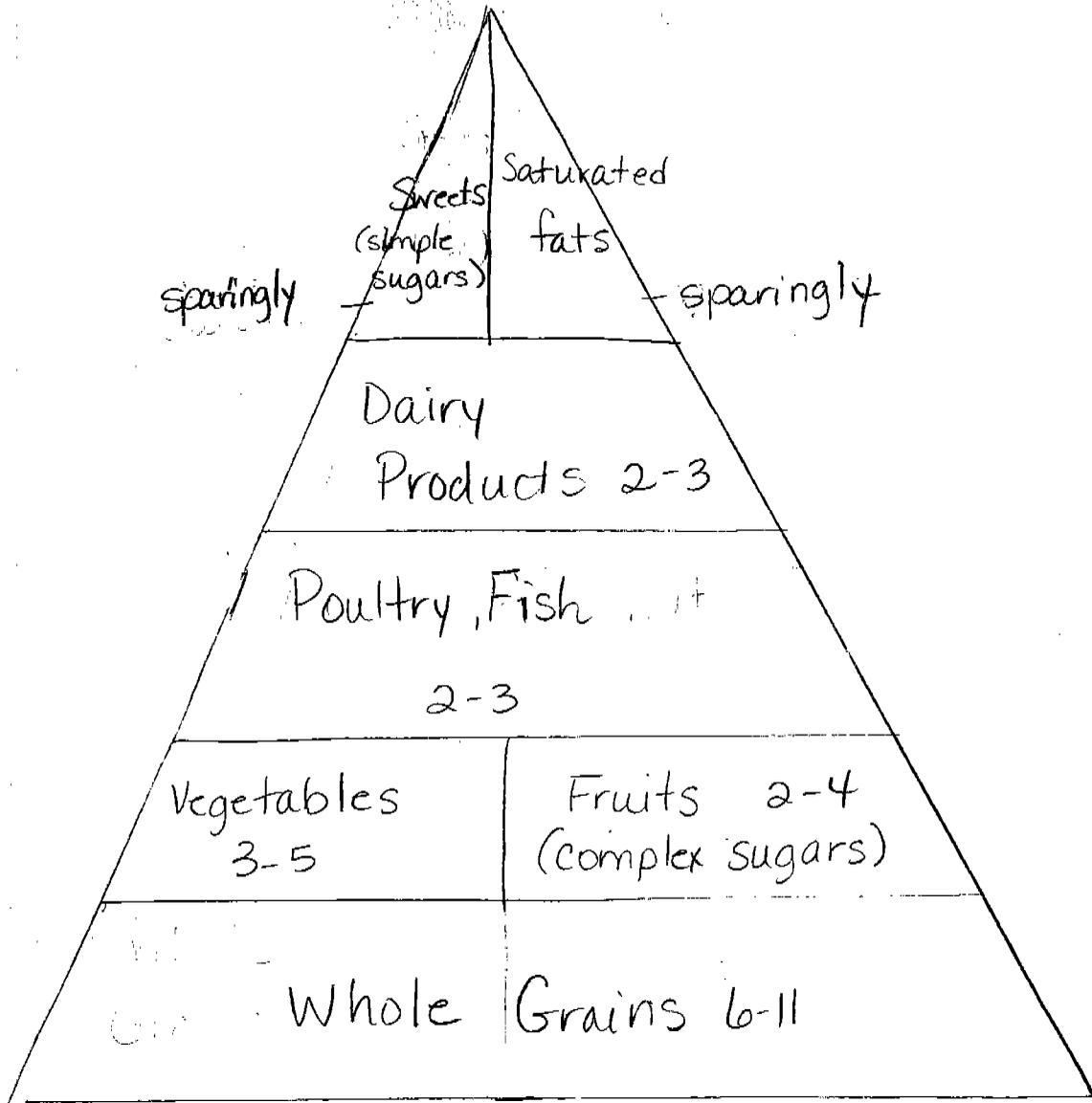
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10/15/09
KS

Food Pyramid

Rationale: I choose to place whole grains at the bottom of the pyramid, because I felt that people should have larger servings of these. Whole grains contain the nutritious portions of the grain such as, are vitamins and minerals. In the next level of the food pyramid, I chose to place vegetables and fruits. Vegetables should be eaten daily to ensure that the body gets the important nutrients such as fiber, vitamin A, C, folate, potassium, and magnesium. Fruits are important because they contain the complex sugars, which provide the body with energy. Poultry and fish are place on the next level. I placed poultry and fish close to the bottom, because I feel that this would let people know that poultry and fish are better for the body than red meats. Dairy products are placed on the next level. Dairy products are important for health, but only in moderation. At the top of the food pyramid I chose to place saturated fats and sweets. Saturated fat servings should be in very minute quantities. Saturated fats can increase the risk of heart disease. Sweets servings should also be in very minute quantities, because they contain very little nutritional value.

Rhame
2012

Julie Rhame



Megan Boswell
Nutrition Tue/Tr 8:00
October 7, 2003

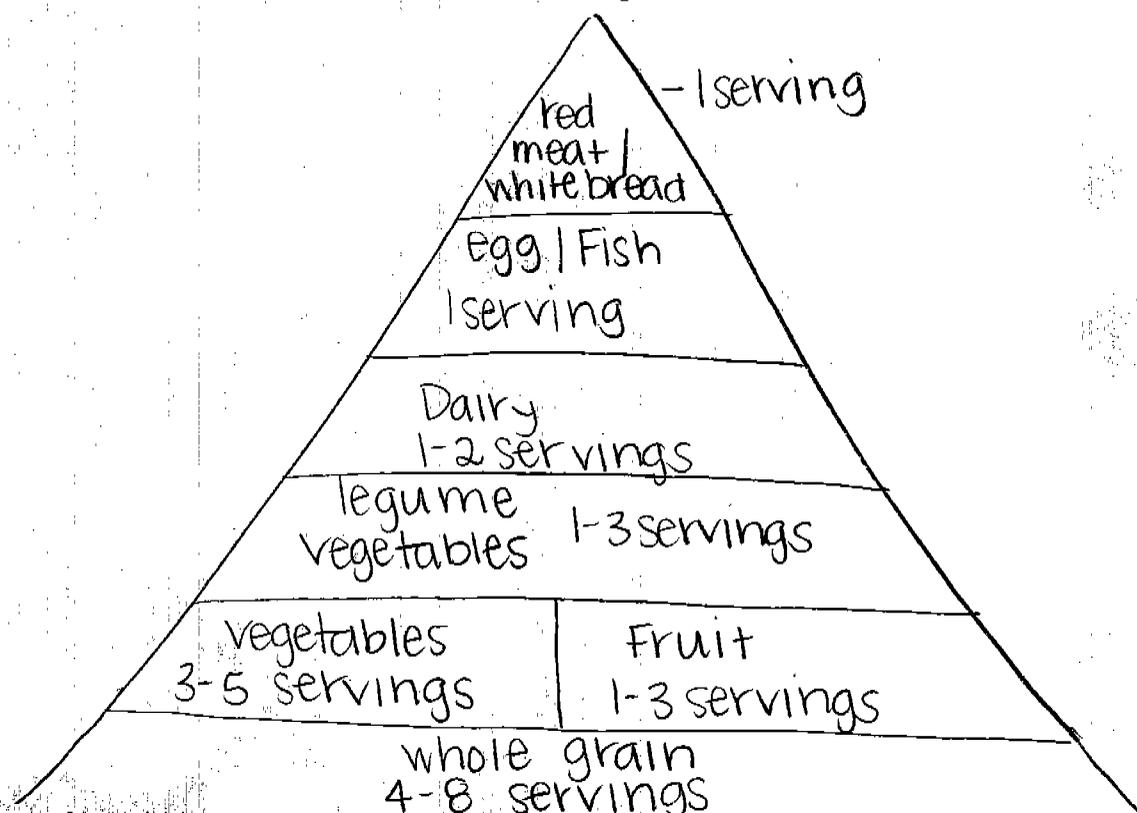
✓
Boswell
1 OF 2

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10/15/03
K1

New Pyramid

The new pyramid that I created will help people be healthier in many ways. I lowered the servings of whole grain and I also lowered the servings of fruit. I think by doing this it will eliminate a lot of extra sugar and carbohydrates. Also, by separating whole grain from white bread, it eliminates the scope of a cinnamon role from whole wheat bread.

I also think that the poultry and eggs should be reduced which might lower cholesterol. I also switched the dairy group and poultry/egg group. I lowered the serving of red meat and white bread. A lot of people have the misunderstanding that red meat is good and they also believe that white bread is good. Red meat is protein, but not the best way to obtain protein. Also, white bread is loaded with sugar and carbohydrates. I think that the two should be avoided as much as possible.



Rachel Fox ✓
Nutrition
October 7, 2003

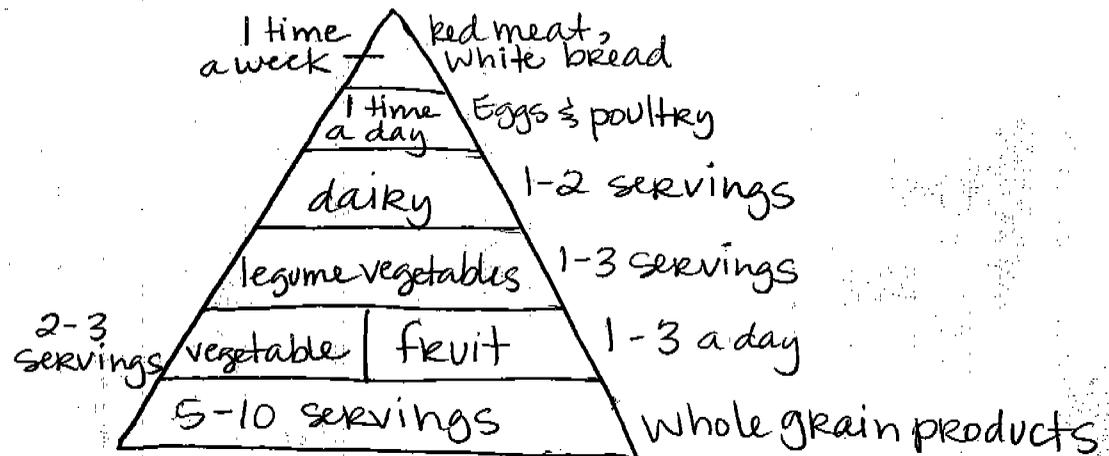
FOX 10/7/03

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10/15/03

New Pyramid

Changing to the new pyramid will be more health beneficial in several ways. My pyramid separates the good fats from the bad fats, provides more protein from legume vegetables rather than red meat, and lowers the poultry and egg servings. Also, I decided that red meat and white bread should only be allowed once a week if desired.

By separating whole grain from white bread, it eliminates the broad scope of a cinnamon role from whole wheat bread. Also, by reducing the serving size of poultry and egg group, maybe a person's cholesterol will not exceed normal. Then, I reduced the red meat portion because it is very unhealthy and needs to be a voided if possible, and white bread as well because it just turns into sugar in the body. My pyramid is correcting the understatement that all carbohydrates are good, and meat is a great source of protein.

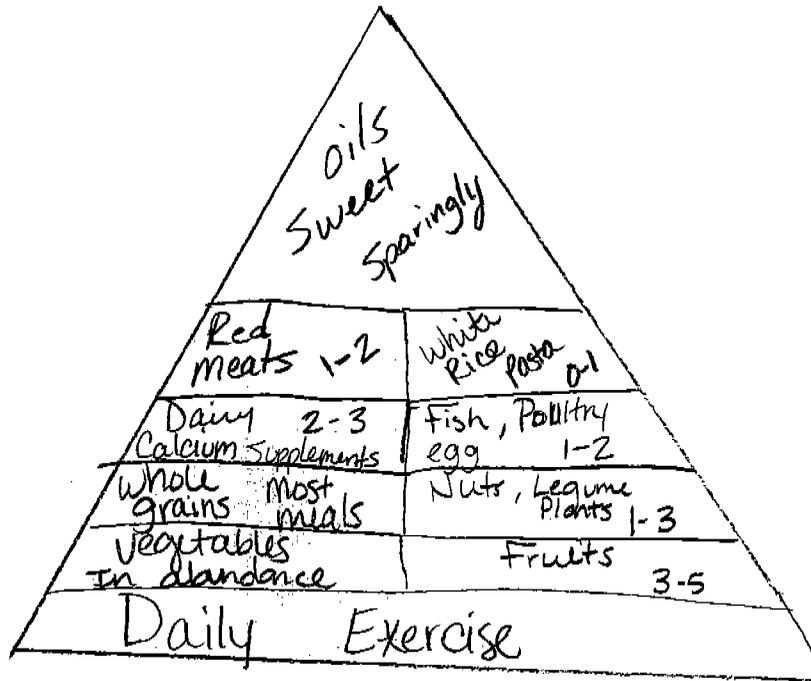


Simmons
10/7/03

RECEIVED
10/15/03
KT

Julie Simmons ✓
Nutrition
10-7-03

New Food Pyramid



I think the serving size for fruits and vegetables should be increased and moved to the bottom of the pyramid as more important groups. I think it is hard to get as much as we need when it comes to these two groups and we should encourage people in eating more healthy by the increase of vegetables and fruits instead of eating less servings of other things, just eat more of these. I also think the pyramid should break down the different categories of carbohydrates and fats, but making this understandable to people by listing foods that might be found in these groups. Specific types of meat should be identified also. More of an emphasis on exercise is also an important part of the food pyramid.

October 9, 2003

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10/15/03
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Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Team Members:

In response to your call for input regarding revisions to the Food Guide Pyramid, there are several ways the content, as well as usage, can be improved. Dietitians play a key role in disseminating nutrition messages and information to the public and therefore are keenly aware of the complex process of teaching a patient to eat well and exercise.

Nutrition professionals frequently counsel individuals and families on issues of weight management, activity/exercise, and healthy food choices. They instruct them on basic nutrition, food groups, serving sizes and food labels. One of the main tools used is the Food Guide Pyramid. While the Food Guide Pyramid has many strengths and is a multifaceted learning tool, there are two main drawbacks. One is with the use of caloric requirements and categories and the second is with how information fails to reach the public.

Frequently, a patient is concerned with their own weight or their child's weight. They either want to be given a "diet" with specific calorie requirements or they refuse to listen if they are going to be assigned a "diet". Caloric need is not a one size fits all concept. Not only can two people with the same gender, height, weight, and amount of physical activity have different caloric requirements, figuring out one's child's or own caloric needs can be far too complicated for the average consumer. The consumer may become distracted by calorie concerns and dismiss the importance of moderation and choosing a variety of nutrient dense foods.

Many people feel that if the public has nutrition and activity questions they should seek assistance from a health care professional. However, insurance often covers only one nutrition visit in a lifetime and people tend to seek out nutrition counseling only after a problem develops. The Food Guide Pyramid should be a preventative tool to help the public self-manage their weight and health.

The average American needs help with understanding the basics of what eating "healthy" means. They are bombarded with a plethora of advertising, peer input, the latest diet-of-the-day, and body-image misconceptions. Today "carbs" are bad, tomorrow fats are good, and the next day only some fats are good. When they do not know the foundation of which foods contain carbohydrate, protein and fat, they

Bloch
20F3

October 9, 2003

are not prepared to make educated decisions on which foods to choose nor how much to consume.

These same people are over-whelmed in their daily life without being told to watch the number of calories they are consuming along with those of their children nor can they fathom what it means to fit in an hour of exercise everyday. The American Dietetic Association (ADA), in its position paper "Total diet approach to communicating food and nutrition information", reports 29% of consumers cited "lack of understanding of nutrition guidelines" as a barrier to nutritious eating.

What do people need? They need the basics. They need to know the content of food, how and what to buy, how to afford it, prepare it and when to eat it. They need to know how to fit activity into their day and be supported in their efforts by community infrastructure i.e. bike lanes, safe routes to school and work, accessible stairs. They need to know how to read labels and how to eat well from all food groups. Anyone can claim to eat according to the Food Guide Pyramid but that could mean marbled steaks, whole milk, canned fruit and juice, iceberg lettuce salad, and white bread and bagels. In other words, the public needs guidelines on how to choose well from each group and fit activity into their daily lives.

Essentially, the Food Guide Pyramid is a good tool. However, the messages and materials do not reach the intended audience. Many nutrition professionals are not aware of the extensive materials available on the www.pueblo.gsa.gov web site. If the professionals do not have the educational materials, the public is not likely to have access to the materials. While most patients have heard of the food pyramid, they did not know much beyond identifying food groups. Sometimes, that is not even the case. If the information contained in the Food Guide Pyramid and related educational materials are to make a difference in how the American public eats, then that information must reach the consumer.

As with other campaigns to change the public's thinking, advertising through mass media would be a wonderful way to reach Americans. According to the ADA's Nutrition and You: Trends 2000 survey, "the media are consumers' leading source of nutrition information, with television (48%), magazines (47%), and newspapers (18%) cited as the top three information sources". Advertising on television and in magazines, messages on billboards and curriculum in schools would expose the public to nutrition messages and educate them on healthy lifestyle behaviors.

In summary, although the Food Guide Pyramid along with the "Aim, Build, Choose - for good health" education material are very useful and user friendly tools, there is room for improvement:

- Avoid focusing on caloric requirements in consumer materials, although an explanation for the ranges given for servings is helpful.
- Focus on nutrition basics and skills: label reading, food group guidelines - dependent on current scientific findings (i.e. low-fat dairy and meat, high-fiber grains, fresh or frozen fruits and vegetables, liquid fats)

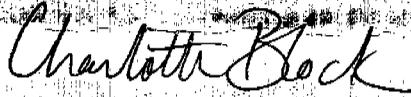
Block
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October 9, 2003

- Do not depend solely on health care professionals to convey nutrition and activity messages. Use media to educate public about healthy behavior lifestyles.

I hope these suggestions will be helpful as you undertake the important task of revising the Food Guide Pyramid. Thank you for allowing health care professionals and the public the opportunity to voice concerns and share our knowledge on the topic.

Sincerely,



Charlotte Block, RD

Petersen
10/10/03

RECEIVED
10/15/03
KT

October 10, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

Dear Mr. Hentges:

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid

I am writing to express concern in regard to the Proposed Daily Food Intake Patterns for Food Guide Pyramid. As the government modifies the food guide pyramid, we are pleased that the revision suggests daily intake amounts of essential alpha-linolenic acid (ALA), however food sources noted of this essential fatty acid are misleading and incomplete. I realize that the main food sources of ALA in the American diet based on national surveys are canola oils and soft margarines, but as American consumers begin to think about changing their personal dietary choices, they may want to know more about walnuts. Walnuts are unique as one of the only whole food sources of ALA – often thought, as mentioned, to be only in canola oil and canola-based soft margarines. In addition, walnuts are also lower in calories and saturated fat than canola oil plus offer protein, fiber and other nutrients. In fact as you know, the Food and Drug Administration (FDA) affirmed the health claim, "Supportive but not conclusive research shows that eating 1.5 ounces per day of walnuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content." This FDA decision comes in response to a petition filed by the California Walnut Commission, which highlights a body of international scientific research substantiating the specific benefit of consuming walnuts as part of a heart healthy diet in reducing the risk of heart disease. The body of evidence suggests that the nutritional composition of walnuts contribute to these heart health benefits.

Clearly, further steps need to be taken to place greater emphasis on utilizing walnuts as a rich source of ALA. I hope the USDA will join the U.S. Food and Drug Administration, the Food Nutrition Board of the National Academy of Sciences and other recognized agencies such as the American Heart Association in acknowledging the health benefits derived from the ALA in walnuts as they make their revisions to the Food Guide Pyramid.

I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,

Donna L. Petersen

September 29, 2003

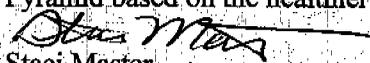
Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Master
1 of 1
RECEIVED
10/15/03
KT

I am a Graduate Student of Nutrition at Syracuse University and am writing in regards to the revision of the USDA Food Guide Pyramid. I would appreciate your consideration of the following suggestions for the revision of the USDA Food Guide Pyramid based on the Mediterranean Lifestyle, which promotes regular exercise and the consumption of more fruits, vegetables, unsaturated fats, and grains.

- Physical activity and water consumption should be included on the USDA Food Guide Pyramid, as both are very important in maintaining good health. Regular physical activity helps people maintain a healthy weight, which has a positive influence on overall health (helps prevent diabetes, heart disease, some cancers, osteoarthritis, and gout to name a few). At least eight glasses of water should be consumed a day for good hydration. Good hydration promotes proper body function and vitamin/mineral absorption.
- The USDA Food Guide Pyramid is confusing to the general public because portion sizes are misunderstood. The general public is not aware of portion sizes and may find portion sizes to be unrealistic. The Mediterranean Lifestyle features a different format, where portion sizes are not listed and daily, weekly, and monthly consumption is listed. I believe that to be an easier model to follow. Some foods should be consumed on a daily basis, whereas some should be consumed only weekly or monthly. It is important that physical activity be listed as something to be done daily.
- Wine consumption in moderation should also be included on the USDA Food Guide Pyramid, as a number of studies have shown it to be beneficial to one's overall health. Wine consumption should be listed as optional, but can be listed under the daily requirements.
- Saturated fats and unsaturated fats (polyunsaturated and monounsaturated) should be two different groups. It is unhealthy to consume saturated fats, as they can cause high cholesterol in some people. Polyunsaturated fats provide the body with essential fatty acids and help reduce LDL and increase HDL. The two groups (saturated fats and unsaturated fats) should include a list of the foods that contain them (saturated fat examples: beef, coconut oil, cheese, butter, and pork — unsaturated fat examples: olive oil, peanut oil, walnuts, and avocados). Saturated fats should be limited, while unsaturated fats should be consumed daily, but in moderation.
- Healthful food choices should be listed in each group and a note should be made that the pyramid does not show the only foods that can be consumed. The inclusion of grains such as whole wheat, couscous, wheat bran, buckwheat, and rye should be made.

Again, I urge you to consider the above suggestions for the revision of the USDA Food Guide Pyramid based on the healthier Mediterranean Lifestyle.


Staci Master

Graduate Student of Nutrition at Syracuse University

Snydstrup
1 of 1

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KA

N

To: Yee, Kelly
Subject: Re: USDA NEWS RELEASE: USDA calls for public comments on Food Guide Pyramid

Ms. Yee,

Dear Food Guide Pyramid Reassessment Team:

We use the food guide pyramid for education in our WIC (Women, Infant, and Children) clinics. Our clients are often surprised to find out how small a portion size is. For example, a lady will tell me that she isn't getting enough starch as she only had one serving at super of rice. I come to find out this one serving is a full plate of rice and in this one meal she has met the requirement for starch.

We try to work at educating our clients about serving sizes. Also many of them are surprised that children's portion sizes are so much smaller than adults.

Also as a group, we try to get our population eating more fruits and vegetables and less soda and chips.

For my clients with diabetes I have found the picture of the plate helpful. 1/2 the plate is shown as vegetable, 1/4 of the plate is shown as meat or meat sub, 1/4 of the plate is starch. Outside the plate is a cup of milk and a piece of fruit. This graphic picture has been helpful in teaching. If you would like a copy let me know.

If you have time, I would be interested in the results of your inquires.

Sheri Snydstrup, LDN, RD

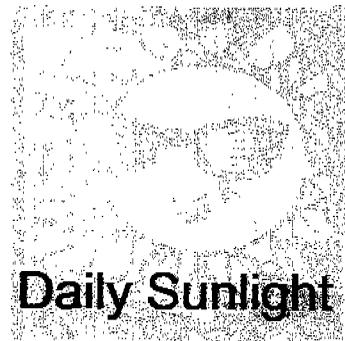
WIC Nutritionist

Snydstrup, LDN RD

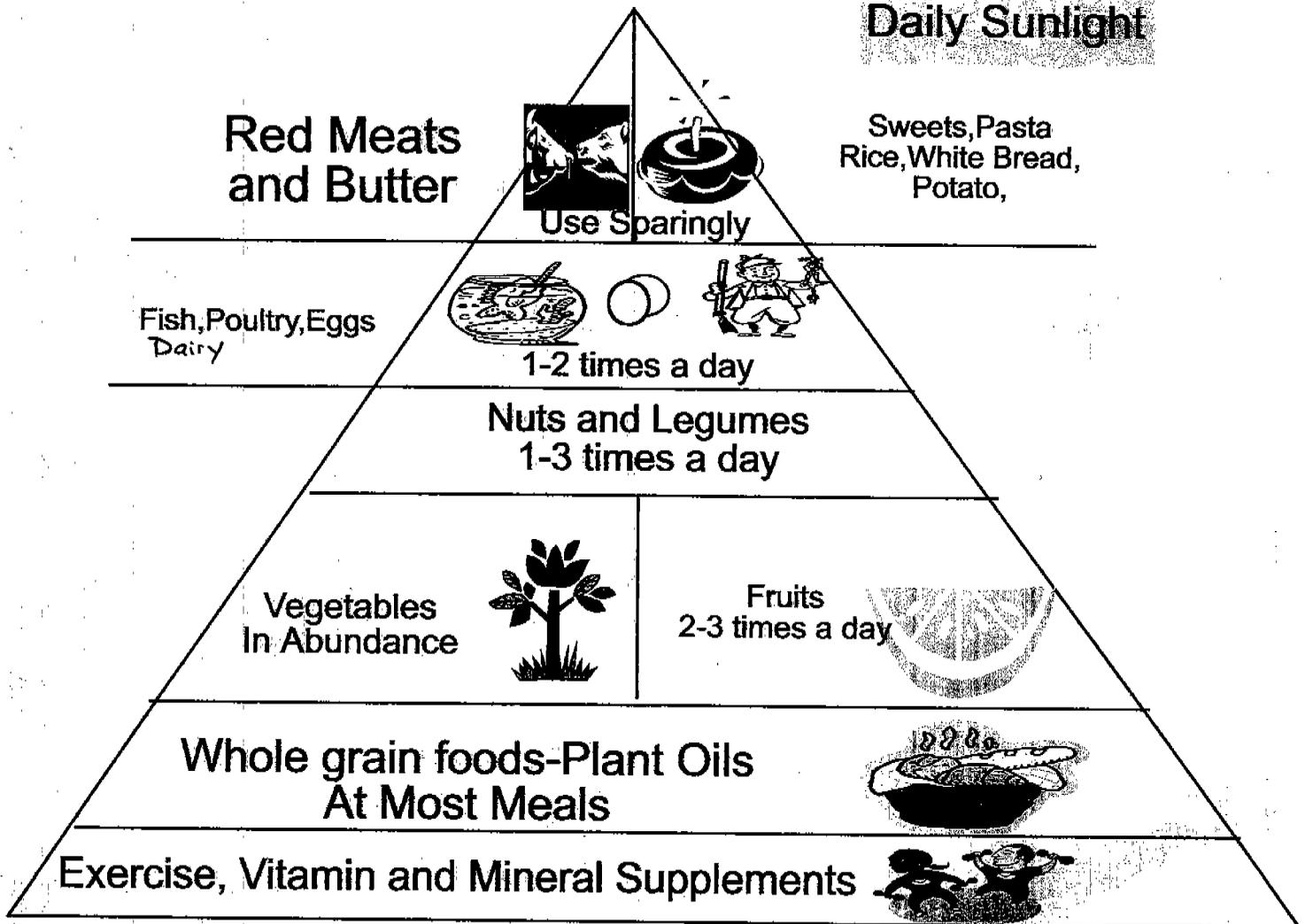
NEW PYRAMID

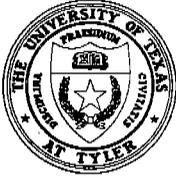
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DW

I feel the new pyramid should be as elementary as possible. This will provide explanations to the general public where a scholar would not be needed to explain the pyramid to a layperson. As we now know saturated fats lead to higher cholesterol levels and unsaturated fats tend to lower this value. Furthermore the differentiation between complex carbohydrates and simple sugars should be reflected. The use of supplements for minerals and vitamins should be stated. The importance of exercise, variety of foods and sunlight should also be stated. This knowledge should be transferred to the pyramid using a pictorial method. Below is a rendition of a pyramid with some pictures included although these could be enhanced to reflect exactly what is needed in a diet to make it nutritious and delicious to the consumer.



Daily Sunlight





Ballard
1 OF 2

THE UNIVERSITY OF TEXAS AT TYLER

RECEIVED
10/11/03
KT

DEPARTMENT OF
HEALTH AND KINESIOLOGY

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

October 9, 2003

To whom it may concern;

After reading in the Dallas Morning News (article attached) that the USDA was requesting input from consumers regarding possible changes in the present food pyramid, I asked my undergraduate nutrition class as an assignment to propose changes they thought would help Americans eat healthier. I am sending you their proposed changes. These students were approximately 20-24 years of age

This class had previously been exposed to the Healthy Eating Pyramid which appeared in Newsweek (January 2003)—copy attached from Web site. This obviously influenced their work but I think the criticisms of the present pyramid are justified: all carbohydrates are not good and all fats are not bad. I would like to summarize some of the changes I saw in their work that does not appear in either the old or new pyramid. One student put water (often a forgotten nutrient), exercise and weight control at the very base of the pyramid. Several others proposed water at various levels in their pyramid. If people would drink more water perhaps they would drink less of the calorie loaded carbonated beverages. Several students suggested that carbonated beverages (Cokes, etc.) be placed at the very top of the pyramid and used sparingly. This is certainly the age that should know because from an earlier dietary analysis, a number of these same students reported drinking daily as much as 20- 48 ounces of Cokes, etc. Another suggestion by some students was that people get outdoors to get brief exposures to sunlight. Perhaps this could be combined with an outdoor walking program. Another group of students proposed that the present pyramid be maintained but that the number of recommended servings be reduced due to the much larger serving sizes which have become standard for Americans.

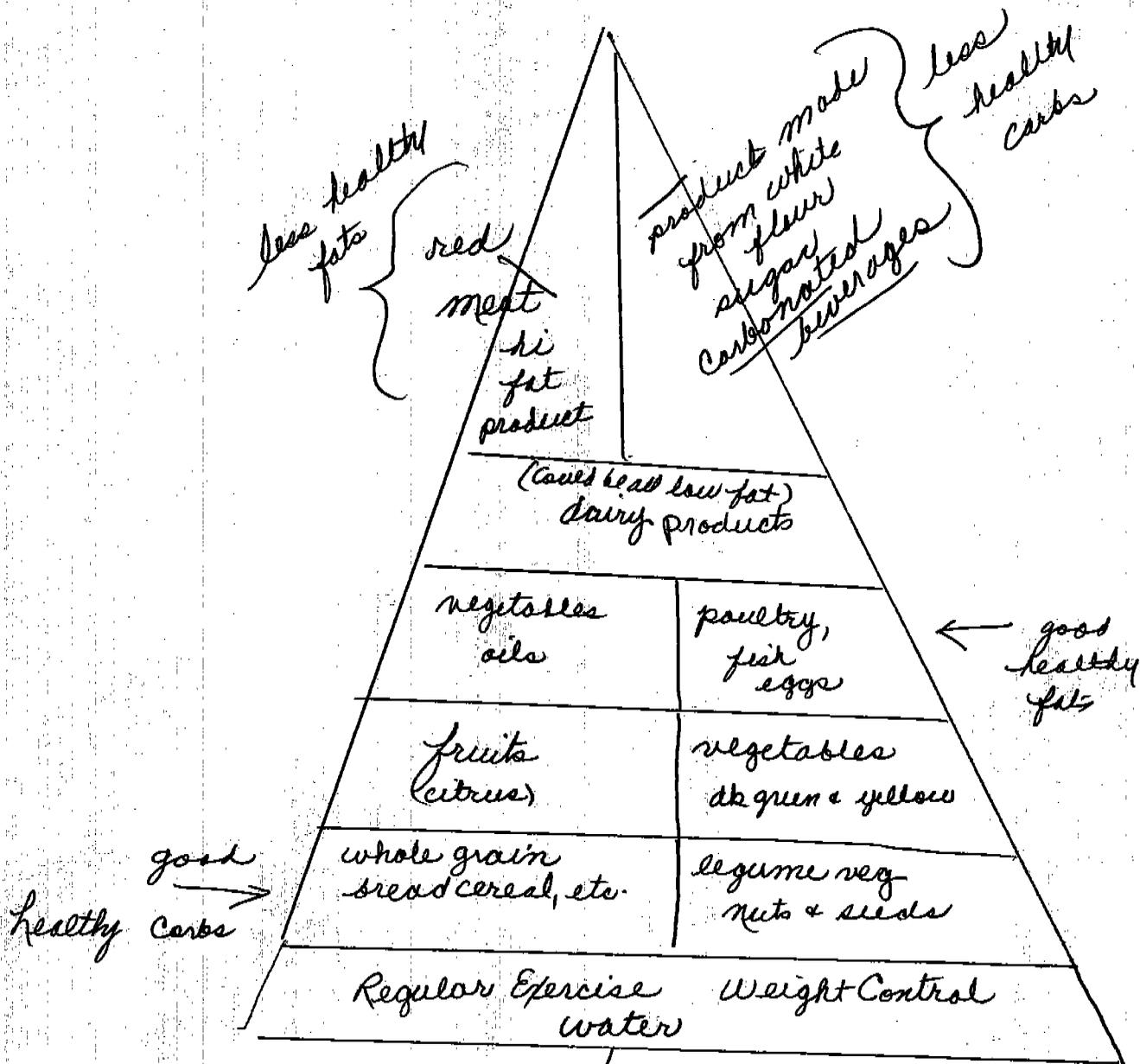
My own pyramid is based on the principles found in the Healthy Eating Pyramid, but I arranged the food groups differently that puts similar items on the same line. If information from these students does nothing else, I would encourage your group to strongly consider discouraging the use of carbonated beverages by putting them somewhere at the top of the pyramid. We are encouraged to note that the Texas Legislature has recently enacted a law that forbids the sale of carbonated beverages in any public elementary or junior high school in the State of Texas.

Good luck with your work. I hope you will not be unduly influenced by vendors in the market place (carbonated beverage companies, and the beef industry to name two) who will be opposed to having their products highlighted at the top of the pyramid.

Sincerely,
Joyce E. Ballard, PhD
Joyce E. Ballard, PhD
Professor of Health and Kinesiology.

Ballard
2 OF 2

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10/15/05
KT



idea borrowed from my student

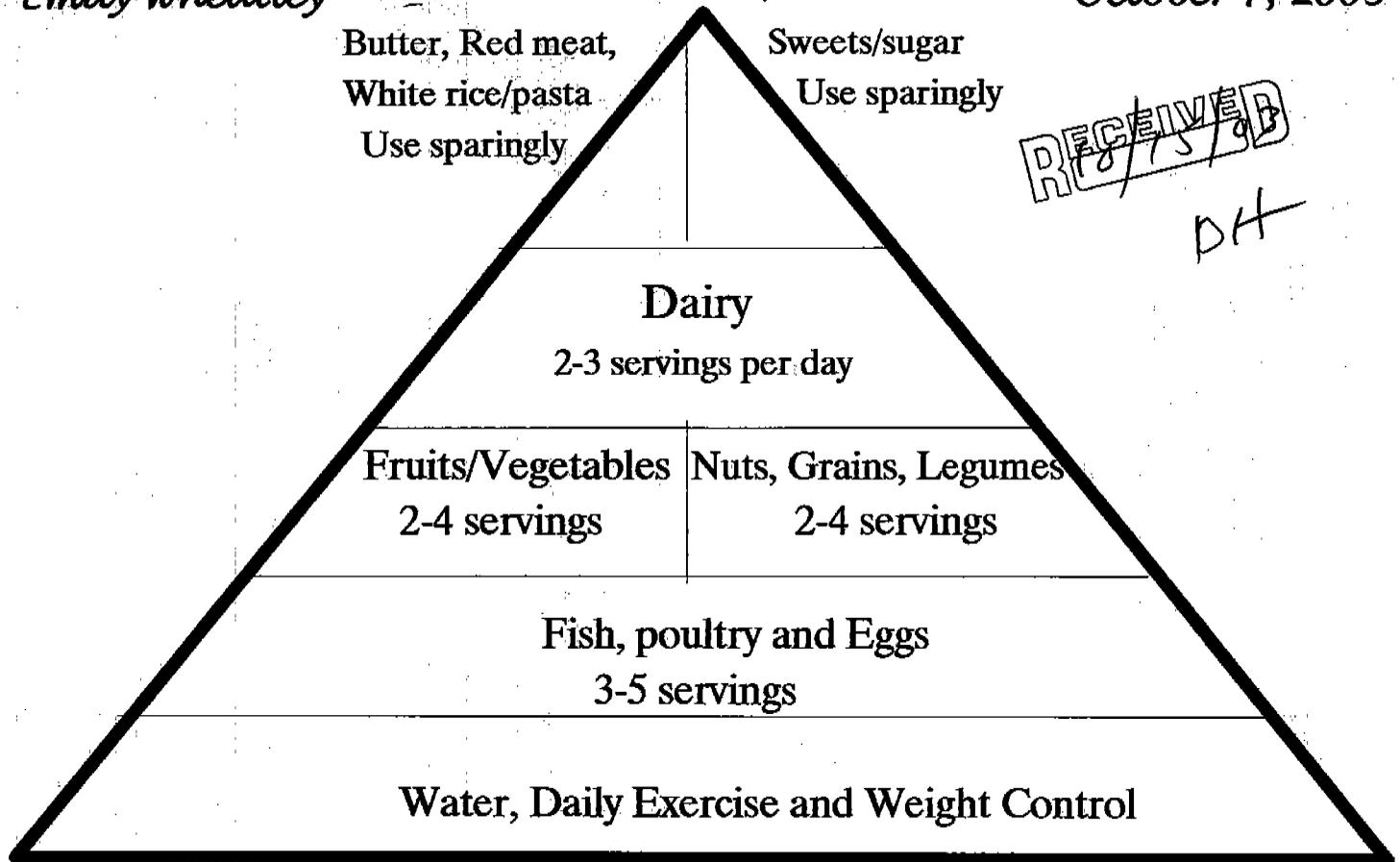
Emily Wheatley

Wheatley 10/7

October 7, 2003

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DH



Red meat, white rice and pasta and sweets are on top of the pyramid because they are the most unhealthy and portion sizes these days are much larger. Dairy is next because you do need some dairy in order to get some vitamins that are not very plentiful in other foods. Fruits/vegetables have a lower serving amount than the current pyramid due to the amount of natural sugars found in fruits. Fish, poultry and eggs are next with 3-5 servings because they are a much healthier choice than the red meat, potatoes that are served most at meals. The fish, poultry and eggs provide an adequate amount of protein that is needed for healthy living. Water, daily exercise and weight control are on the bottom because your body is primarily made of water and you need to replenish what you use. Daily exercise and weight control are needed in order to keep the body fit and to maintain a healthy weight based on individual differences.

JOANNE MILKEREIT, MHA, RD, CDE
Nutrition Consultant

RECEIVED
10/15/03
KT

October 10, 2003

Food Guide Pyramid Team,

Though I use the Food Guide Pyramid because it is the best, readily available tool to address basic food choice concepts, I do have some suggestions and concerns that you may be able to address in your next revision.

First, water needs to be incorporated. My suggestion would be at the base of the Pyramid (where I often draw it in).

Second, there needs to be a section for "good" fats (oils, peanut butter and nuts). Nuts should be moved out of the meat area.

Third, I don't know how to fix this but since we encourage people to eat "starchy" vegetables (corn, potatoes, mature beans) because of their high nutritive, fiber and calorie values we need to differentiate them from other vegetables. I often add them to the grain group.

I have a real "beef" with equating a serving of French fries or scalloped potatoes to other vegetables as well as equating 1 1/2 cups of ice cream to a glass of low-fat milk. These foods all get approximately half their calories from fat. But since I notice this on the National Cattleman's Beef Assoc.'s material, I should probably address this concern with them.

Sincerely,



Joanne Milkereit

October 11, 2003

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

RECEIVED
10/15/03
JCT

Dear Review Committee:

I am concerned about the proposed changes in the Food Guide Pyramid. As a licensed registered dietitian in practice for 30 years, I find the greatest problem with today's dietary habits is "portion distortion." The reason Americans are becoming obese is partially our fault in over-emphasizing the fat in the diet, and under-emphasizing calories and portion control. When they cut fat, they were hungrier and ate more. Manufacturers took the message as a cue to add sugar to the less tasty foods. Basically, I believe we are partially responsible for driving these changes in habits. Then, it hasn't helped that with our increasing technology we have also become more sedentary! The second problem is the consumer today seeks miracle foods. Health claims give them the misguided belief that certain foods, fortified foods or supplements resolve health concerns.

With those philosophical statements in mind, I am commenting on the following:

- 1) I applaud your emphasis on whole grains. Perhaps we need to place greater emphasis on that and actually say "limit the use of refined grain products."
- 2) Americans today under-consume fruits, vegetables and milk products. At the same time, we are seeing these same three food groups help reduce risks of chronic diseases, such as high blood pressure. The DASH diet lowers blood pressure if you increase fruits and vegetables, and adding the recommended 3 servings of milk doubles the reduction! Calcium was not the only nutrient involved in this reduction, yet you are suggesting fortified soy replaces milk for those who "want a non-dairy calcium source." If the Food Guide Pyramid is for healthy people, whom we want to KEEP healthy, I'd suggest that there is a flaw in this recommendation.

I'm totally puzzled at the positioning of legumes, and in particular, soy. If soy must be added to the milk group for some political reason, I would suggest you need to help educators by:

1. Including a warning that indicates that the product has no standard of identity for calcium fortification, and
2. if fortified with 300mg of calcium, to benefit from soy beverages, they must drink 2-3 times more of the product than the 2-3 servings suggested for milk, and
3. There are no other nutrient similarities between soy and milk products.

Because of the current research on bone health, I would have thought you would be increasing the number of servings from the milk group to "3-4" to address the increased need for calcium for teenagers and adults over age 50 instead of de-emphasizing it.

I hope that this dietary tool will continue to represent the best scientific recommendations rather than what we perceive that consumers are willing to do. Thank you for considering these comments.

Sincerely,


Janece Newquist, RD, LD

Tijeras, NM



UNIVERSITY OF
FLORIDA

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10/14/03
KT

EXTENSION

Hillsborough County

Institute of Food and Agricultural Sciences

October 3, 2003

Pyramid Comments CNPP
3101 Park Center Drive, Room 1034
Alexander, VA 22302

Re: Food Pyramid portions

We teach low-income people in west-central Florida as part of the Expanded Food & Nutrition Education Program. All of the people we teach are low-income. Some have an education as low as 3rd-6th grade and some speak English as their second language. We have the following comments about the Food Pyramid based on our years of experience:

The simpler it is the better (the pyramid or teaching tool). The people we teach are familiar with standard measurements—cup, ½ cup, ounces, etc. They understand fractions like 1 ½ but don't understand decimals like 1.5. It would be better to use common measurements.

When we teach serving sizes right now they put up a mental block. They think it's not enough food. For example, 3 oz of meat is a serving. They are used to eating 8 or 16 oz steaks.

Vegetable sub groups—for our clientele this is too complicated. Just say have a variety. Telling people to eat different color vegetables over a week—A week is too long. 1 day is easier to understand. When we talk about planning meals for a week it blows them out the window. They like to eat all day long. They can't deal with figuring the servings on a teaching example we use called "Sue's 3 Day Diary" (enclosed). Some can't even remember what they ate yesterday.

Decimals to show part of a vegetable—better to use common measurements for amount needed per day.

Table 1 Proposed Daily Food Intake Patterns—there is no way we could use a table like this to teach in a group.

Norma Dorta Cardona, Hillsborough County, Florida
Grennette Montgomery, Hillsborough County, Florida
Mary Owens, Hillsborough County, Florida
Joyce Tompkins, Polk County, Florida

Sincerely,

Julie S. Holman

Julie S. Holman
Extension Agent, IV
EFNEP Supervisor

Hillsborough County Extension is a cooperative service of the Hillsborough County Board of County Commissioners and the University of Florida.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Employment Opportunity - Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, disability or national origin. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating.

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10/15/03
KT

October 10, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

Dear Mr. Hentges:

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid

I am writing to express concern in regard to the Proposed Daily Food Intake Patterns for Food Guide Pyramid. As the government modifies the food guide pyramid, we are pleased that the revision suggests daily intake amounts of essential alpha-linolenic acid (ALA), however food sources noted of this essential fatty acid are misleading and incomplete. I realize that the main food sources of ALA in the American diet based on national surveys are canola oils and soft margarines, but as American consumers begin to think about changing their personal dietary choices, they may want to know more about walnuts. Walnuts are unique as one of the only whole food sources of ALA – often thought, as mentioned, to be only in canola oil and canola based soft margarines. In addition, walnuts are also lower in calories and saturated fat than canola oil plus offer protein, fiber and other nutrients. In fact as you know, the Food and Drug Administration (FDA) affirmed the health claim, "Supportive but not conclusive research shows that eating 1.5 ounces per day of walnuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content." This FDA decision comes in response to a petition filed by the California Walnut Commission, which highlights a body of international scientific research substantiating the specific benefit of consuming walnuts as part of a heart healthy diet in reducing the risk of heart disease. The body of evidence suggests that the nutritional composition of walnuts contribute to these heart health benefits.

Clearly, further steps need to be taken to place greater emphasis on utilizing walnuts as a rich source of ALA. I hope the USDA will join the U.S. Food and Drug Administration, the Food Nutrition Board of the National Academy of Sciences and other recognized agencies such as the American Heart Association in acknowledging the health benefits derived from the ALA in walnuts as they make their revisions to the Food Guide Pyramid.

I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,

Donna Maytham

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10/15/03
KT

Mr. & Mrs. Robert S. Tonnesen
San Bruno CA

October 10, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

Dear Mr. Hentges:

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid

I am writing to express concern in regard to the Proposed Daily Food Intake Patterns for Food Guide Pyramid. As the government modifies the food guide pyramid, we are pleased that the revision suggests daily intake amounts of essential alpha-linolenic acid (ALA), however food sources noted of this essential fatty acid are misleading and incomplete. I realize that the main food sources of ALA in the American diet based on national surveys are canola oils and soft margarines, but as American consumers begin to think about changing their personal dietary choices, they may want to know more about walnuts. Walnuts are unique as one of the only whole food sources of ALA – often thought, as mentioned, to be only in canola oil and canola based soft margarines. In addition, walnuts are also lower in calories and saturated fat than canola oil plus offer protein, fiber and other nutrients. In fact as you know, the Food and Drug Administration (FDA) affirmed the health claim, "Supportive but not conclusive research shows that eating 1.5 ounces per day of walnuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content." This FDA decision comes in response to a petition filed by the California Walnut Commission, which highlights a body of international scientific research substantiating the specific benefit of consuming walnuts as part of a heart healthy diet in reducing the risk of heart disease. The body of evidence suggests that the nutritional composition of walnuts contribute to these heart health benefits.

Clearly, further steps need to be taken to place greater emphasis on utilizing walnuts as a rich source of ALA. I hope the USDA will join the U.S. Food and Drug Administration, the Food Nutrition Board of the National Academy of Sciences and other recognized agencies such as the American Heart Association in acknowledging the health benefits derived from the ALA in walnuts as they make their revisions to the Food Guide Pyramid.

I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,

Nina & Robert Tonnesen

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10/15/03
KT

October 10, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

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Sincerely,

Margaret L. Falk