

Fransworth  
1 of 1

Regarding the Food Guide Pyramid:

It is my understanding that the Food Guide Pyramid is in the process of being re-designed. I would like to add my opinion to the many you probably already have, as I feel very strongly about this. I am a Registered Dietitian working in several medical facilities in the Bay area. I counsel patients one-on-one in out-patient clinics, teach heart health classes, diabetes classes, classes for adolescent obesity, and often go into the schools to teach nutrition to students. The Food Guide Pyramid is an excellent visual tool that can be used in any of these situations. It is easy to use and understand. I can use it to get the message across regarding balanced eating and the importance of eating from each level of the pyramid in order to ensure good health. I will not be able to use the pyramid effectively if it becomes complicated with additional levels of food, sub categories (saturated vs unsaturated fats), etc. The first and most important thing to remember in teaching is KISS - keep it simple!!! The food guide pyramid needs to be a simple visual aid in order for it to remain an effective tool for nutrition educators.

Thank you  
Judy Farnsworth, R.D.

rec'd  
Oct 7, '03  
DH

--- Judy Fransworth

Kantalavas 10F1

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

RECEIVED  
OCT 7 2003  
DH

October 1, 2003

Dear Food Guide Pyramid Reassessment Team,

Many consumers like myself use only limited amounts of dairy products. These products are not traditionally a part of the diet of many ethnic groups. The Food Guide Pyramid should focus on multiple sources of calcium including dark-green leafy vegetables and fortified foods rather than relying primarily on dairy products as a source of calcium. Suggest that non-dairy sources of calcium like SOY be included in the graphic of the revised Food Guide Pyramid.

Thanks!



Anna Maria Juzwa Kantalavas

Sayre, PA

Stolfield

1 of 1

RECEIVED  
OCT. 7 '03

DH

ELIZABETH "BITSY" STOLFIELD

STATEN ISLAND, NEW YORK

FOOD GUIDE PYRAMID REASSESSMENT TEAM  
CENTER FOR NUTRITION POLICY AND PROMOTION  
3101 PARK CENTER DRIVE  
ALEXANDRIA, VIRGINIA 22302

OCTOBER 1, 2003

FOOD GUIDE PYRAMID FOLKS,

IN YOUR CURRENT GRAPHIC, ALL FATS ARE INCLUDED IN THE TIP OF THE PYRAMID AS "FATS, OILS, AND SWEETS". WHAT'S UP WITH THAT? HEALTH-PROMOTING FATS FROM VEGETABLE OILS, NUTS, AND SEEDS SHOULD BE IN A DIFFERENT CATEGORY FROM SATURATED FATS AND TRANS FATTY ACIDS.

ALSO, DRY BEANS ARE INCLUDED IN THE "MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP". OK, WELL DRY BEANS PROVIDE SUBSTANTIAL AMOUNTS OF FIBER AND PHYTOCHEMICALS AND ARE LOW IN FAT AND SATURATED FAT. NUTS ARE GOOD SOURCES OF UNSATURATED FAT. IN CONTRAST, MEAT, POULTRY, FISH, AND EGGS DO NOT CONTAIN FIBER AND DO CONTAIN FAT AND SATURATED FAT AS WELL AS CHOLESTEROL. A SIMPLE REORDERING OF THE TITLE OF THIS GROUP TO "DRY BEANS, NUTS, EGGS, MEAT, POULTRY, AND FISH" COULD SHOW THAT DRY BEANS ARE PREFERABLE TO MEAT.

PLEASE SEND ME A COPY OF THE NEW PYRAMID AS SOON AS IT IS PUBLISHED.

YOURS,

  
ELIZABETH "BITSY" STOLFIELD