

RECEIVED
9-30-03
DH

Katherine Parker
Trask Industries

NY, NY

USDA
Food Guide Pyramid Team
3101 Park Center Dr., 1034
Alexandria, VA 22302

September 28, 2003

Greetings from Barbados!

The Food Guide Pyramid should have soy foods in it. Just because it is not as popular a source of calcium as milk, or not as popular a source of protein as meat, doesn't mean it shouldn't be there to ENCOURAGE healthy eating. If the Pyramid is rooted on Americans current eating habits – as you suggest in your Federal Register Notice – then the Pyramid needs some serious rethinking. The last statistic I heard was 65% of adults were overweight or obese. That's a whole lot of people.

The NEW Food Guide Pyramid should focus on non-dairy sources of calcium like dark-green vegetables, tofu, and soymilk. We shouldn't rely on dairy products as the only source of calcium.

I hope you take into account my comments. Thank you for soliciting comments.



Katherine Parker
Trask Industries

Parker
10/1

RECEIVED
9/15/03
KJ

September 18, 2003

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

Thank you for seeking public opinion on the Food Pyramid. As the dietary model behind federal food programs, including the National School Lunch Program, the Pyramid needs to evolve with nutrition science.

When the Dietary Guidelines Advisory Committee convenes to review current policy, I hope they will emphasize the Vegetarian/Vegan Six Food Groups: Whole Grains and Starches, Legumes, Green and Yellow Vegetables, Nuts and Seeds, Fruits, Vitamin and Mineral Foods.

Present guidelines advise two to three daily servings of dairy products along with meat as a main protein source. While this plan successfully promotes the meat and dairy industries, it ignores numerous studies linking saturated fat and cholesterol in meat, eggs, and dairy products with heart disease, cancer and stroke - the top three killers in the U.S.

Dairy products alone are associated with obesity, high blood pressure, juvenile onset diabetes, prostate and breast cancers, allergies, nasal congestion and ear infections, according to the American Heart Association.

One of two Americans will die from heart disease. The excess saturated fat (mostly from animals) and cholesterol (entirely from animals) will be the cause in most cases. The American Dietetic Association claims that vegetarian diets reduce the risk for coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, kidney disease, and obesity.

Children, in particular, deserve alternatives to the fatty fare on school lunch lines. In a 1999 American Heart Association Scientific Sessions report, one in six teenagers' hearts showed significant blockage and the arteries of five-year-olds were clogged with fatty patches. Veggie burgers, soy cold cuts and soy milks are great substitutes for corn dogs, pizzas and milkshakes.

The FDA links contaminated meat goods with six and a half million cases of food poisoning and six thousand deaths every year. Animal-based meals contain residues of growth-inducing hormones and antibiotics. In fact, antibiotic abuse on factory farms has led to what the scientific community labels Super-Bugs-Bacteria. SBB are resistant to current antibiotic therapies.

The Vegetarian/Vegan Six include all the essential carbohydrates, fats, protein, vitamins, minerals and water necessary for a balanced and healthy diet. They also prevent disease and obesity. Please revise the Food Guide Pyramid to reflect vegetarian sources of protein, calcium and other vital nutrients.

Thank you,

Helen Rayshick

Helen J. Rayshick

Barre,

MA

*H. Rayshick
LOPEL*

Will Tuttle, Ph.D.

Healdsburg, CA

September 20, 2003

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

RECEIVED
9/20/03
KJ

RE: Public Comments on the Food Pyramid Guide

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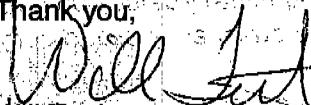
One of two Americans will die from heart disease. The excess saturated fat (mostly from animals) and cholesterol (entirely from animals) will be the cause in most cases. The American Dietetic Association claims that vegetarian diets reduce the risk for coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, kidney disease, and obesity.

Cancer is also linked with eating animal foods. And children, in particular, deserve alternatives to the fatty fare on school lunch lines. In a 1999 American Heart Association Scientific Sessions report, one in six teenagers' hearts showed significant blockage and the arteries of five-year-olds were clogged with fatty patches. Veggie burgers, soy cold cuts and soy milks are great substitutes for corn dogs, pizzas and milkshakes.

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Thank you,


Will Tuttle

Tuttle
1 OF 1

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9/30/03
KT

September 18, 2003

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

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Thank you,

Steven J. Rayshick
Steven J. Rayshick

Barre, MA

S. Rayshick
10/1

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

RECEIVED
9-30-03
DH

September 27, 2003

Hello CNPP,

Please accept these comments. GOOD L'UCK!

The Food Guide Pyramid needs to include more soyfoods, whole grains, non-dairy sources of calcium, nuts, and seeds. SUGGEST A RECOMMENDATION OF "GET HALF OF YOUR GRAIN PRODUCTS AS WHOLE GRAINS," PERHAPS EVEN A NAME CHANGE FROM 'THE GRAIN GROUP' TO 'THE WHOLE GRAIN GROUP.'

Currently all fats are included in the tip of the pyramid as "Fats, Oils, and Sweets". Health-promoting fats from vegetable oils, nuts, and seeds should be in a different category from saturated fats and trans fatty acids.

The Food Guide Pyramid should contain adequate sources of vitamin E including nuts and nut butters and vegetable oils. THE CURRENT PYRAMID DOES NOT MEET THE NEW RECOMMENDATIONS FOR VITAMIN E. PERHAPS A NEW FOOD GROUP CALLED 'NUTS AND SEEDS'?

Currently dry beans are included in the "Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group". 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.

Since many consumers use only limited amounts of dairy products and dairy 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 vegetables and fortified foods rather than relying primarily on dairy products as a source of calcium. SUGGEST THAT NON-DAIRY SOURCES OF SOY BE INCLUDED IN THE GRAPHIC OF THE REVISED PYRAMID.

All the best!



Kiki Spencer-Van Etten, MS
Nutritionist
Frog Hill Nutrition Consultants, Inc.™

Brotondale, NY

Spencer-Van Etten
1 OF 1



GRISWOLD FARMS
Gary and Nancy Griswold

Chico, CA

RECEIVED
9/29/03
KT

September 19, 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

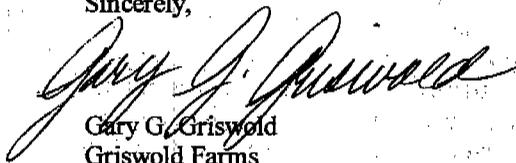
As a grower and member of the California walnut industry, I am writing to express concern in regard to the Proposed Daily Food Intake Patterns for Food Guide Pyramid. As the government modifies the food guide pyramid, we are pleased that the revision suggests daily intake amounts of essential alpha-linolenic 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. As a grower 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,


Gary G. Griswold
Griswold Farms

Griswold
1 of 1

Phone:
Email:

RECEIVED
9/29/03

KT

ATTN : Food Guide Pyramid Reassessment Team
RE: Public Comments on the Food Pyramid Guide

I have chosen to send the following letter because it accurately expresses my views regarding this issue.

Thank you for seeking public opinion on the Food Pyramid. As the dietary model behind federal food programs, including the National School Lunch Program, it is time for the Pyramid to evolve. When the Dietary Guidelines Advisory Committee convenes to review current policy, I hope they will emphasize the Vegetarian/Vegan Six Food Groups: Whole Grains and Starches, Legumes, Green and Yellow Vegetables, Nuts and Seeds, Fruits, Vitamin and Mineral Foods.

Present guidelines advise two to three daily servings of dairy products along with meat as a main protein source. While this plan successfully ~~promotes the meat and dairy industries, it ignores numerous studies~~ linking saturated fat and cholesterol in meat, eggs, and dairy products with heart disease, cancer and stroke.

Dairy products alone are associated with obesity, high blood pressure, juvenile onset diabetes, prostate and breast cancers, allergies, nasal congestion and ear infections, according to the American Heart Association.

The American Dietetic Association reports that pure vegetarian diets reduce the risk for coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, kidney disease, and obesity.

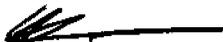
Children, in particular, deserve alternatives to the fatty fare on school lunch lines. A study by the American Obesity Association stated that the increase in obesity among American youth over the past two decades is dramatic. Veggie burgers, soy cold cuts and soy milks are delicious, healthy substitutes for "hot dogs," pizzas and milkshakes.

Moreover, the FDA links contaminated meat goods with six and a half million cases of food poisoning and six thousand deaths every year.

The Vegetarian/Vegan Six include all the essential carbohydrates, fats, protein, vitamins, minerals and water necessary for a balanced and healthy diet. They also help to prevent disease and obesity. Please revise the Food Guide Pyramid to reflect pure vegetarian sources of protein, calcium and other vital nutrients.

Again, thank you for accepting public comments regarding this very important issue.

Sincerely,



William Coleman

Hollywood, CA

Coleman
10F1

FAX

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

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9-30-03
DH

September 30, 2003

Dear USDA CNPP,

Here are my comments about the reassessment of the USDA Food Guide Pyramid.

a. The Food Guide Pyramid needs to include more soyfoods, whole grains, non-dairy sources of calcium, nuts, and seeds. SUGGEST A RECOMMENDATION OF "GET HALF OF YOUR GRAIN PRODUCTS AS WHOLE GRAINS," PERHAPS EVEN A NAME CHANGE FROM 'THE GRAIN GROUP' TO 'THE WHOLE GRAIN GROUP.'

b.. Currently all fats are included in the tip of the pyramid as "Fats, Oils, and Sweets". Health-promoting fats from vegetable oils, nuts, and seeds should be in a different category from saturated fats and trans fatty acids.

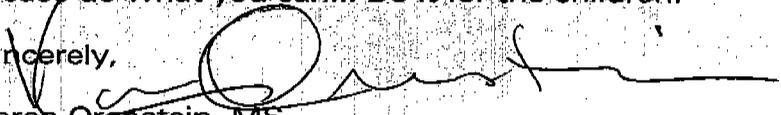
c.. The Food Guide Pyramid should contain adequate sources of vitamin E including nuts and nut butters and vegetable oils. THE CURRENT PYRAMID DOES NOT MEET THE NEW RECOMMENDATIONS FOR VITAMIN E. PERHAPS A NEW FOOD GROUP CALLED 'NUTS AND SEEDS'?

d.. Currently dry beans are included in the "Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group". 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.

e.. Since many consumers use only limited amounts of dairy products and dairy 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 vegetables and fortified foods rather than relying primarily on dairy products as a source of calcium. SUGGEST THAT NON-DAIRY SOURCES OF SOY BE INCLUDED IN THE GRAPHIC OF THE REVISED PYRAMID.

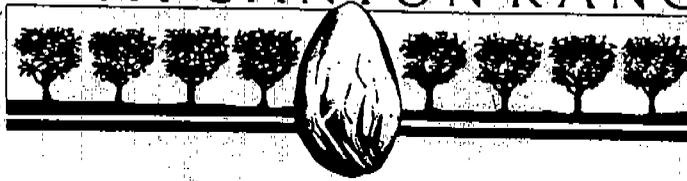
Please do what you can... Do it for the children!

Sincerely,


Karen Orenstein, MS
WIC Nutritionist
Washington, DC

Orenstein
10/1

CAPAY CANYON RANCH



RECEIVED
9/20/03

KI

September 19, 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

As a grower/handler and member of the California walnut industry, 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. As a grower/handler who employs 15 workers directly and indirectly, 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,

Leslie Barth
Capay Canyon Ranch

Barth
10/1

Sept 23, 2003

USDA

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SEP 23 2003

Please know that I have successfully and healthfully raised a very "VEGAN" family and know that facts & report can be used in new policies for nutrition, please.

We never eat dairy products
Nor meats, nor fish, nor

any derivative from an animal.

● Soy meats, tofu, eggless pastas,
organic fruits, nuts, vegetables
are almost wholly responsible
for myself + family emerging
more and more into excellent
health. Johnson 1 OF 2

We rarely get ill
and only "catch a cold" once in 5 years
for a brief time! We have no
intestinal problems; have strong bones,
and decayless teeth! One of my offspring
was an Olympic Ski racer.

Contact me further if you would use

any of us as examples of
health due to a very
Vegan (strict Vegetarian) diet.

We encourage USDA to
improve ^{Food} the Pyramid and
rid it of animal + animal
Products.

We all shall evolve into
a better, saner, healthier
human race by also
your brave efforts to do so.

Thank you -
Sue Johnson + family

Johnson
2 of 2

Kittery, Maine
©3904-0044

RECEIVED
9/30/03

KJ

Mary R. Stauffer

Downey, CA
Phone: 3
Fax:
Email:

September 21, 2003

Regarding the Food Guide Pyramid.

I am not really qualified to know what the ideal nutrition is. I have done no scientific, doubly blinded studies etc. All I know is what I read. Ideal nutrition may not be the same for everyone, at every age. I would like to make comments about the presentation format.

I would like to see:

1. measurements in cups for dry ingredients not ounces (most do not have kitchen scales)
2. amounts desirable for the day in grams. Forget the percentages as they vary for age, total desired calories etc and I feel are more confusing than helpful. If one is on a different calorie value you would have to calculate a percent of the percent etc. Just adding grams of protein or fat or carbohydrate is only up to small numbers, usually less than 100.

Encouraging a healthy diet and a healthy weight is very important.

Sincerely,

Mary R. Stauffer M.D.

Stauffer
10/1

Food Guide Pyramid Reassessment Team
USDA Center for nutrition Policy and Promotion
101 Rusk Center Drive Room 1034
Alexandria, VA 22302

RECEIVED
9/22/03
KT

Dear Team,
I am glad you are taking time to reevaluate the food pyramid. I hope you will change the section for "meat" to "protein". I am a vegan and very healthy. Eating meat is not essential to be healthy. Nuts, beans, tofu, whole wheat, and broccoli have protein in them. In addition you should add soymilk to the milk/yogurt section. And please stress the importance of whole grains in the carbohydrates section. Obesity is a serious problem in the U.S., as are heart attacks and strokes. We need better, healthier guidelines. Meat and dairy are not essential, and often times harmful to humans, the animals, and our planet (in terms of resources).

Thanks,
Laura Witzling
Laura Witzling
10/1

9/22/03

Dear Food Pyramid Reassessment Team,

RECEIVED
9/22/03

I am excited to hear that you are considering altering and ~~reassessing~~ updating the food guide pyramid. I am disappointed in the current standing pyramid because I feel it is limiting and inaccurate. The current pyramid puts great emphasis on animal products including milk, yogurt, meat, poultry and eggs. I have been a healthy vegan for a couple of years now and know a person does not need these animal products in her/his diet. In fact, many people are at least partially lactose intolerant. Many others are vegetarian or vegan. Please don't exclude these people in your pyramid. Endless studies have indicated plant-based diets, in particular vegan diets, are least associated with multiple serious health conditions such as cancer, heart disease, obesity, diabetes, osteoporosis, and more. Please either be more general in your categories (i.e. "protein" instead of "dairy" or "meat") or include alternative options (i.e. soy-based products) Thank you so much for your time. Sincerely, Liza Hirsch

Hirsch
10/2/03

Energy Expenditure

- > One method of integrating the components of activity (frequency, intensity, duration) is to compute a single measure of energy expenditure (ex. kcal/wk)
- > Important for issues of dose-response

Although RMR accounts for largest percentage of energy expenditure, physical activity is the most variable

Hiesch
2012

the website: www.vegsource.com/nutrition/pyramid_vegan.htm
has a really good vegan
food pyramid. Maybe
you could take this
into consideration and
try to incorporate it.
Thanks!

September 23, 2003

RECEIVED
9/30/03
KT

Carole Davis
Director, Nutrition Promotion
US Department of Agriculture
Center for Nutrition Policy and Promotion
3101 Park Center Drive, 10th Floor
Alexandria, Virginia 22302-1594

Dear Ms. Davis:

I am writing with regard to the Food Guide Pyramid. As a nutrition professional, I am becoming increasingly concerned with several limitations of the pyramid, as it currently exists. Namely:

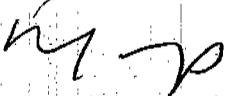
- it does little to support eating a more plant-based diet, one that has been shown to reduce risk of a number of chronic diseases and that is being recommended by a number of organizations,
- it does not promote the use of whole grains,
- diets planned using it are frequently low in vitamin E,
- it does not differentiate between saturated fats and unsaturated fats,
- it implies that dairy products are an essential part of the diet,
- it does not include fortified soy beverages which represent an alternative to dairy products for nutrients including protein, calcium, vitamin D, riboflavin, and vitamin B-12.

Hopefully the Food Guide Pyramid will be revised soon so that some of these areas of concern can be addressed. Here are some ideas for changes:

- Include more soyfoods, nuts, whole grains and non-dairy sources of calcium in both the graphic and the text accompanying the pyramid.
- Rename the Grain Group the Whole Grain Group and encourage greater use of whole grains.
- Create a separate category (or categories) for health-promoting plant-based oils, nuts, and seeds.
- Rename the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group to reflect the need to use more plant sources of protein and fewer protein sources that are high in fat and 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.
- The Food Guide Pyramid should focus on multiple sources of calcium including dark green vegetables and fortified foods rather than relying primarily on dairy products as a source of calcium.

Thank you for your consideration of these comments.

Sincerely,



Reed Mangels, PhD, RD, FADA

Mangels
10/1

St. Louis, MO
Sept. 20, 2003

RECEIVED
9/30/03
KI

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

RE: Public Comments on the Food Pyramid Guide

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Thank you,

Michael Bitzenburg

*Bitzenburg
10/1*

RECEIVED
9/24/03
TW

Chico, CA 1

September 24, 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

As a grower and a member of the California walnut industry, 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, I am 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. As a grower who employs seven full time workers, 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.

Sincerely,

David E. Skinner

David E. Skinner

Skinner
10/21

Renee P. Snyder, Ph.D.

Northridge, CA

RECEIVED
9/20/03
KJ

September 22, 2003

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

Snyder
10P2

RE: Public Comments on the Food Pyramid Guide

Thank you for seeking public opinion on the Food Pyramid. As the dietary model behind federal food programs, including the National School Lunch Program, the Pyramid needs to evolve with nutrition science. When the Dietary Guidelines Advisory Committee convenes to review current policy, I hope they will emphasize the Vegetarian/Vegan Six Food Groups: Whole Grains and Starches, Legumes, Green and Yellow Vegetables, Nuts and Seeds, Fruits, Vitamin and Mineral Foods.

Present guidelines advise two to three daily servings of dairy products along with meat as a main protein source. While this plan successfully promotes the meat and dairy industries, it ignores numerous studies linking saturated fat and cholesterol in meat, eggs, and dairy products with heart disease, cancer and stroke--the top three killers in the U.S. Dairy products alone are associated with obesity, high blood pressure, juvenile onset diabetes, prostate and breast cancers, allergies, nasal congestion and ear infections, according to the American Heart Association.

One of two Americans will die from heart disease. The excess saturated fat (mostly from animals) and cholesterol (entirely from animals) will be the cause in most cases. The American Dietetic Association claims that vegetarian diets reduce the risk for coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, kidney disease, and obesity. Children, in particular, deserve alternatives to the fatty fare on school lunch lines. In a 1999 American Heart Association Scientific Sessions report, one in six teenagers' hearts showed significant blockage and the arteries of five-year-olds were clogged with fatty patches. Veggie burgers, soy cold cuts and soy milks are great substitutes for corn dogs, pizzas and milkshakes...

The FDA links contaminated meat goods with six and a half million cases of food poisoning and six thousand deaths every year. Animal-based meals contain residues of growth-inducing hormones and antibiotics. In fact, antibiotic abuse on factory farms has led to what the scientific community labels Super-Bugs-Bacteria. SBB are resistant to current

Herring, David

From: Webster, John
sent: Monday, September 29, 2003 5:23 PM
To: 'Bucci, Laura'
Cc: Webster, John
Subject: RE: New Pyramid Guidelines for Nutrition

Ms. Bucci:

Thank you for taking time to provide your comments.

John S. Webster
Director
Public Information and Governmental Affairs
USDA Center for Nutrition Policy and Promotion
Phone: (703) 305-7600
Fax: (703) 305-3300
Email: john.webster@cnpp.usda.gov

*rec'd
Sept. 29-03
DA*

-----Original Message-----

From: Bucci, Laura [mailto:]
Sent: Monday, September 29, 2003 11:21 AM
To: Webster, John
Subject: New Pyramid Guidelines for Nutrition

*Bucci
1 OF 1*

You're probably snowed under with commentary on the new food pyramid. Please accept my comments via e-mail as a means of letting you know that I agree with the letter from Lynn O'Toole published on the site in that a vegetarian/vegan pyramid is essential because of the number of such products now widely available on the market. For those persons who continue to use meat and dairy products, the present pyramid is a good guideline, but could use some refinement. The latest refinement added fats in small proportions (shown at the top of the pyramid). On the whole, the pyramid does not wholly address diabetic diets because of the suggested servings within the tiers of the pyramid. Still, as you know, people will eat what they want to eat and as long as the "wrong" types of food are available and they taste good, the problem lies solely with the individual's self-control and not with the government for controlling what the individual should or should not eat.

Laura Anne Bucci
Legal Assistant
Ulmer & Berne LLP

Cleveland, Ohio () (Fax)
() (E-mail)

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9-24-03

RECEIVED
9/30/03

Abraha
1 OF 1

Dear Food Guide Pyramid Reassessment Team,

Upon hearing about the reassessment of the Food Pyramid that is soon to take place, I thought it important to voice my concerns regarding its current and future organization.

The Food Pyramid serves as a dietary guide for millions of Americans. As one of those Americans, I am able to live a healthy and fruitful life by taking into account some of those dietary recommendations & I am still able to live a nutritionally balanced life despite avoiding some of the foods that are allowed in the current pyramid (i.e. meat and poultry) and have nutritionally equivalent if not healthier options. The Reassessment Team might consider it worthwhile to cite these alternatives such as lentils, expanding on the broad term "legumes", and by citing specific examples. It would also be quite helpful if the committee were to take a more objective stance in choosing foods to include in the pyramid. This could be done by comparing the pros and cons of each of the foods and not giving into powerful lobbyists from the beef/poultry/pork/dairy industry. Profits should not endanger the health of the American public and compromise the overall well being of millions of people. So many of the diseases that afflict our society (diabetes, breast cancer, colon cancer, heart disease) are in part due to the consumption of some of the currently included Food Guide Pyramid foods. I hope that the Reassessment Team takes these negative affects into account during revision — always weighing the overall good and bad.

Sincerely,

Abraha Abraha

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

RECEIVED
9/30/07
KT

RE: Public Comments on the Food Pyramid Guide

Thank you for seeking public opinion on the Food Pyramid. As the dietary model behind federal food programs, including the National School Lunch Program, the Pyramid needs to evolve with nutrition science.

When the Dietary Guidelines Advisory Committee convenes to review current policy, I hope they will emphasize the Vegetarian/Vegan Six Food Groups: Whole Grains and Starches, Legumes, Green and Yellow Vegetables, Nuts and Seeds, Fruits, Vitamin and Mineral Foods.

Present guidelines advise two to three daily servings of dairy products along with meat as a main protein source. While this plan successfully promotes the meat and dairy industries, it ignores numerous studies linking saturated fat and cholesterol in meat, eggs, and dairy products with heart disease, cancer and stroke—the top three killers in the U.S.

Dairy products alone are associated with obesity, high blood pressure, juvenile onset diabetes, prostate and breast cancers, allergies, nasal congestion and ear infections, according to the American Heart Association.

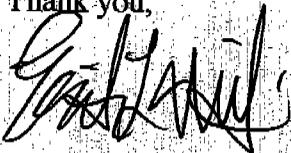
One of two Americans will die from heart disease. The excess saturated fat (mostly from animals) and cholesterol (entirely from animals) will be the cause in most cases. The American Dietetic Association claims that vegetarian diets reduce the risk for coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, kidney disease, and obesity.

Children, in particular, deserve alternatives to the fatty fare on school lunch lines. In a 1999 American Heart Association Scientific Sessions report, one in six teenagers' hearts showed significant blockage and the arteries of five-year-olds were clogged with fatty patches. Veggie burgers, soy cold cuts and soy milks are great substitutes for corn dogs, pizzas and milkshakes.

The FDA links contaminated meat goods with six and a half million cases of food poisoning and six thousand deaths every year. Animal-based meals contain residues of growth-inducing hormones and antibiotics. In fact, antibiotic abuse on factory farms has led to what the scientific community labels Super-Bugs-Bacteria. SBB are resistant to current antibiotic therapies.

The Vegetarian/Vegan Six include all the essential carbohydrates, fats, protein, vitamins, minerals and water necessary for a balanced and healthy diet. They also prevent disease and obesity. Please revise the Food Guide Pyramid to reflect vegetarian sources of protein, calcium and other vital nutrients.

Thank you,



Ms. Erika Willhite
Santa Monica, CA

Willhite
LOF1

RECEIVED
9/25/03
M

Fairfax Station, VA
September 25, 2003

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

Mileta
10F1

Dear Ms. Harrison,

I think that the Food Pyramid is a sensible depiction of the proportion of food categories that should be used to construct a healthy and nutritional diet. Recent concern over the deficiencies and high calorie content of fast foods eaten at various fast food restaurants advises us that greater diversity in foods is essential to good nutrition. If greater attention were paid to the food pyramid by fast food service providers, the public would be healthier and there would be less controversy over obesity that is encouraged by high-fat fast food diets.

Sincerely,

Elaine Mileta
Elaine Mileta

BONNIE REDDING
1516 Wagner Circle
West Palm Beach, FL 33406

RECEIVED
9/25/03
KI

September 25, 2003

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

Re: **Food Pyramid**

Dear Sir or Madam:

I write to comment on the reassessment of the Food Pyramid.

I became a vegetarian in 1988 and a vegan in 2000. The first event changed my life drastically and forever. It was the single most important thing I did in my life. I not only felt better, I had more energy and lost weight. The second event was not so dramatic but sealed my fate forever. I will never eat meat or the by-products of meat again and feel strongly that humans are not meant to consume animal protein.

However, it is important that people become more aware of their nutritional requirements. Unfortunately, we have done a poor job of that so far. Most people cannot comprehend a diet without animal meat. They are not familiar with all the wonderful alternatives, much less how to purchase or prepare those products.

I therefore strongly recommend that soy products and other alternative meat products be added to the pyramid, that fruits, grains and vegetables be emphasized, and that dairy products be removed.

This emphasis on non-meat protein, fruits and vegetables will not only directly benefit human health leading to less disease and longer lives, it will also indirectly benefit human health by removing the degradation of our environment upon which the production of animal meat has had such a negative effect.

Thank you for this opportunity to comment on the Food Pyramid.

Sincerely,


Bonnie Redding

Redding
10/1

RECEIVED
9/30/03

AK

LINCOLN R. DAVIS
NEWPORT BEACH, CALIFORNIA

September 24, 2003

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

Dear Sirs/Madams:

I am a 48-year-old male physician who has eaten no animal products of any kind in more than 20 years. I do not use food supplements. I am in good health as far as I can determine, and I find it impossible to reconcile this fact with the correctness of your current guidelines, which indicate that some consumption of dairy products and meat is necessary.

Yours truly,



Lincoln R. Davis, M.D.

Davis
1 of 1

Telephone

FAX

Stockton, California

BERBERIAN NUT COMPANY
RECEIVED 11/30/03

September 22, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid

Dear Mr. Hentges:

As a handler and member of the California Walnut Industry, I am writing to express concern in regard to the Proposed Daily Good 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 alphinolenic 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.

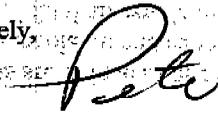
Walnuts are unique as one of the only whole food sources of ALA - often thought, as mentioned, to be only in canola oil and canola based soft margarines. In addition, walnuts are also lower in calories and saturated fat than canola oil plus offer protein, fiber and other nutrients. In fact as you know, 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. As a handler who employs 130 workers directly and indirectly, 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,


R.L. "Pete" Turner
Sales & Marketing

Turner
10/1



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

September 27, 2003

RECEIVED
9/27/03
K1

Nutrition is basically pretty simple - it involves three basic steps:

1. What food we take in,
2. Proper digestion of the food, and
3. Absorption of the digested food into the body.

The hard part is the successful accomplishment of each step, because if any one of the steps fails, we do not get proper nutrition. Input is the most important, because it matters not how the 2nd and 3rd steps work if Step 1 is bad food.

The famous food pyramid is supposed to help us with Step 1, but it is woefully unbalanced and critically incomplete. It may get to the best combination over time, but not until outside influences are eliminated.

Carbohydrates are an integral part of the food pyramid but nutritionists simply refer to them without specifying whether they are raw or cooked. It makes a tremendous difference.

The human digestive system cannot break down fiber molecules unless the fruit and vegetables are cooked. In the raw state, the fiber becomes a carrier for food and hence enhances digestion and elimination and prevents the vast amount of sugar in the fiber from causing bad results, e.g.: diabetes, obesity, ADD, etc. Arthritis and diabetes are sometimes referred to as the 'COOKED FOOD DISEASES.'

Meat, seafood, chicken, eggs, etc., contain no fiber so cooking does not cause this problem.

Therefore, good health demands that we eat the majority of our fruit and vegetables raw, plus all the cooked meat, seafood, and lightly cooked eggs we desire. Whenever carbohydrates are referred to in a nutritional context, the raw or cooked status should be stated.

Attached are several points that deal with proper nutrition.

Sincerely,

Robert W. Larsen
Robert W. Larsen

Larsen
1 of 2

Cedar Rapids, IA

1 Attachment a/s

ATTACHMENT

1. Milk is not an adult food – it can cause serious illness including destruction of the digestive tract.
2. Fat (the right kind) is essential for good health
It takes nine times the energy to digest relative to carbohydrates
Good Fat – Butter, cream, lard, olive oil, coconut oil, palm oil
Bad Fat – Trans fat kills and causes illness
The brain is mostly fat and fluid – it needs saturated fat in fish, eggs, meat, etc., to prevent dementia, Alzheimer's, memory failings, etc.
3. Fiber in cooked carbohydrates turns to glucose causing serious illness including diabetes, arthritis.
4. Raw fruits and vegetables are essential to good health
At least 1/2 of our daily diet – more is better.
5. Eat fish 2 –3 times per week – Wild Salmon, Sardines, Tuna, sole, tilapia, trout
6. Meat must be cooked to reduce chance of contamination
7. Eggs are good food – 1 to 2 per day
Cooked so that the white is firm, the yolk is soft
Eggs are the only food with every known amino acid that the body needs
Good source of lecithin & omega-3 essential fatty acid
8. Cholesterol – Amount in blood not important – viscosity is far more important
It melts at 300° F – add lecithin to reduce to 160° F – add Omega 3 it gets down to 32° F, i.e., liquid at body temperature necessary to prevent clogging blood vessels while being transported to sites for making cell membranes
9. Stomach acid is essential
It kills all known pathogens but one
It is a must for proper nutrition absorption
After age 60 we have little or no stomach acid – It may have to be supplemented
It prevents food from putrefying in the stomach and intestines
10. Enzymes are basic to body synthesis and humans have a finite number
There are three basic groups – Complex proteins
Over 60,000 or more have been identified – there are probably many more
Combinations in our bodies defy replication – we must have enzymes from our raw food input – they are destroyed when food is heated past 116° F

Larson
20F2