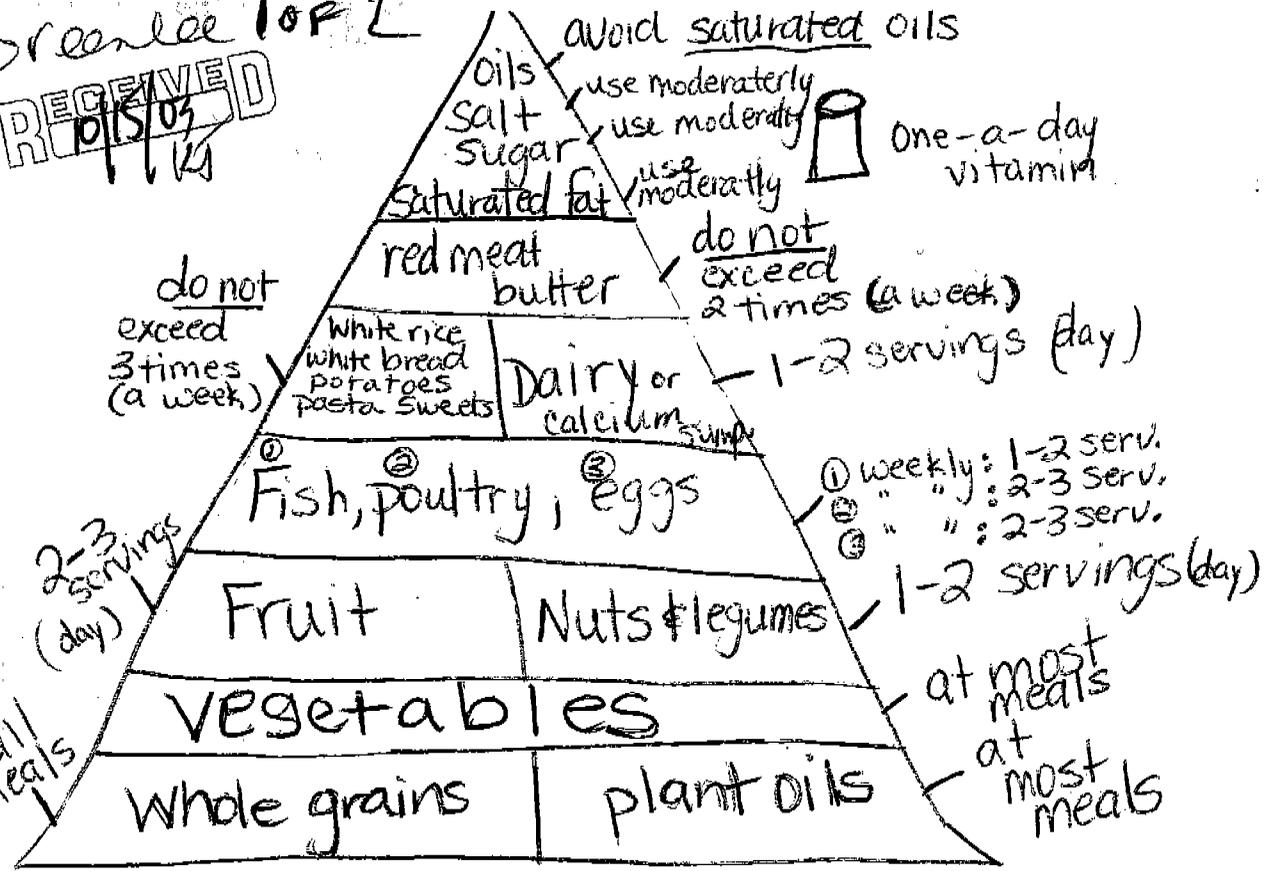


Greenlee 10P2

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DIS/03
1/14


alcohol
do not
exceed
2 times
(a week)



One-a-day
vitamin

do not
exceed
2 times (a week)

1-2 servings (day)

① weekly: 1-2 serv.
② " " : 2-3 serv.
③ " " : 2-3 serv.

1-2 servings (day)

at most
meals

at
most
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.

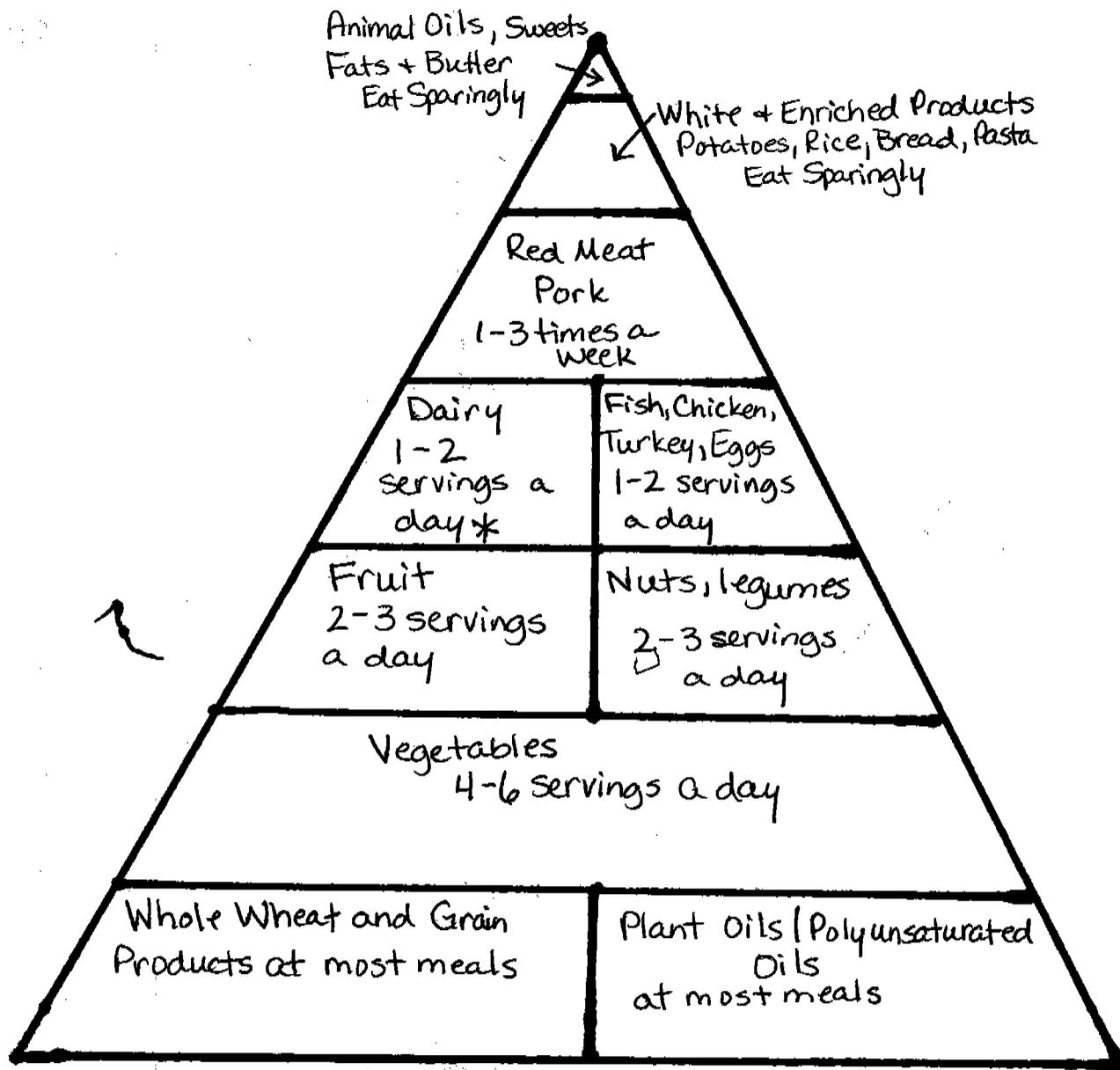
We also need plenty of fiber. To get these we need the grain products and the vegetables and fruits. From the vegetables and fruits we will also get nutrients and vitamins that are essential to our body.

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:

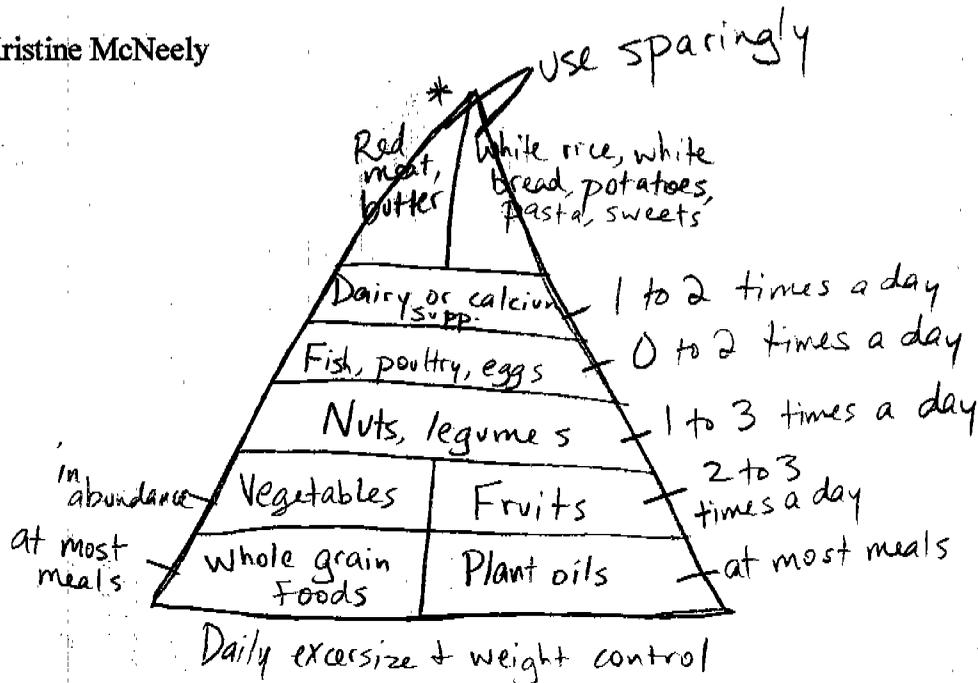
I appreciate that you are allowing the public to express their views concerning the reassessment of The Food Guide Pyramid. As I am not an expert in the field of nutrition, I feel I am not qualified to give exact instructions to the design of the new pyramid, but I believe I can share with you a few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



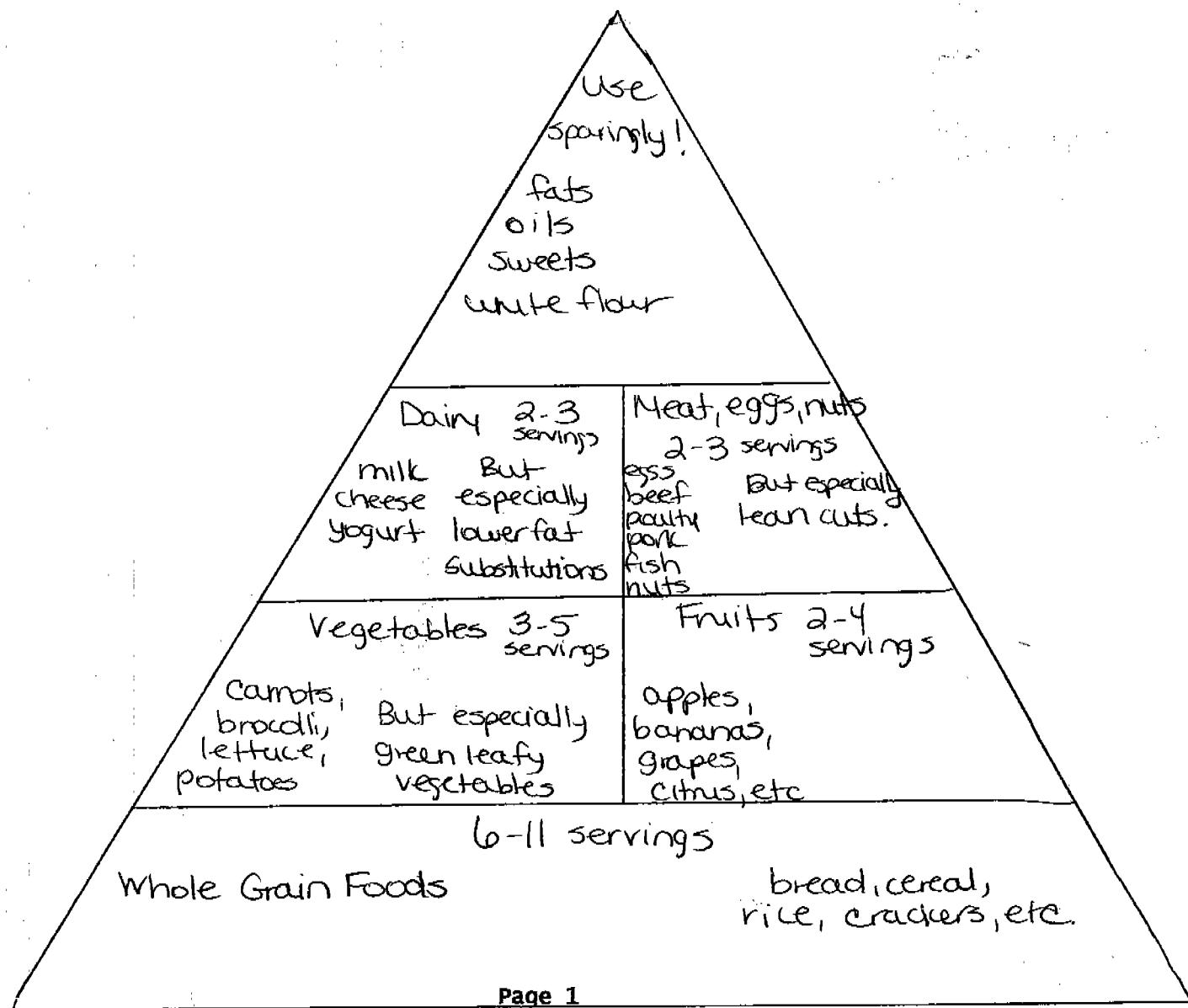
Leinart 10/1

RECEIVED
10/1/03
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

RECEIVED
10/15/03
KJ

Wade Mullins ✓
Nutrition
Dr. Ballard

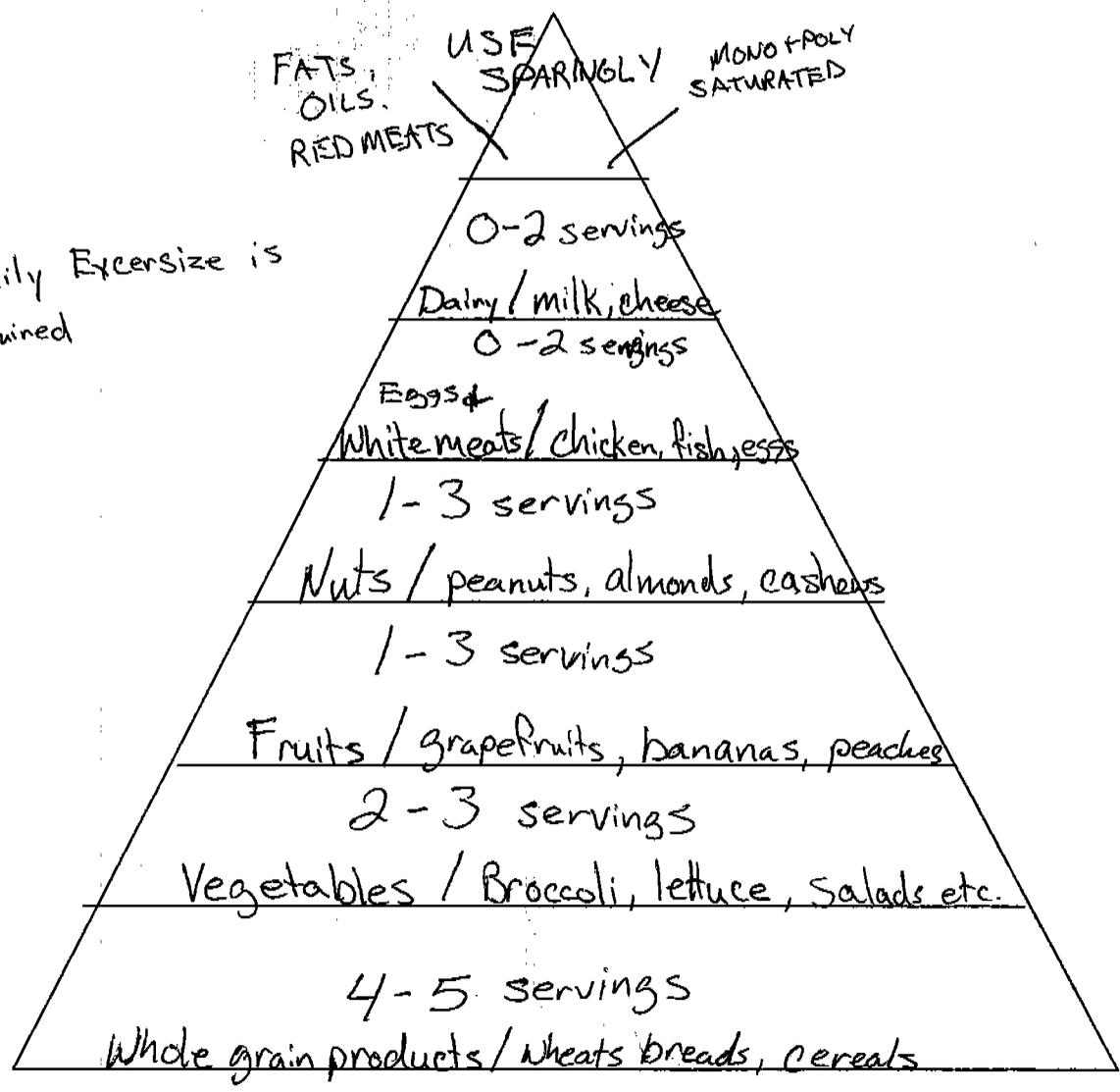
The current pyramid seems to be under heavy fire from nutritional advocates. However I believe that everyone should have slight modifications ^{do} ~~due~~ adhere to their specific body type and medical history. For example, someone with a history of heart disease would be advised to keep red meats and 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
10/22

Melanie Starkey ✓

RECEIVED
10/22/03
KJ

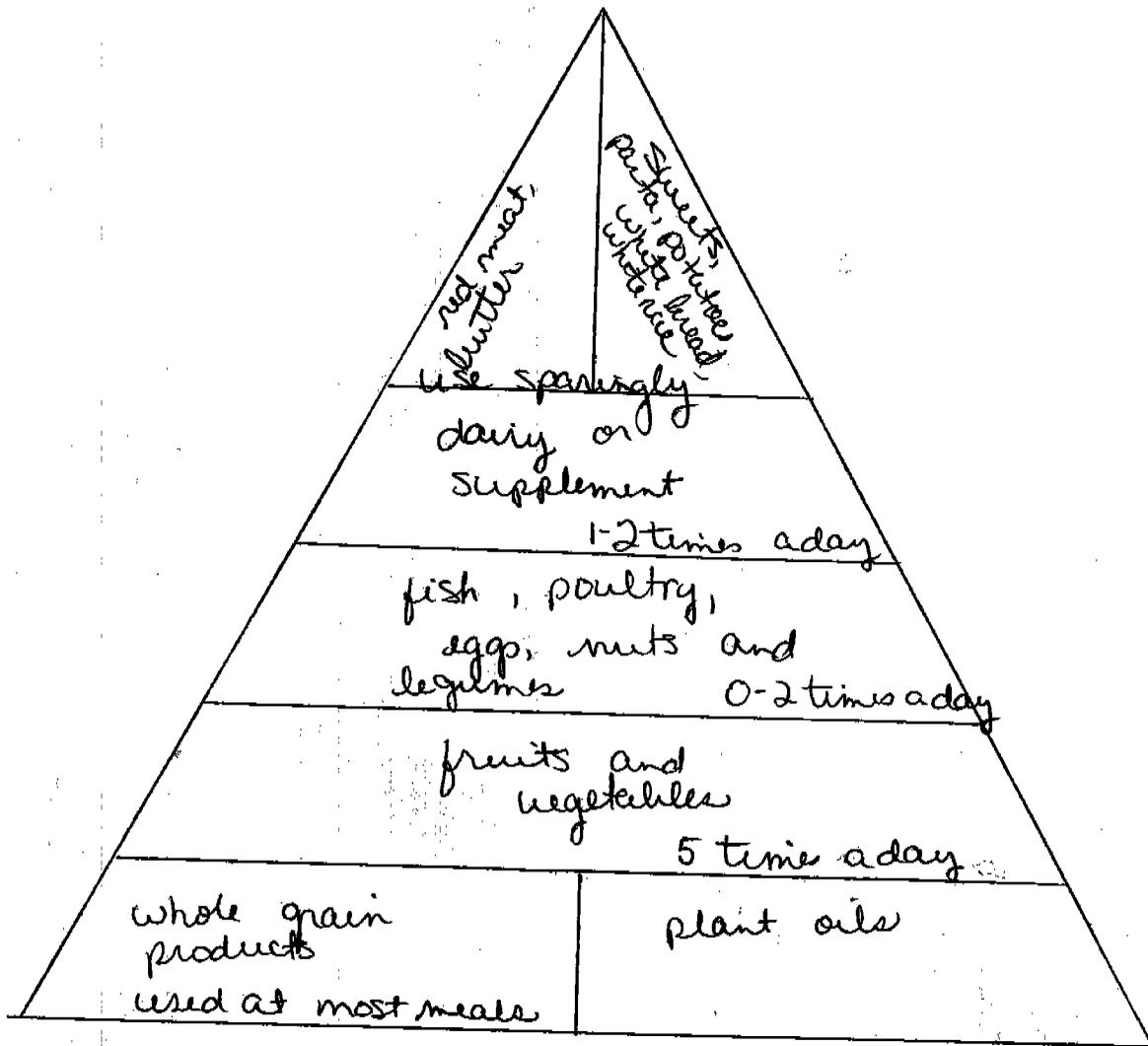
I think that the old food pyramid needs some revision regarding the amounts or sizes of the food portions. Restaurant servings are generally much larger than what a person should consume in one meal, particularly with the current trends of "super-sizing" and of the popular buffet-style meals. Therefore, 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

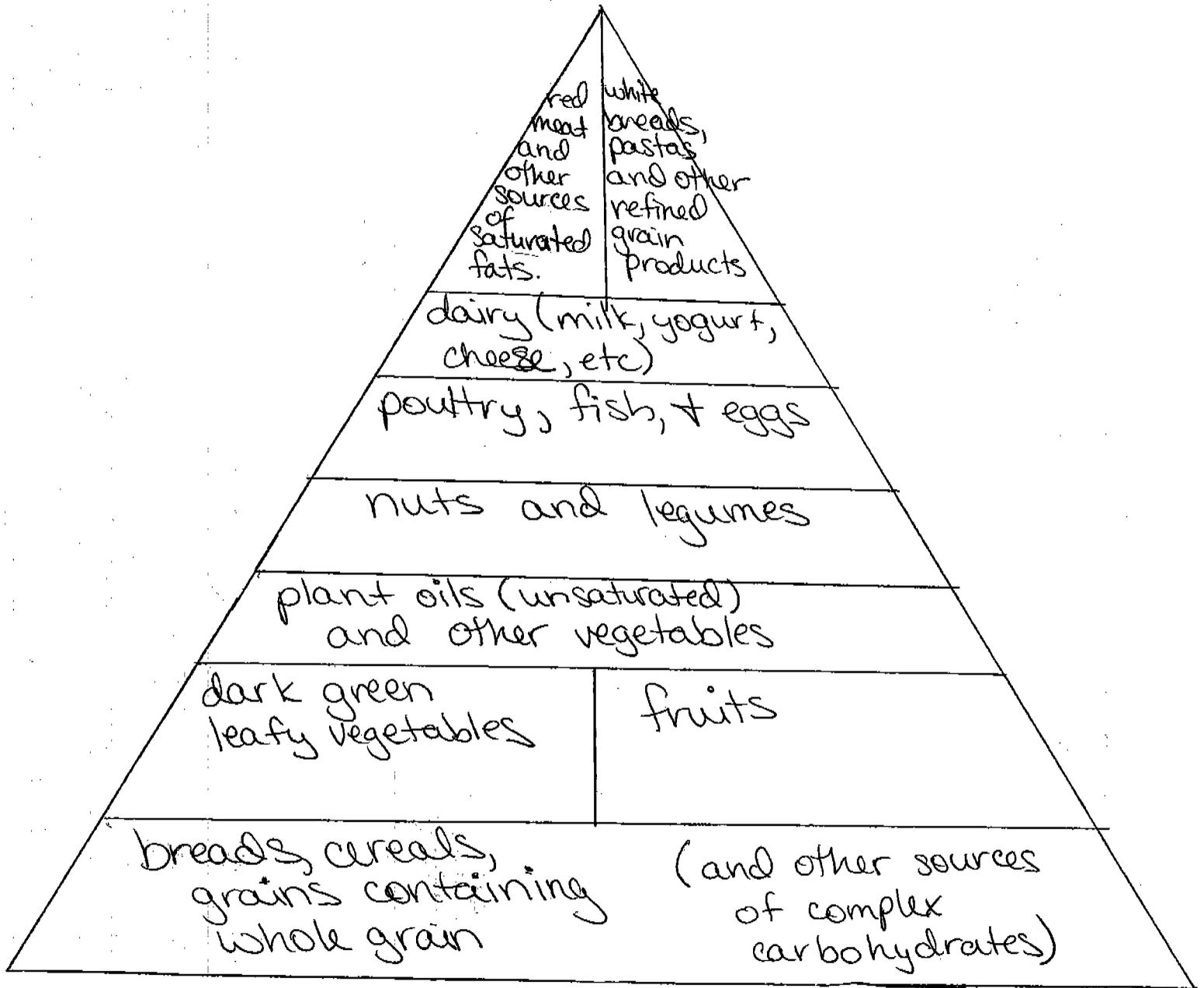
The last idea that I would like to discuss is the separation of dark green leafy vegetables from other vegetables. This should be considered because of the fact that dark green leafy vegetables should be consumed in higher amounts due to the need for certain vitamins and minerals. Certain vitamins, such 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

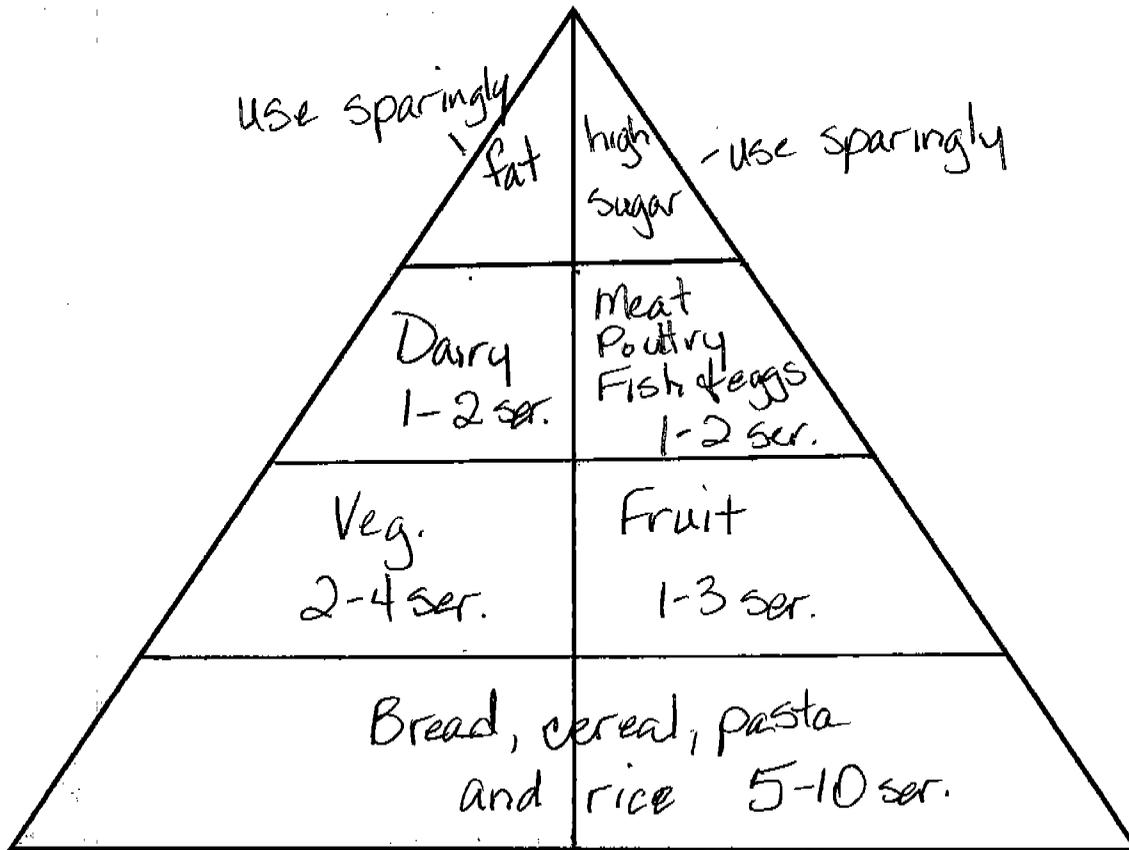
Kristin
Rishel



Keller
10/7/03

RECEIVED
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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10/6/03
KT

Jenny Zhang ✓
10-6-2003

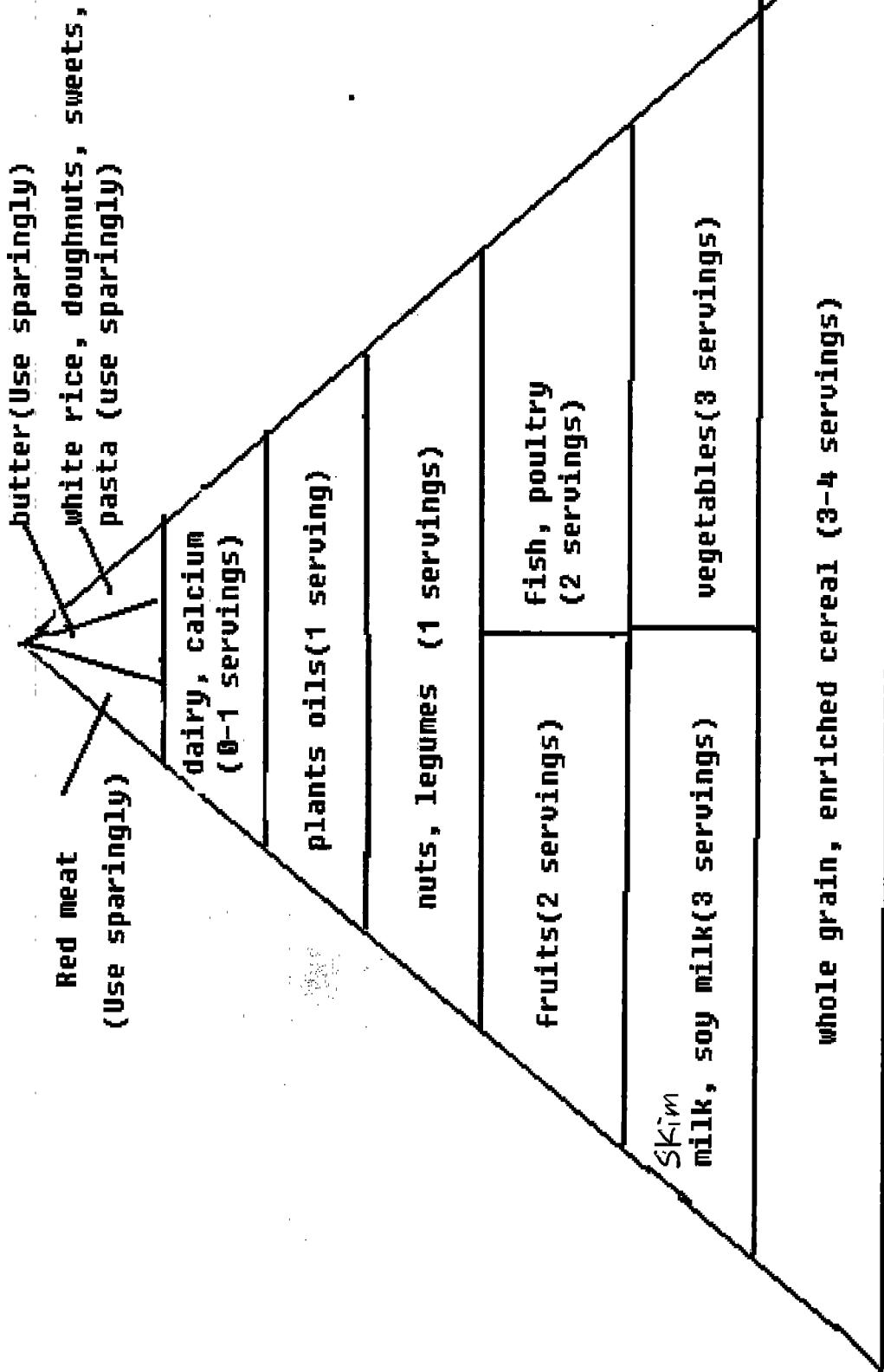
Justification of the Dietary Pyramid

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

RECEIVED
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
2 of 3*

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

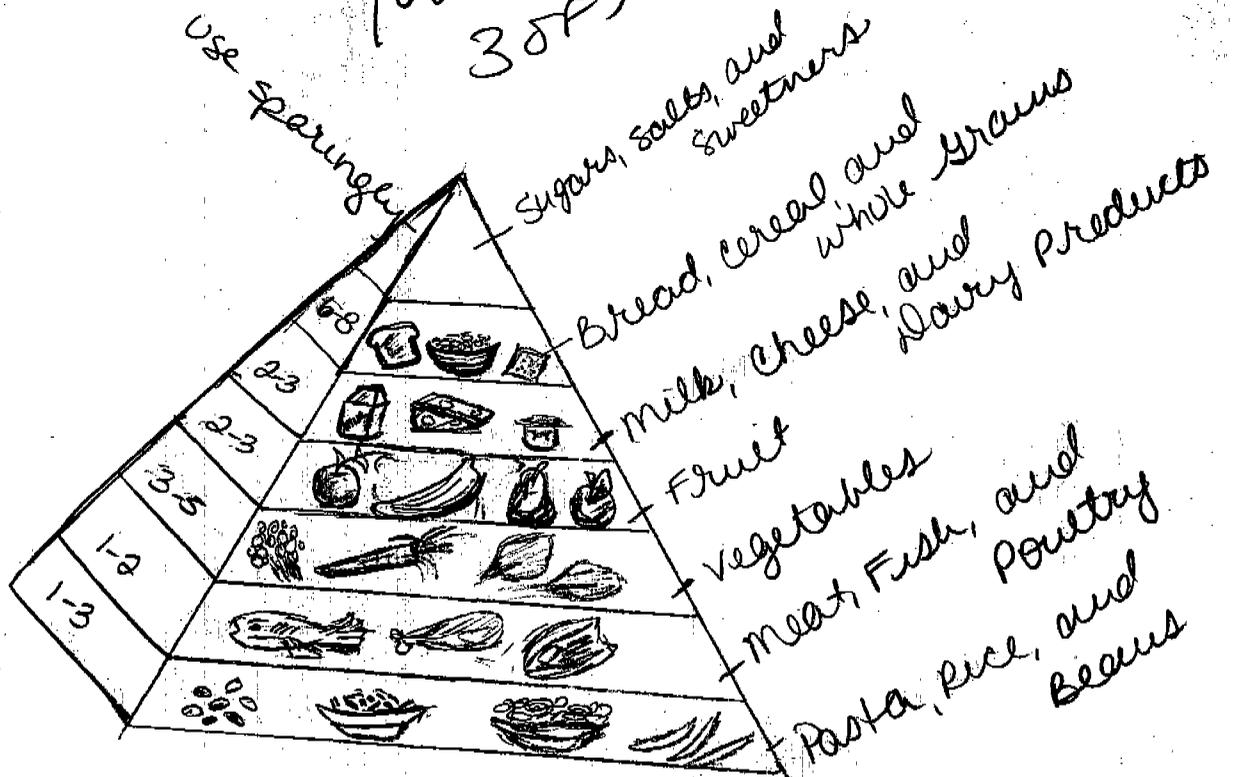
Row 5: A little bit of vegetables at lunch and a little bit at dinner and you can easily meet this requirement

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



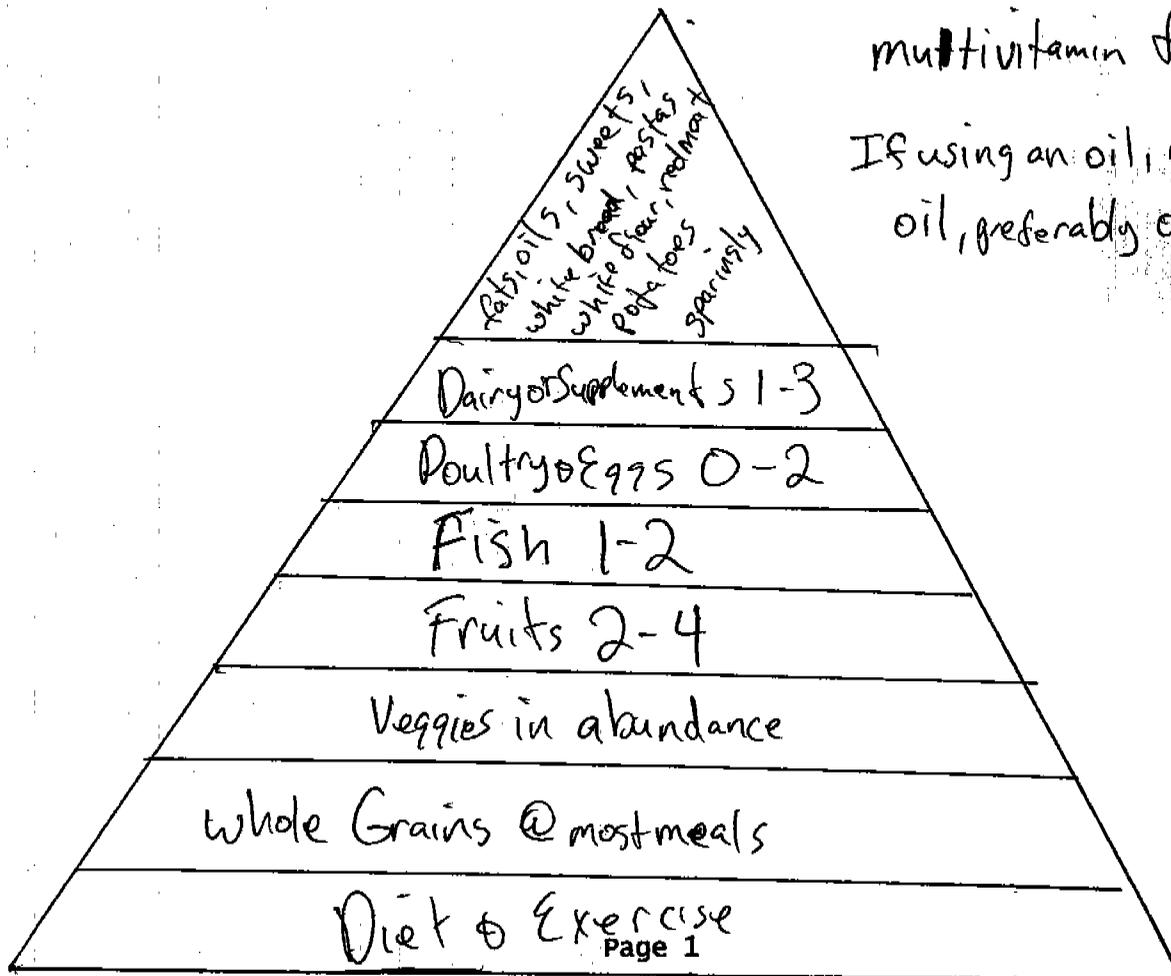
Leinart 10/1

Brannon Leinart ✓
10-7-03
Nutrition

Untitled

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10/15/03
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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10/15/03
KT

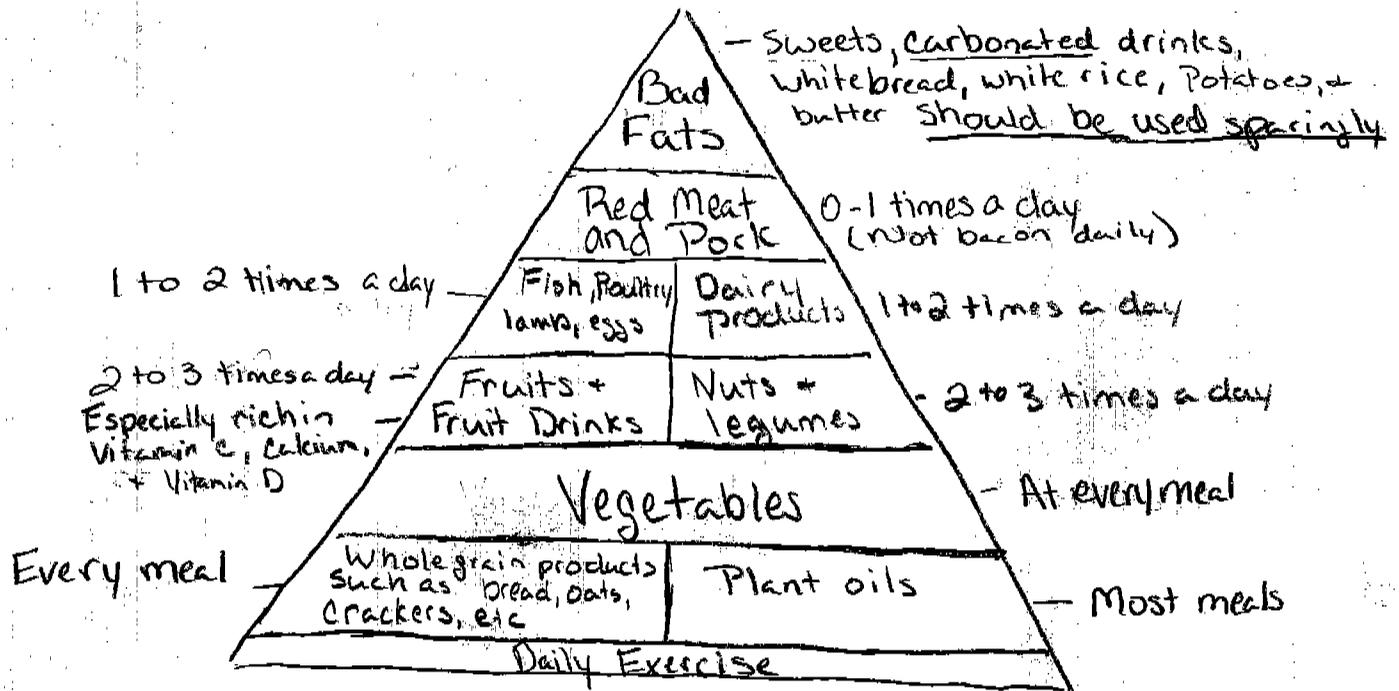
FOOD PYRAMID

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

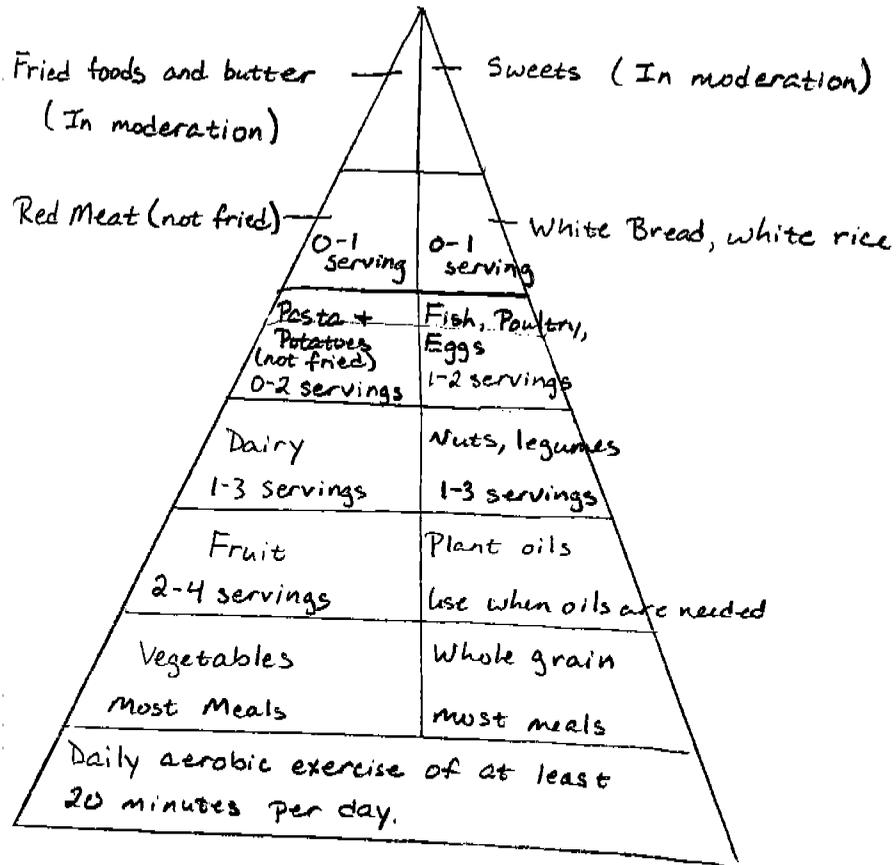
The first Food Guide Pyramid was designed to help people eat a more balanced diet and consume foods most likely to accompany a healthy lifestyle. However, as with any new plan, there was room for improvement. The new proposed Food Guide Pyramid is a good plan, but there are still things that can be changed 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

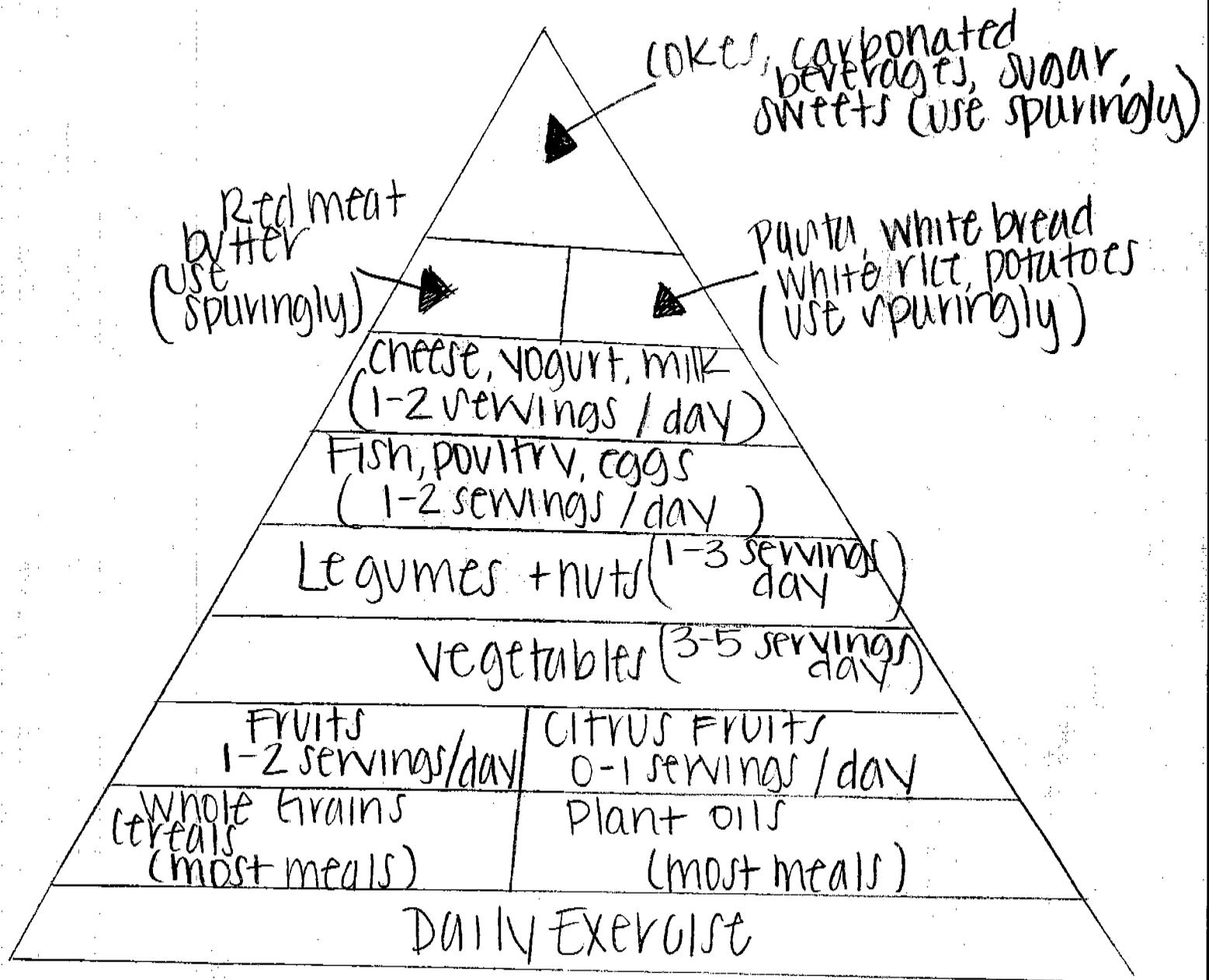
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KT

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.

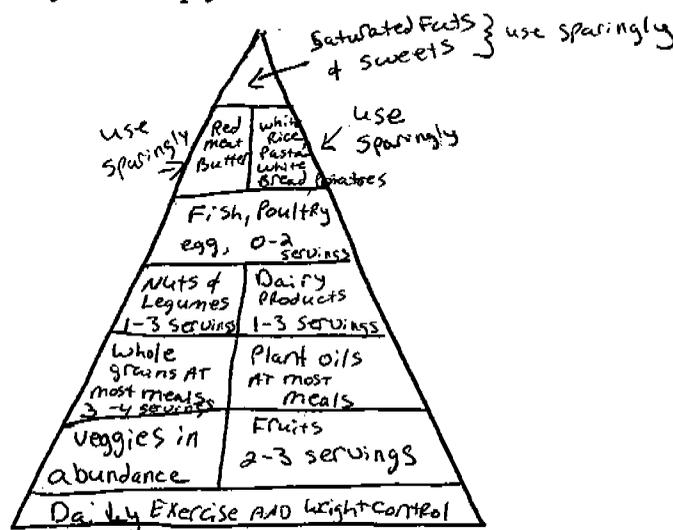
Second, I would put "vegetables in abundance" and "fruits, 2 or 3 servings", as my first food groups. Vegetables and fruits are full of vitamins, minerals, and nutrients. If we concentrated our diet on fruits and vegetables and just added everything else in smaller portions we would be more healthy.

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.



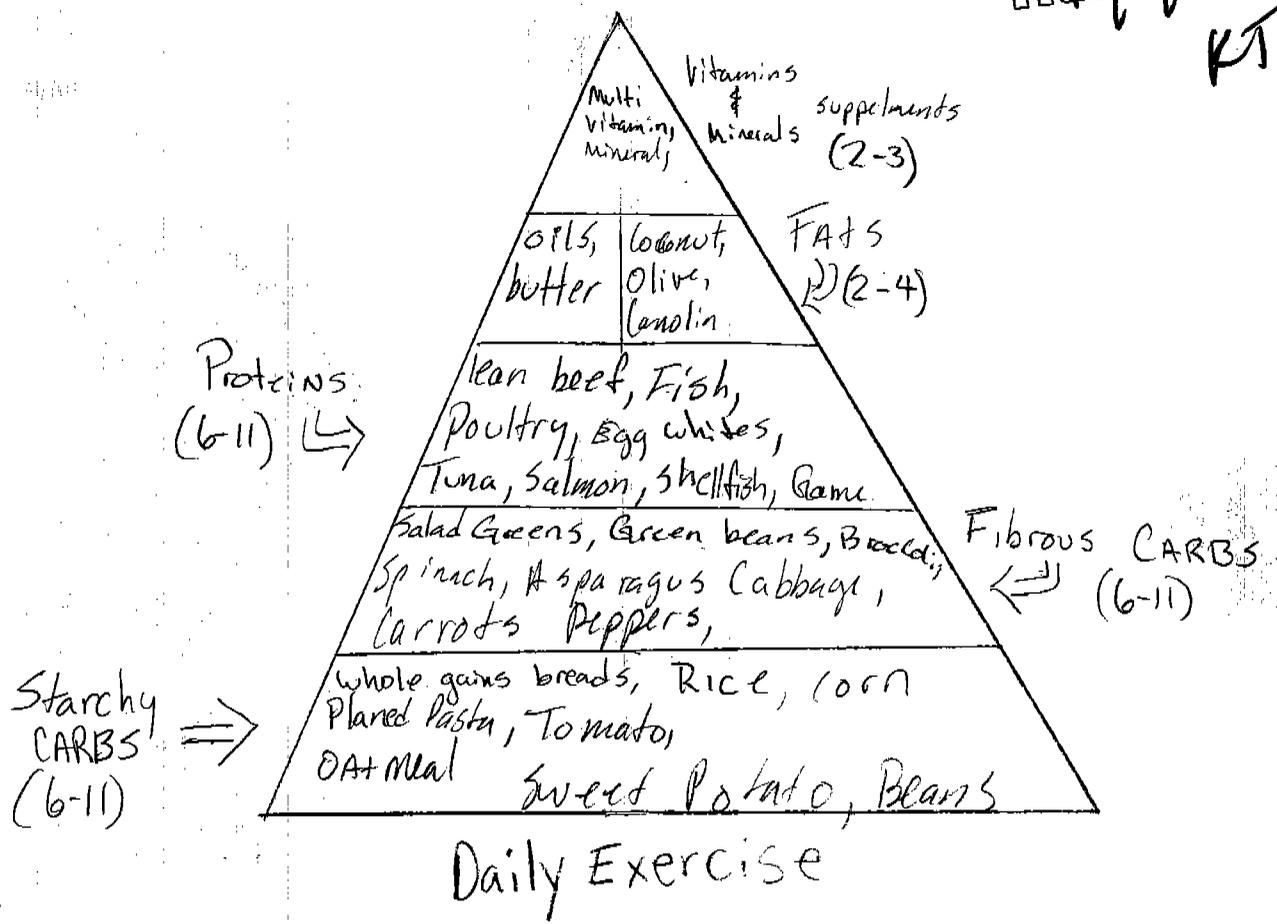
Fabian 10/1

✓ George Fabian

Food Pyramid

RECEIVED
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.