

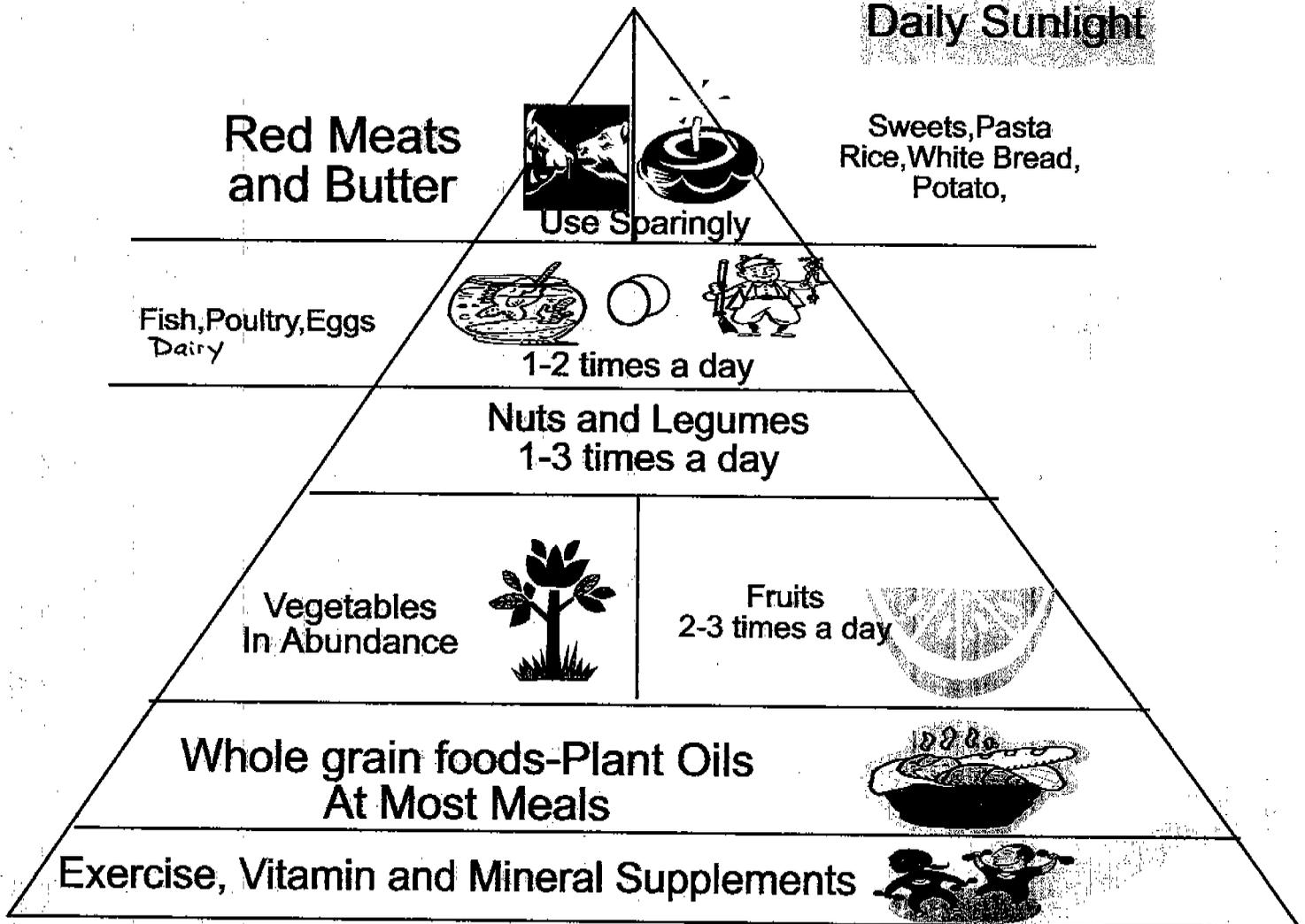
NEW PYRAMID

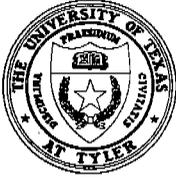
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DW

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





THE UNIVERSITY OF TEXAS AT TYLER

*Ballard
1 OF 2*

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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.

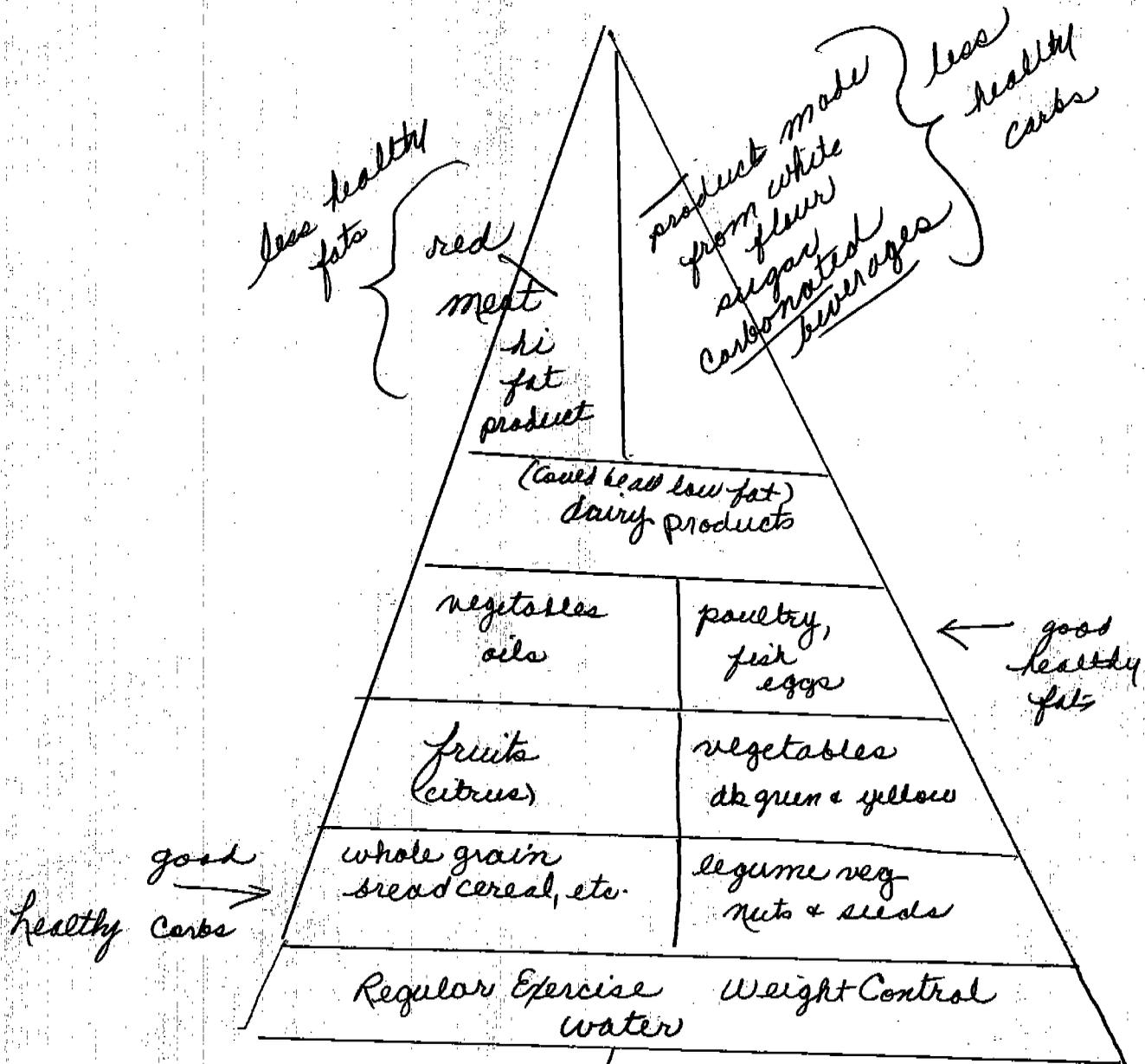
My own pyramid is based on the principles found in the Healthy Eating Pyramid, but I arranged the food groups differently that puts similar items on the same line. If information from these students does nothing else, I would encourage your group to strongly consider discouraging the use of carbonated 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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KT



idea borrowed from my student

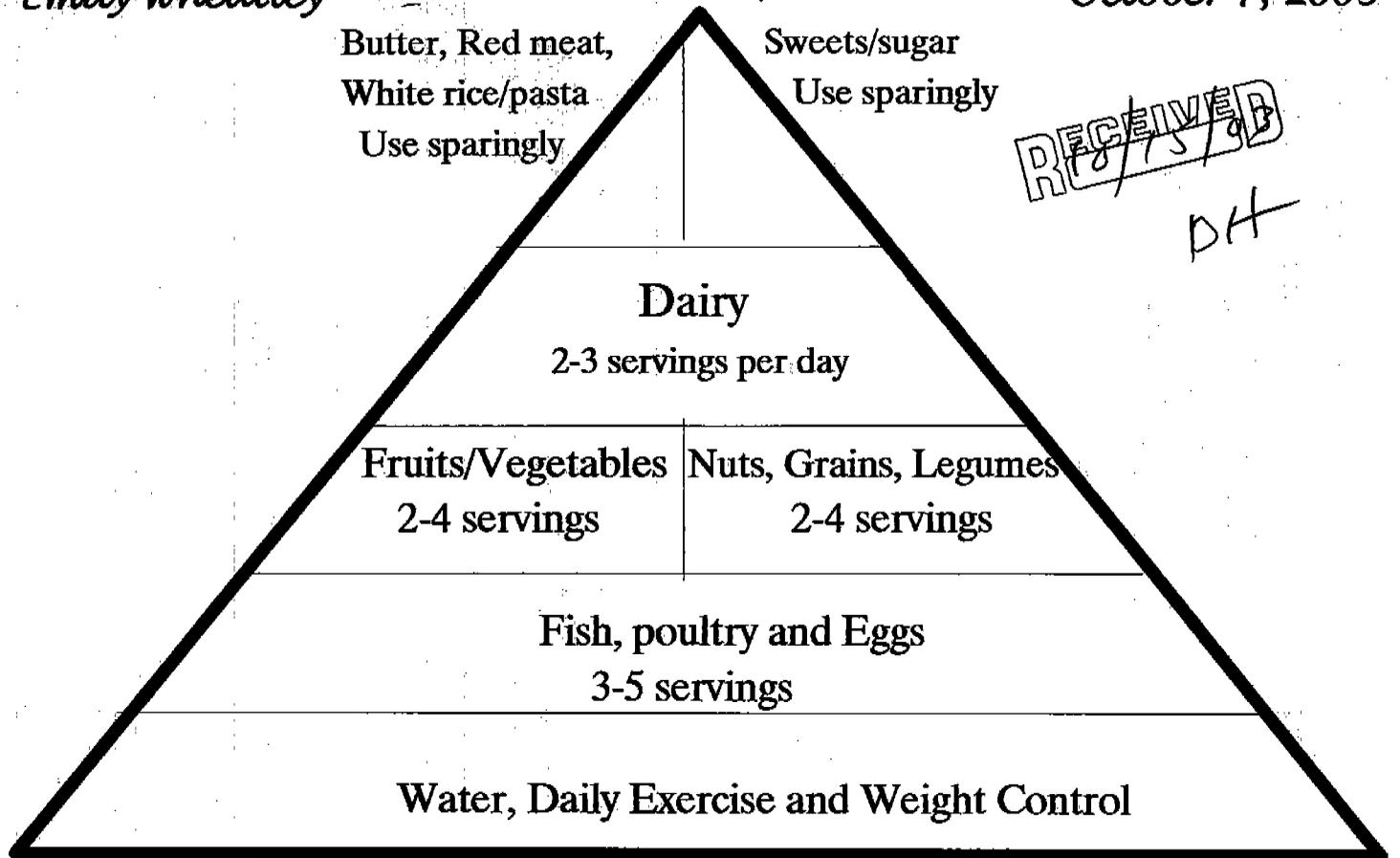
Emily Wheatley

Wheatley 10/7/03

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

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10/15/03

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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

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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
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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.

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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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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

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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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I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,

Margaret L. Falk