

PEREZ FARMS

• Crows Landing, CA • Phone:

September 15, 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

RECEIVED
9/22/03
KT

Dear Mr. Hentges:

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid

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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 hundreds of 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,

Earl Perez

Perez
1 OF 1



Lodi Farming Inc.

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10/1/03
KT

September 15, 2003

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Center for Nutrition Policy and Promotion
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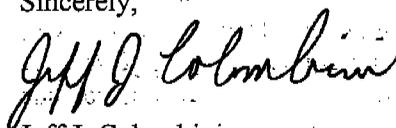
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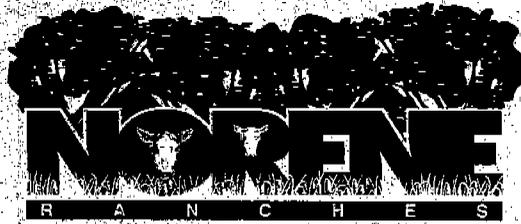
Sincerely,



Jeff J. Colombini
President

Colombini

1 of 1



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10/1/03

KJ

September 15, 2003

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Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
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Thank you for your efforts!

Sincerely,


R. Donald Norene
President

Norene
10/1/03

Ann M. Coulston, MS, RD
Nutrition Consultant

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9/15/03

KI

Mountain View, CA

phone: €
fax: €

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USDA
3101 Park Center Drive, Rm 1034
Alexandria, VA 22302

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Sincerely,

Ann M. Coulston

Coulston
10/21

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KA

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Food Guide Pyramid Reassessment Team
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3101 Park Center Drive, Room 1034
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I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,

Mark Snyder
President Lake County Walnut Inc.
Kelseyville, CA

Snyder
10/1

RECEIVED
9/14/03
KT

Antoinetta V. Wilson

Mesa, AZ

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

September 14, 2003

Dear Team Member,

I am writing to you in regard to the major discussion on revision to the Food Guide Pyramid. **It is time for a change!**

As a student of dietetics at Arizona State University, I have come to realize that food and nutrition are literally a science. New discoveries are being made everyday about health and nutrition. The Food Guide Pyramid is currently eleven years, old and is outdated. Many things have been discovered in the past eleven years.

- On the pyramid, oil is cautioned to use sparingly, however; monounsaturated fats, such as vegetable oils, have been found to have many healthful properties such as:
 - lowering the risk of heart disease
 - lowering the risk of certain cancers
 - promoting healthy skin
- Meat alternatives such as beans, lentils and nuts should be in its own group, and animal meats should not be as emphasized.
 - Over-consumption of animal meats have been linked to certain types of cancers and heart disease
- Milk alternatives should be added to the milk, egg, and cheese group.
 - Many people are lactose intolerant
 - Milk products have found to be linked to certain types of cancers
 - Can obtain calcium and vitamin D in many other healthy forms instead of dairy
- Physical activity should be included on pyramid because this is just as important as food in maintaining a healthy body.
- Water should be included on the pyramid because it is vital for health.

I appreciate your concern on this matter. If you would like to contact me for any information or comments please call me at .

Sincerely,

Antoinetta V. Wilson

Antoinetta V. Wilson

*Wilson
10/1*

RECEIVED

Sept. 18, 2003

To USDA Center for Nutrition
Policy and Promotion,

I would like to see
a new concept of the
traditional Food pyramid.
It would be either
a big rainbow - most
likely reds, greens, yellows,
& oranges - (fruits spectrum)
& vegetables primarily (of color)
whole grains, monosat fats,
protein, variety & lots
of colors - it would
be vibrant & fun (children
& adults would love it!

It could be
titled Chase your rainbow!

My second suggestion
would be someone
climbing a mountain
to reach his potential
along the way - eating
portions to fuel him
again fruits & vegetables, protein
colorful & easily - available carbs -
& packable, both would
get the word out on good
nutrition. Fuller
Thank you, 1 of 1
Doug Lois Fuller

RECEIVED
9/10/05
KT

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

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

Humes / OF 2

and obesity. Please revise the Food Guide Pyramid to reflect vegetarian sources of protein, calcium and other vital nutrients.

Thank you,

Leah Humes

Leah Humes

Leah Humes

Edinboro PA

Humes 2 of 2

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September 17, 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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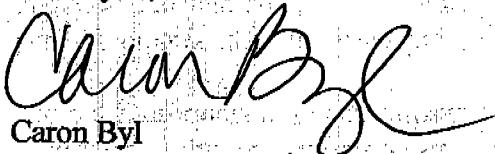
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Thank you,


Caron Byl

Byl 10-1

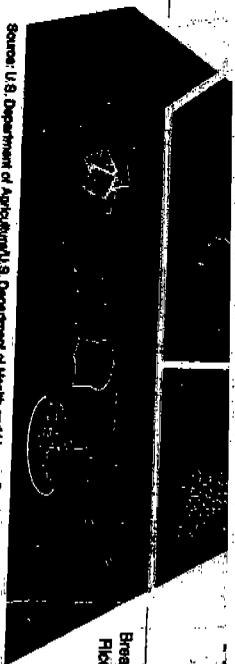
Fort Worth, TX

From the desk of
Casey T. McGrath

Here is my public input.

Use this guide from Harvard
~~and~~ eat "Eat, Drink, + Be
Healthy" by Walter Willett

com



1 USDA Food Pyramid

research from all parts of the globe. Scores of large and small research
jects have chipped away at the foundation (carbohydrates), the middle
at and milk), and the apex (fats). The Dietary Guidelines for Americans,
ch are supposed to serve as the detailed blueprint for the USDA Pyramid,
a bit better. They are updated every five years and sometimes include ready-
prime-time research. But the USDA Pyramid hasn't really changed in spite
important advances in what we know about nutrition and health.
At best, the USDA Pyramid offers wisly-washy, scientifically unfounded ad-
on an absolutely vital topic—what to eat. At worst, the misinformation con-
utes to overweight, poor health, and unnecessary early deaths. In either
: it stands as a missed opportunity to improve the health of millions of people.

BUILDING THE FOOD PYRAMID

ore this book to show you where the USDA Pyramid is wrong and why it is
ng. I wanted to offer a new healthy eating guide based on the best scientific

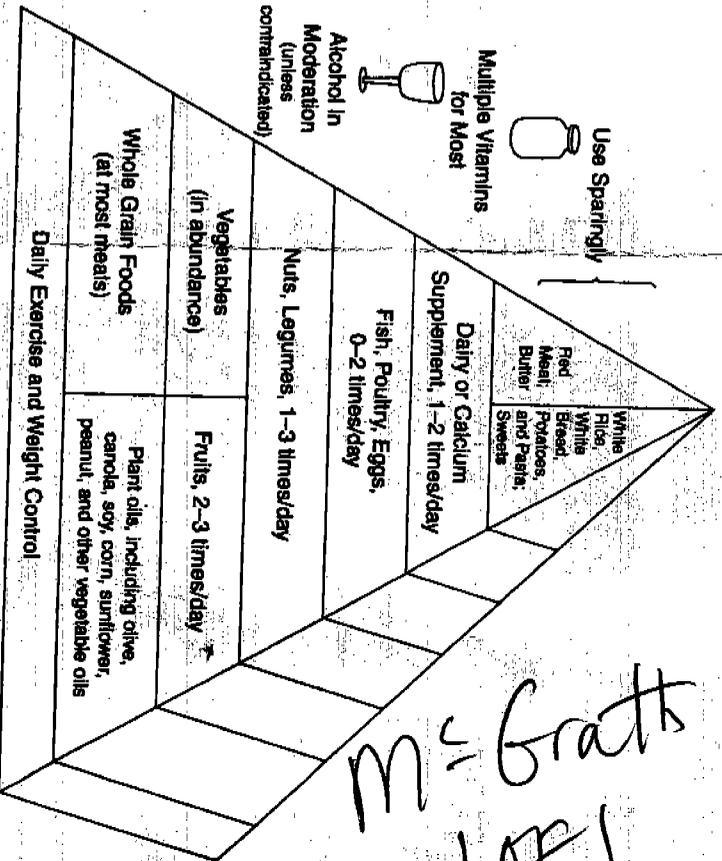
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9/22/03

evidence, a guide that **shows the fundamental flaws of the USDA Pyramid and helps you make better choices about what you eat.** I also wanted to give you the latest information on new discoveries that should have profound effects on our eating patterns.

The Healthy Eating Pyramid (figure 2) is just as simple as the USDA Food Guide Pyramid. You don't have to weigh your food or tally up fat grams. There are no complicated food exchange tables to follow. You needn't eat odd combinations of foods or religiously avoid a particular type of food. Instead, our pyramid aims to nudge you toward eating mostly familiar foods that have been shown to improve health and reduce the risk of chronic disease. It involves simple changes you can make one at a time. Because it's an eating strategy aimed at improving your health instead of a diet aimed solely at helping you shed pounds, and because the changes suggested in this book can make your meals and snacks tastier, it is something you can stick with for years.

The Healthy Eating Pyramid isn't a single cute idea dolled up in a catchy graphic. It is the distillation of evidence from many different lines of research.



McGrath
TOP

FIG. 2. Healthy Eating Pyramid

RECEIVED

Crystal Cherupil

Catonsville, MD
September 18th, 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,
Crystal Cherupil

Cherupil
10/1

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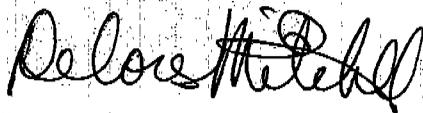
Pyramid Reassessment
USDA Center for Nutrition Policy and Promotion
3101 Park Center Dr. Room 1034
Alexandria, VA 22302

September 16, 2003

Dear USDA,

I'm glad that USDA is considering changing the Food Guide Pyramid. I think adding suggested food serving amount is a good idea. While you're considering adding these serving amounts such as one half cup to eight ounces along with how many servings of each group in a 24 hour period would be an improvement. You might want to consider the fact that most of America is at least 30lbs or more OVERWEIGHT. Web MD and talk show host Dr. Phil McGraw knows this and is trying to help America. You might want to list how many servings of each food group (adding perhaps substitutes such Soy Products, for Vegetarians and those who don't eat red meat) it takes to lose weight along with adequate exercise for all types of individuals, the sedentary to the very active. Also add in approximates how much weight an individual could lose in pounds healthily each week if they ate proper portioned amounts with exercise. From what I've read on Web MD written by health care professionals and being told from my own nutritionists, dietitians, and doctors. Weight loss should not be more than 2 lbs per week. Whether persons are 300lbs to 30lbs overweight, weight loss in America should be one of your primary concerns in healthy eating plus movement of the body 3 or more times per week. There should perhaps be some type of incentives for all restaurants and fast food places in America for serving the most low caloric, low carbohydrate nutritious good tasting meals that allow individuals to choose from for weight loss. Perhaps this would curtail lawsuits involving getting fatter. And of course on the new Food Pyramid could list always check with your personal physician first before starting any type of weight lost and or exercise program. And consider those who may have serious health conditions who are on medication. Maybe you could have two types of Food Pyramids, one for normal weights and one for over weights. With a weight scale for males, females with age, height tables listing the ranges on what one should weigh approximately. Also include teenagers and seniors.

Sincerely,



Delores Mitchell

Mitchell
107-1

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

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11/21/03
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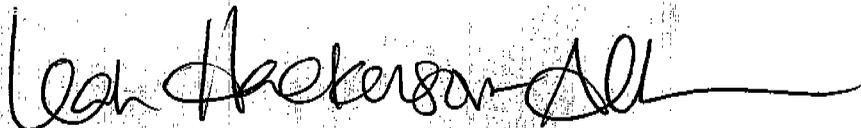
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10/21

Leah Hackenson-Allers

Los Angeles, CA