

Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Alcoholic beverages

Comment ID: 000272

Submission Date: 02/05/2009

Organization Type: Educational Institution

Organization Name: The University of Tennessee Graduate School of Medicine

First Name: Jane

Last Name: White

Job Title: Professor

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See Attachment

Comment ID: 000283

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Emmanuel

Last Name: Kamara

Job Title: Student

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: The USDA Dietary Guideline for Americans recommends 1 drink a day for females and 2 drinks a day for men. I personally think that alcoholic beverages should be made illegal, just as drugs are. I think that alcohol is damaging to the health, and impairs people's judgments as much as drugs do. The way I see it, is if marijuana is illegal then alcohol should be as well. If we look at all the people who die from alcohol related diseases and people killed by drunk drivers each and every year, then I think many people would agree with me.

Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Alcoholic beverages

Comment ID: 000295

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince Georges County Community College

First Name: Robert

Last Name: Forristal

Job Title: Student

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I would like to know more about this category. Why is it that alcohol can be beneficial for older people but not for younger people. They should have charts that detail your weight, sex, and number of drinks to determine your blood alcohol level. I do agree though that you should drink in moderation.

Comment ID: 000335

Submission Date: 02/11/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Alcohol consumption of one beverage a day for women and two beverages a day for men is a great deal. This statement can ensure an alcoholic that drinking is not bad for your health in moderation, giving a person the false implication that drinking everyday is not a problem. Even having one drink a day in moderation can become habit forming. Soon the person will want to consume a few more ounces each day, in which will cause health problems over time. Even though having a drink a day lowers your risk for coronary heart disease, is it worth getting cirrhosis of the liver?

Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Alcoholic beverages

Comment ID: 000260

Submission Date: 01/31/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Keith

Last Name: Herman

Job Title:

Key Topic: Alcoholic Beverages, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Food Groups, Nutrient Density/Discretionary Calc, Vitamins

Sub Topic:

Attachment: N

Comment: The first rule of research is to not recreate what someone else has already done. After five years of analyzing all of the relevant studies, in November of 2007 the World Cancer Research Fund published Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective . This 500 page report was the joint conclusion of committees from five countries. This is the most accurate, unbiased, scientifically rigorous, evaluation of diet, physical activity and health ever performed. The Report concludes with these ten summary recommendations that are designed to reduce the risk of all illnesses, not just cancer:

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
5. Eat mostly foods of plant origin (vegetables, fruits, whole grains, and legumes)
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.
9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.

I encourage the US to officially adopt these guidelines and do away with the biased, inaccurate, Food Guide Pyramid and outdated "food groups" that are increasing our nation's health care problems.

Keith Herman

Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Alcoholic beverages

Comment ID: 000273

Submission Date: 02/05/2009

Organization Type: Industry Association

Organization Name: Distilled Spirits Council of the United States

First Name: Peter

Last Name: Cressey

Job Title: President/CEO

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: See attachment.

Comment ID: 000361

Submission Date: 03/05/2009

Organization Type: International Organization

Organization Name: the official club of Meah

First Name: Meah

Last Name: Taylor

Job Title: just me

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: drinking is very bad for your health it can permantley damange your liver.

Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Alcoholic beverages

Comment ID: 000353

Submission Date: 02/27/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Council on Alcoholism and Addictions of the Finger Lakes

First Name: Nelson

Last Name: Acquilano

Job Title: Executive Director (LMSW, CPP, CASAC, MPA)

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: Greetings.....

Alcohol consumption is the Number One PUBLIC Health Problem in America. Every day alcohol kills 350 Americans and leaves thousands in hospitals, psychiatric insitutions, jails and prisons, or divorce court.

Here's my article on the Consumption of Alcohol..... it is the only thing I teach and the only thing I can agree to....

If you remember, in 1991 you released a statement that said "The Consumption of Alcohol is NOT Recommended!"

For some reason you rescinded that statement, but I kept it going on our fact sheets.

This is what we teach:

- 1) The Consumption of Alcohol is Not Recommended.....
- 2) If one elects to drink, for a woman no more than 1 standard drink in a day, for a man no more than two standard drinks in a given day.
- 3) Some populations should never drink (totally abstain.)

See my article: http://alcohol-abuse.suite101.com/article.cfm/the_consumption_of_alcohol_is_not_recommended

I hope this helps clarify..... and I hope you let people know from a "consumer protection" standpoint that alcohol is a toxic and addictive drug.

Thank you....

Nelson Acquilano
LMSW, CPP, CASAC, MPA

Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Alcoholic beverages

Comment ID: 000456

Submission Date: 04/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: National Consumers League

First Name: Sally

Last Name: Greenberg

Job Title: Executive Director

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: Comments on behalf of the National Consumers League, Consumer Federation of America, and Shape Up America! are attached

Comment ID: 000320

Submission Date: 02/10/2009

Organization Type: Other

Organization Name: PGCC

First Name: RUTH

Last Name: ORUDIAKUMO

Job Title: STUDENT

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: N

Comment: I WOULD LIKE THERE TO BE MORE INFORMATION ON BOTH THE LONG TERM AND SHORT TERM EFFECTS CAUSE BY THE CONSUMATION OF ALCOHOL. CONSIDERED THE FACT THAT MOST OF THE MAJOR CONSUMERS ARE YOUNG ADULTS, I FEEL IT IS MOST NECESSARY THAT THEY BE INFORMED. MANY PHYSICAL AILMENTS CAN BE PREVENTED IF MORE YOUNG PEOPLE EITHER DECREASED THEIR HABITS OR STOPPED ABOUT TOGETHER BECAUSE IN REALITY THEY ARE JUST CONSUMING POISON WHICH IS OF NO VALUE TO THE HUMAN BODY.

Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Alcoholic beverages

Comment ID: 000438

Submission Date: 04/22/2009

Organization Type: Professional Association

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: This letter is in support of the continued inclusion of the beverage alcohol guideline of the Dietary Guidelines for Americans. The beverage alcohol guideline has been in place since 1980 and has remained unchanged while the body of scientific evidence has grown to support more robust messaging regarding the health risks and benefits of beverage alcohol consumption. Education of health professionals and the public regarding the definition of moderate alcohol consumption and a standard drink is important for helping adults who choose to drink, do so moderately and responsibly. The guideline would be clearer with the addition of the statement that each standard drink contains 0.6 fluid ounces of alcohol. NEHP has been a partner in the development and dissemination of the Educational Tool Kit on Beverage Alcohol Consumption with Standard Drinks: A Teaching Tool. The Tool Kit assists health care professionals to communicate the Dietary Guidelines on beverage alcohol consumption with their patients and clients. Research supports that discussing beverage alcohol consumption with patients and clients can help reinforce moderate consumption and reduce alcohol abuse. The Tool Kit can be found at www.alcoholtoolkit.org. The National Institutes on Alcohol Abuse and Alcoholism launched a web site (<http://rethinkingdrinking.niaaa.nih.gov/>) designed to reinforce the alcohol guideline messages for those adults consuming responsibly and help individuals with potential alcohol problems identify harmful drinking patterns and strategies for intervention. The site defines a standard drink as 0.6 fluid ounces or 14 grams of ?pure? alcohol. Thank you for the opportunity to provide comments and encourage the committee to include the amount of alcohol in a standard drink in the revised guidelines as follows:
A standard drink is defined as:
12 fluid ounces of regular beer
5 fluid ounces of wine
1.5 fluid ounces of 80-proof distilled spirits
Each standard drink contains 0.6 fluid ounces of alcohol

Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Alcoholic beverages

Comment ID: 000463

Submission Date: 04/23/2009

Organization Type: Professional Association

Organization Name: Society of Teachers of Family Medicine Group on Nutrition

First Name: Roger

Last Name: Shewmake

Job Title: Professor and CoChair STFM Group on Nutrition

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: As a health professional I believe in the importance of my role in providing information about beverage alcohol consumption. The 2005 Dietary Guidelines for Americans offers evidence-based guidance that is helpful to dietitians, doctors and other health professionals in providing advice to their patients about beverage alcohol. The alcohol guideline advises consumers who choose to drink to do so in moderation and responsibly. The Guidelines define moderation as up to two drinks per day for men and up to one drink per day for women. In addition, the Guidelines define a drink as 12 fluid ounces of regular beer, or 5 fluid ounces of wine, or 1.5 fluid ounces of 80-proof distilled spirits. These guidelines have been the benchmark for following the alcohol guideline as well as teaching in regard to the guideline.