

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000269

Submission Date: 02/03/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: James

Last Name: King

Job Title: Student

Key Topic: Carbohydrates

Sub Topic: Low carbohydrate

Attachment: N

Comment: Encouraging a high carb diet is not helping the obesity problem we are faced with these days. This recommendation assumes that the majority of people are active enough to require that amount of energy, given the rate of obesity that is obviously not the case. I take part in a low-moderate carb diet and the energy required to sustain my active lifestyle is more than met. I believe this recommendation needs to be adjusted based on today's more sedentary lifestyle of many. Starting an exercise regimen would be the optimal fix, but shifting to a lower carb diet is the more realistic options in today's society.

Comment ID: 000287

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Leonard

Last Name: Hunter

Job Title: student

Key Topic: Carbohydrates

Sub Topic: Added sugars

Attachment: N

Comment: Eating a lot of carbohydrates with added sugar not only enable people to consume the right amount of nutrients from these carbohydrates and they also increase ones calories. It would probably benefit a lot of people to add ways or tips , such as specific exercises they can do that will help them lose some of those calories they may have already accumulated from eating this sugar added foods.

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000242

Submission Date: 01/28/2009

Organization Type: Educational Institution

Organization Name:

First Name: Laila

Last Name:

Job Title: Dietetics Student

Key Topic: Carbohydrates, Food Groups

Sub Topic: Fiber, Fruits, Vegetables, Whole grains

Attachment: N

Comment: It may be helpful to advise intake of fruits and vegetables to reach recommended fiber consumption. Whole grains alone may not be adequate.

Comment ID: 000337

Submission Date: 02/11/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Glenn & Debbie

Last Name: Carson

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Food Groups, Nutrient Density/Discretionary Calc, Protein

Sub Topic: Fiber, Fruits, Glycemic index, Grains, Whole grains, MyPyramid, Vegetables, Weight loss, Weight maintenance, Whole grains

Attachment: N

Comment: We urge the USDA to emphasize a plant-based diet, including fruits, vegetables, whole grains, beans, nuts and legumes and to avoid processed foods. Such a diet will result in weight loss/maintenance and numerous health benefits.

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000254

Submission Date: 01/29/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Citizen Concerned About National Health

Last Name:

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups, Food Safety, Nutrient Density/Discretionary Calc

Sub Topic: Added sugars, Cholesterol, Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables, Whole grains

Attachment: N

Comment: I urge the committee and participants to consider the strategic importance of good health for our nation. I am shocked by how obese this nation is - from adults to children of all ages. When I was growing up in the 1970s and 1980s, one could count on one hand the number of obese people of one's acquaintance. Now that ratio is nearly inverse.

For too long the mass-production food lobbyists have had a stranglehold on national dialogue and public policy for subsidies, advertising and lobbying. As a result, our food contains unhealthy corn by-products, too much sugar, too many preservatives. Our food is shipped across vast distances, sometimes from other countries. The animals and produce we eat have been genetically modified to disturbing degrees that we still do not fully understand. Our methods of handling livestock are still grotesque and unsafe despite decades of advocacy by animal behaviorists, public health officials and activists.

As a citizen and taxpayer, I am disgusted by the poor lifestyle choices many of my fellow citizens are making - and am angry that I am perforce subsidizing their lousy choices by having my tax dollars allocated to their health problems and having to pay higher insurance premiums to protect their excessive health cost benefits.

Please fix this. I know it's a big problem, but it's hardly insurmountable.

Comment ID: 000389

Submission Date: 03/24/2009

Organization Type: Individual/Professional

Organization Name: Waterfront Fitness Center, Naval Base Bangor, WA

First Name: John

Last Name: Wood

Job Title: Fitness and Nutrition Program Coordinator

Key Topic: Carbohydrates, Eating Patterns, Fats

Sub Topic: Low carbohydrate

Attachment: N

Comment: Previous recommendations for macronutrient balances within caloric intake requirements were widely publicized as 55-60% carbohydrate, 20-30% fat and 15-20% protein. Based

Comments Summary Report

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

Key Topic: Carbohydrates

on the current Guidelines and My Pyramid, these numbers have shifted to lower carbohydrate intake and higher protein intake. While this is consistent with current research, the format of MyPyramid makes this balance is not readily seen. I personally came up with a 40% carbohydrate, 30% protein, 30% fat balance based on average foods within each category.

Due to this change in format, the old recommendation of approximately 55c/15p/30f is still found in many resources and is commonly recommended in the fitness and nutrition industry. For example, it is still the recommended intake ratio on the ACSM and ACE Resources for the Personal Trainer books which are used extensively by fitness professionals.

It would be very helpful to see both the graphical and serving recommendations currently seen in the MyPyramid format and the caloric ratios seen in the older Guidelines in order to promote the difference.

The current Guidelines also emphasizes the philosophy of caloric restriction to reduce weight. This recommendation needs to be revised since this theory disregards changes in metabolism in response to caloric restriction and muscle catabolism.

A heavier emphasis should be placed on proper macronutrient balance as excessive carbohydrate intake is the true controlling factor for body fat due to the role of insulin and glucose in the formation of glycerol and the esterification of trigacylglycerols. I typically find a 70-80% carbohydrate ratio in my obese clients. Careful tracking of diet and body fat calculations has shown that caloric restriction only results in muscle loss and energy depletion while balancing of macronutrient intake results in consistent weight loss without hunger, loss of energy, or muscle catabolism.

Comment ID: 000425

Submission Date: 04/17/2009

Organization Type: Individual/Professional

Organization Name: HEALTHYPEOPLE.COM

First Name: Helene

Last Name: Berk, M.Ed., R.D.

Job Title: Registered Dietitian, Health Reporter, Publisher of healthypeople.com

Key Topic: Carbohydrates, Eating Patterns, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins

Sub Topic: Added sugars, Fish oil, Omega 3 fatty acids, Fruits, Glycemic index

Attachment: Y

Comment: Please allow me to introduce myself. As a registered dietitian [Case Western Reserve University, Cleveland, OH, 1984], I have practiced medical nutrition therapy. I am also a health reporter and publisher of healthypeople.com

I do believe the predicament with The Pyramid is grains at the bottom. Thankfully the solution is simple: place VEGETABLES at the Base of The Pyramid, especially, the leafy green ones to help manage inflammation and pH Balance within the system. Simply shift this paradigm. It is quite easy.

We have medical visionaries amongst us. Pioneers in Integrative Medicine, such as Andrew Weil, M.D., Dean Ornish, M.D., Caldwell Esselstyn, Jr. M.D., T. Colin Campbell, M.D., Neal Barnard, M.D., all of whom would agree USA's health care dilemma stems from diseases of lifestyle. Since inflammation precipitates most medical conditions, it stands to reason if we manage inflammation we can manage any chronic condition. This includes heart disease, type 2 diabetes, metabolic syndrome, hypertension, cancers, immune disorders, depression, etc.

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Key Topic: Carbohydrates

Thanks to these integrative medical pioneers, we now know the basic challenge for us all boils down to a condition coined by Andrew Weil, M.D. as low grade inflammation. And, we can measure our progress with hemoglobin A1C tests.

The question is: How do we manage inflammation?

Part of the answer is consuming alkaline foods [like green leafy vegetables] and alkaline beverages [like green drinks, phyto-plankton based beverages], or consuming foods which break down into an alkaline ash [e.g., like grapefruits].

Including Omega 3 fats or foods rich in Omega 3 fatty acids [unprocessed soy, salmon, walnuts, grass-fed meat and Omega-3 rich eggs, flax seeds, hemp seeds, hemp milk, grasses, etc.] is another method to manage inflammation.

Naturally occurring COX 2 inhibitors: Some foods, like black cherries, manage inflammation with COX 2 inhibitors. Antioxidants and phytonutrients help, too! See Attachment

Comment ID: 000251

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Paul

Last Name: estrada

Job Title: personal trainer

Key Topic: Carbohydrates, Eating Patterns, Fats, Food Groups, Protein

Sub Topic: Added sugars, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

Attachment: N

Comment: We need to get back to what our bodies evolved with. eating foods that have been around for millions of years. That being meats, vegetables, nuts, seeds, fruits. Eating balanced like The Zone Diet by Dr. Barry Sears. Sugar is a way bigger problem then fats are. People don't need to worry about nut, fish and plant based fats. But starches and refined carbs cause more bodily damage then anything else.

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000250

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Tom

Last Name: E

Job Title: Student

Key Topic: Carbohydrates, Eating Patterns, Protein

Sub Topic: Added sugars, Glycemic index, Low carbohydrate

Attachment: N

Comment: The primary culprit in the litany of diseases afflicting Americans, and most of the Western world for that matter, is hyperinsulinemia resulting from overconsumption of processed carbohydrates. Google "hyperinsulinemia" and you will find it has been linked to varying degrees with diabetes, heart disease, obesity, cancer, and many more maladies. Human bodies have not changed, evolutionarily speaking, in response to the agricultural revolution. Evolution simply does not work fast enough. We are biologically designed to run on hunter-gatherer diet of meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. Unfortunately, the current food pyramid recommends a diet based mostly on processed grains and other carbohydrates, such as bread, pasta, and rice. These terrible dietary recommendations are a perfect recipe for insulin resistance, diabetes, obesity and death. The US dietary guidelines must be revised to emphasize reduced consumption of carbohydrates, especially processed and sugary carbohydrates. In their place, Americans must eat more healthy proteins such as lean meat and fish, as well as healthy fats from nuts, seeds, avocados, oils, etc.

Comment ID: 000244

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name: CrossFit CLE

First Name: Aaron

Last Name: Shaffer

Job Title: Owner, Trainer

Key Topic: Carbohydrates, Energy Balance/Physical Activity

Sub Topic: Added sugars, Low carbohydrate, Weight loss, Weight maintenance

Attachment: Y

Comment: We find in our clients that a combination of eliminating refined carbohydrates (sugar, flour, corn syrup, etc) and our high-intensity, functional fitness program results in dramatic body composition changes -- our clients become thinner and healthier by all medical definitions. I run my business with this as our model.

My recommendation is for a diet of lean meats, vegetables, nuts and seeds, some fruit, little starch, and no sugar -- because it has been tested and proven over the long term (2+ years) to be sustainable at keeping our clients healthy and optimally fit.

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

Key Topic: Carbohydrates

Comment ID: 000238

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates, Evidence-based Review Process, Fats, Food Groups, Nutrient Density/Discretionary Calc, Protein

Sub Topic: Cholesterol, Fiber, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Whole grains

Attachment: N

Comment: Please read "Good Calories, Bad Calories" by Gary Taubes before proceeding with new dietary recommendations. It's a practical, down-to-earth look at the dietary research of the past hundred years, and it proves, with no doubts whatsoever, that a high-protein, high-fat diet is the surest way to a healthy, balanced body.

Anyone who's pushing a high-carb, low-fat diet has obviously not seen the true facts. And honestly, there's no way any of us can say anything truly significant in 2000 characters or less... but Taubes has done the years of medical research?it's what he does?and he lays out the common fallacies and misconceptions, and shows how and why things have gotten so far off track.

Please read it; if you're in a position of influencing anyone else's eating patterns, you owe it to yourself to get the clear facts, and you owe it to those who are looking to you for them as well.

Comment ID: 000240

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name: YMCA, certified degreed trainer and nutritionist

First Name: Joshua

Last Name: Hunnicutt

Job Title: Fitness Director

Key Topic: Carbohydrates, Evidence-based Review Process, Food Groups, Protein

Sub Topic: Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Milk, Whole grains

Attachment: N

Comment: It seems absurd that the homonal responded to food are ignored. It is scientifically accepted and evident both carbohydrates and protein produce a signifcant hormonal response which can dramatically affect health. Protein has been "kicked to the curb" and is now not even factored as a percentage, just a body weight formula which is in no way the "balanced" diet which has been preached for decades. It is blatantly obvious to in out of the box thinking/researching professional that there has to be some sort of lobby influence on the new pyramid. Our society continues to dramatically decline in health, while our pyramid preaches 3 cups of dairy whether you are on a 1400 or 3000 calorie

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Key Topic: Carbohydrates

eating plan. Rather than classifying refined grains as discretionary, we are told they are okay, as long as we get mostly whole grains. The pyramid ignores foods inflammatory factor and hyperinsulinemia, which so much evidence points to as the bane of modern man and why we are so diseased. The closed-mindedness of our USDA is crushing our health and one can hope for some sort of correction. I will be happy to attach plenty of evidence if needed.

Comment ID: 000398

Submission Date: 03/30/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Matt

Last Name: Brody

Job Title:

Key Topic: Carbohydrates, Fats

Sub Topic: Cholesterol, Saturated fatty acids

Attachment: N

Comment: Please review the article at the following address, which considers some of the literature on the lack of proof in the lipid hypothesis. Apologies for the lengthy URL.

http://www.menshealth.com/cda/article.do?site=MensHealth&channel=health&category=heart.disease&conitem=a03ddd2eaab85110VgnVCM10000013281eac____&page=0&print=true&url=http%3A%2F%2Fwww.menshealth.com%2Fcda%2Farticle.do%3Fsite%3DMensHealth%26channel%3Dhealth%26category%3Dheart.disease%26conitem%3Da03ddd2eaab85110VgnVCM10000013281eac____%26page%3D0

Comment ID: 000253

Submission Date: 01/29/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Alex

Last Name: Europa

Job Title:

Key Topic: Carbohydrates, Fats, Food Groups, Protein

Sub Topic: Added sugars, Grains, Whole grains, Low carbohydrate, Oils, Unsaturated fatty acids, Trans fatty acids

Attachment: N

Comment: Please review and consider the research done by Dr. Loren Cordain on Paleolithic Diets (www.thepaleodiet.com). Grains have only been a part of Homo diets for the last 10,000 years, or 0.4% of bipedal history. Our bodies are not genetically predisposed to eating high-carbohydrate/low-fat diets.

A look at modern hunter-gatherer cultures such as the Inuit and Ainu will show that they had and continue to have virtually zero incidence of modern diseases such as cancer, diabetes, or heart disease.

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

Key Topic: Carbohydrates

Lastly, note that the Paleo diet does NOT call for fatty meats, such as those found in domesticated live stock, but instead for gamey or free-range animals.

Comment ID: 000464

Submission Date: 04/23/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Don

Last Name: Glickstein

Job Title: Health care system communications

Key Topic: Carbohydrates, Fats, Other

Sub Topic: Added sugars, Low carbohydrate, Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: I urge you to base the new guidelines on peer-reviewed research that's not sponsored by food companies---not on political considerations, as was so common during the past administration.

The current guidelines for total fats with a maximum of 35% from calories isn't supported by outcomes. Trans fats should simply be banned, or least placed at the less than 0.5 g level.

As a professional health care communicator, I can tell you that the food pyramid is way too complex and confusing for most people. The slivers of the pyramids aren't based on graphic research---they require readers to go back and forth between the key, and that reduces learning. You might want to ask Edward Tufte of Yale University to design a new pyramid (author of the Visual Display of Quantitative Information). As it is now, it's more ignored than used.

Comment ID: 000449

Submission Date: 04/23/2009

Organization Type: Industry Association

Organization Name: The Sugar Association

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates

Sub Topic: Added sugars

Attachment: Y

Comment: The Sugar Association has prepared the following comments for consideration by the Dietary Guidelines Advisory Committee to address issues relating to sugars intake advanced to the Committees since January 2009

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000427

Submission Date: 04/20/2009

Organization Type: Industry Association

Organization Name: Corn Refiners Association

First Name: Audrae

Last Name: Erickson

Job Title: President

Key Topic: Carbohydrates

Sub Topic: Added sugars

Attachment: Y

Comment: April 17, 2009

Ms. Carole Davis
Co-Executive Secretary of the Dietary Guidelines Advisory Committee
Center for Nutrition Policy and Promotion
U.S. Department of Agriculture
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Ms. Davis:

The Corn Refiners Association, on behalf of its members, is pleased to submit additional comments on high fructose corn syrup in response to the Dietary Guidelines Advisory Committee's Solicitation of Written Comments as published in the October 14, 2008 Federal Register (vol. 73, no. 199, pp. 60672-60673). Please note that these comments are a follow up to our letter dated October 24, 2008 due to the recent publication of additional research.

American Medical Association. 2008. "The Health Effects of High Fructose Syrup." Report 3 of the Council on Science and Public Health (A-08). <http://www.ama-assn.org/ama/no-index/about-ama/18641.shtml>

Clark KS. 2008. "High Fructose Corn Syrup." American Dietetic Association Hot Topic Paper. http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_19399_ENU_HTML.htm

Fulgoni V. 2008. High-fructose corn syrup: everything you wanted to know, but were afraid to ask. *Am J Clin Nutr* 88(6):1715S.

Please note that draft manuscripts for the following two publications were included in our October 24, 2008 submission. We have enclosed the final published version of these articles for your review.

Melanson KJ, Angelopoulos TJ, Nguyen V, Zukley L, Lowndes J, Rippe JM. 2008. High-fructose corn syrup, energy intake, and appetite regulation. *Am J Clin Nutr* 88(6):1738S-1744S.

Comments Summary Report

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

Key Topic: Carbohydrates

White JS. 2008. Straight talk about high-fructose corn syrup: what it is and what it ain't. Am J Clin Nutr 88(6):1716S-1721S.

We hope this recent research related to high fructose corn syrup will be of use as the Committee continues its work. Please do not hesitate to contact me at (202) 331-1634 or at aerickson@corn.org if I can be of additional assistance.

Sincerely,

Audrae Erickson
President

Enclosures

Comment ID: 000458

Submission Date: 04/23/2009

Organization Type: Industry Association

Organization Name: American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, National Association of Wheat Growers

First Name: Lee

Last Name: Sanders

Job Title: Vice President, Government Relations & Public Affairs

Key Topic: Carbohydrates, Evidence-based Review Process, Food Groups, Vitamins

Sub Topic: B Vitamins, Fiber, Folate, Glycemic index, Grains, Whole grains, Whole grains

Attachment: Y

Comment: Please see attached comments from the American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, and National Association of Wheat Growers

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000454

Submission Date: 04/23/2009

Organization Type: Industry Association

Organization Name: American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, National Association of Wheat Growers

First Name: Lee

Last Name: Sanders

Job Title: Senior Vice President, Government Relations & Public Affairs

Key Topic: Carbohydrates, Evidence-based Review Process, Vitamins

Sub Topic: B Vitamins, Fiber, Folate, Glycemic index, Whole grains

Attachment: Y

Comment: Please see attached comments from the American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, and National Association of Wheat Growers

Comment ID: 000441

Submission Date: 04/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Oldways

First Name: Sara

Last Name: Baer-Sinnott

Job Title: Executive Vice President

Key Topic: Carbohydrates, Eating Patterns

Sub Topic: Other, Whole grains

Attachment: Y

Comment: A pasta meal is a simple, delicious and effective way to increase consumption of vegetables and other healthy "pasta partners." The Dietary Guidelines have urged increased consumption of vegetables for many years. The Pasta Meal is a familiar, delicious, convenient, affordable, and healthy way to accomplish this for real people who face real time and budget pressures to realize this goal.

We urge you to (1) include a consumer section that is written in the familiar language of food and meals; (2) recognize the health benefits of pasta meals; and (3) include healthy pasta meals (made with both durum wheat pasta and whole wheat pasta) as part of the dietary guidance for American consumers.

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000403

Submission Date: 04/01/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Calorie Control Council

First Name: Lyn

Last Name: Nabors

Job Title: President, Calorie Control Council

Key Topic: Carbohydrates, Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: Y

Comment: Using low-calorie foods and beverages is an important strategy for 80 percent of dieters. Low-calorie, reduced-sugar and sugar-free foods and beverages are extremely beneficial to American consumers and are an important tool in helping to combat the obesity epidemic.

Comment ID: 000387

Submission Date: 03/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Life Sciences Research Office (LSRO)

First Name: Michael

Last Name: Falk

Job Title: Executive Director

Key Topic: Carbohydrates, Evidence-based Review Process, Other

Sub Topic: Fiber, Glycemic index, Whole grains

Attachment: Y

Comment: Attached please find a letter of submission and our report pertaining to whole grain regulatory definitions, whole grains consumption and public health for consideration by the DGAC.

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000424

Submission Date: 04/16/2009

Organization Type: Nonprofit/Voluntary

Organization Name: The Whole Grains Council and Oldways

First Name: Cynthia

Last Name: Harriman

Job Title: Director of Food and Nutrition Strategies

Key Topic: Carbohydrates, Food Groups

Sub Topic: Grains, Whole grains, Whole grains

Attachment: Y

Comment: The Whole Grains Council and its parent organization, Oldways, recommend that the 2010 Dietary Guidelines pave the way for breaking through the whole grain consumption barrier by:

** clearly defining 16g of whole grain ingredients as a MyPyramid serving of mixed-grain foods, and

** dropping the confusing term "ounce-equivalents" in relation to whole grains.

Our comments are detailed in full in the attached document.

Comment ID: 000445

Submission Date: 04/23/2009

Organization Type: Other

Organization Name: NutraSource

First Name: Susan

Last Name: Cho

Job Title: President

Key Topic: Carbohydrates

Sub Topic: Fiber

Attachment: N

Comment: April 21, 2009

Carole Davis

Dear Ms. Davis:

Comments Summary Report

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

Key Topic: Carbohydrates

Thank you for the opportunity to provide input on revisions to the Dietary Guidelines for Americans (DGA). I understand the charge to the 2010 Dietary Guidelines Advisory Committee (DGAC) is to conduct an evidence-based review of the science published since the last DGAC deliberations. With that in mind, I wanted to provide insights from recent research about the role of dietary fiber.

In their report, the 2005 DGAC specifically noted that "efforts are warranted to promote increased dietary intakes of fiber by children and adults." Given my interest in the contribution of dietary fiber to healthy diets, I appreciate the attention given in the 2005 DGA about the need to increase intakes of fiber-rich foods, including fruits, vegetables and grains. In addition, I was pleased to see the 2005 Dietary Guidelines acknowledge the importance of increasing intake of whole grains as an "an important source of fiber and other nutrients." Yet, data shows Americans are not consuming enough fiber. In What We Eat in America, the USDA reported less than 5% of the population consumes greater than the Adequate Intake for dietary fiber. Clearly a gap exists between science and consumer behavior. Given the public health need to increase consumption of dietary fiber, I believe stronger recommendations to consume more dietary fiber are imperative to close the fiber gap.

Dietary Fiber is an Essential Nutrient

Since the 1970s and as documented in the Institute of Medicine's macronutrients report research has shown many benefits of dietary fiber. In addition, leading health advocates, such as the American Heart Association, recommend consuming high-fiber foods for good cardiovascular health. The American Dietetic Association states, "Many of the diseases of public health significance ? obesity, cardiovascular disease, and type 2 diabetes ? can be prevented or t

Comment ID: 000446

Submission Date: 04/23/2009

Organization Type: Other

Organization Name: NutraSource

First Name: Susan

Last Name: Cho

Job Title: President

Key Topic: Carbohydrates

Sub Topic: Fiber

Attachment: Y

Comment: Thank you for the opportunity to provide input on revisions to DG.
In summary, I recommend the following:

- ? A consistent and evidence-based definition of dietary fiber should be clearly communicated in dietary guidance recommendations and consumer messages.
- o Current recommendations do not go far enough to specifically encourage consumption of fiber-containing grains and fiber-containing whole grains.
- o Foods enriched with fiber should be included as sources of fiber, along with fruits, vegetables and whole grains.

- ? Science-based recommendations to consume fruits, vegetables and whole-grain foods to supply dietary fiber that clearly emphasize the consumption of fiber-containing whole-grain foods to promote health.
- o Revise the 2010 Dietary Guidelines for Americans? Food Groups to encourage and key recommendations for Carbohydrates to emphasize the importance of choosing fiber-containing foods, including those made with whole grains and those fortified with functional fibers:

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?Consume 3 or more ounce-equivalents of fiber-containing whole-grain per day, with the rest of the recommended grains coming from enriched or whole-grain products, including those enriched with fiber. In general, at least half the grains should come from fiber-containing whole grains.?

?Choose fiber-rich fruits, vegetables and grains, including fiber-enriched foods and fiber-rich foods made with whole grain, often.?

? Broadening the recommendation to any grain that is a good source of fiber to help close the fiber consumption gap.

I appreciate the opportunity to present my suggestions, based on scientific evidence, to the DGAC. Please do not hesitate to contact me should you need additional information. Thank you for considering my submission.

Sincerely,
Susan Cho, Ph.D.

Comment ID: 000380

Submission Date: 03/19/2009

Organization Type: Other

Organization Name:

First Name: Mike

Last Name: Sawley

Job Title: Associate Planner

Key Topic: Carbohydrates

Sub Topic: Added sugars, Glycemic index, Low carbohydrate

Attachment: N

Comment: Please acknowledge that over-dosing on sugar and bread is causing obesity and killing Americans. You have a tremendous opportunity to reduce future health care costs in this country, please act accordingly.

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000437

Submission Date: 04/22/2009

Organization Type: Other

Organization Name: National Starch & HealthFocus International

First Name: Barbara

Last Name: Davis

Job Title: Vice President, HealthFocus International

Key Topic: Carbohydrates, Eating Patterns

Sub Topic: Fiber

Attachment: Y

Comment: Please accept the attached comments summarizing the health benefits of resistant starch for your review and consideration.

Comment ID: 000245

Submission Date: 01/28/2009

Organization Type: Other

Organization Name:

First Name: Angela

Last Name: Childress

Job Title: Server

Key Topic: Carbohydrates, Eating Patterns, Fats, Food Groups, Protein

Sub Topic: Fish oil, Omega 3 fatty acids, Glycemic index, Oils, Unsaturated fatty acids, Whole grains

Attachment: N

Comment: I really think that the current food pyramid is off base.

Our body really is not designed to ingest and utilize grains and process carbs. The american diet needs to focus on good carbs that are dense with nutrients, but low on calories and low on the glycemic index. These type of carbs also tend to be high in fiber which helps to contribute to a healthy colon and elimination system.

Also... america needs to take a look at the portions that are considered normal. An average male should eat 24-30 grams of protien in one sitting. Anything more, the body can not utilize and it gets passed out of the system as waste. If it's meat, the piece of meat that is not utilized sits in the colon, rots, and putrifies, and clogs up the elimination process.

Also, the subject of fats needs to be addressed. I know that you are getting a lot of comments regarding how we need less fat, or no fat in the american diet. Well, I'm sorry they are wrong.

Our bodies need fat. They need good fat that comes from nuts, advocados, olive oils, fish and or fish oil. Our brain is largely fat. It needs a supply of fat to renourish itself and function correctly. Without fat... our brains can not fully work to their fullest potential.

Comments Summary Report

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

Key Topic: Carbohydrates

Comment ID: 000243

Submission Date: 01/28/2009

Organization Type: Other

Organization Name:

First Name: Andrew

Last Name: feldman

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Fats, Protein

Sub Topic: Added sugars, Low carbohydrate, Whole grains

Attachment: N

Comment: Carbohydrates are what is causing america to go into a downward spirial of obesity. Vegetarians don't know anything about this. Vegetables are carbs thus vegetarians are on a low protein high carb diet. People say it is fats and protein which is really not the case. Added sugars go into our blood and causes excess insulin. Protein is great to eat and should be on everyones diet along with fats such as seeds and nuts. Whole grains are just as bad as regular carbs. They do not benefit you at all. Low carb high protein high fat is how we should eat. I am the healthiest ive been in my life. My blood pressure dropped from 120/90 to 90/60 just by eating this way. i hope you consider this and save americans

Comment ID: 000462

Submission Date: 04/23/2009

Organization Type: Other

Organization Name: General Mills Inc.

First Name: Kathy

Last Name: Wiemer

Job Title: Director / Fellow, Bell Institute of Health & Nutrition

Key Topic: Carbohydrates, Eating Patterns, Food Groups, Nutrient Density/Discretionary Calc

Sub Topic: Added sugars, DASH, Fiber, Grains, Whole grains, Whole grains

Attachment: Y

Comment: Obesity and conditions linked to obesity have been the subject of particular public health concern. General Mills believes that:

?
The nutritional benefits of eating breakfast, particularly a breakfast with ready-to-eat cereal, should be included and recommended in the 2010 Dietary Guidelines Technical Report. The body of literature points to the protective role of consistently consuming

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breakfast and cereal against obesity and for weight management, both in children and adults.

?

Comments Summary Report

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

Key Topic: Carbohydrates

The Dietary Guidelines Advisory Committee should build upon the 2005 Dietary Guidelines whole grain recommendation and recommended increased intakes of whole grain foods for maintaining a healthy body weight and preventing future weight gain based on studies published since 2005 examining the consumption of whole grain and body mass index.

In addition, the Dietary Guidelines Advisory Committee should consider:

?

Added sugar in the context of a total diet and the nutrient-density of foods. Judging foods like cereal on the sole basis of added sugars misconstrues the nutritional value of cereal, particularly the importance of cereal in the diet. Consistently over the past three decades, research studies have indicated that ready-to-eat cereals, including those that are presweetened, improve intake of key vitamins and minerals.

?

Industry's gradual and incremental sodium reductions over time along with educational efforts from government and health professionals to effectively address sodium intakes. In addition, consider Dietary Guidelines are targeted to the general public and not exclusively to Americans with or at risk of hypertension, and the importance of retraining the palate through gradual reductions over a period of time as taste, including consumer perception about taste, is still the number one driver for food purchase.

Comment ID: 000371

Submission Date: 03/12/2009

Organization Type: Other

Organization Name: Wm Wrigley Jr Company

First Name: Kathleen

Last Name: McMahon

Job Title: Director, Nutrition and Scientific Affairs

Key Topic: Carbohydrates, Energy Balance/Physical Activity, Nutrient Density/Discretionary Calc

Sub Topic: Weight maintenance

Attachment: Y

Comment: There are two areas where chewing gum could be considered for inclusion in dietary guidance:

First, in the reduction and prevention of dental caries where there is an extensive body of scientific evidence demonstrating that chewing sugar-free gum neutralizes plaque acids, reduces cavities and strengthens teeth. In this area, we request the committee review the body of evidence and consider the addition of ??chew sugar free gum after eating when you can't brush? in the key recommendation and under optimizing oral hygiene practices in the carbohydrates section of the Dietary Guidelines focused on dental caries prevention.

And second, in energy balance and weight management, where chewing gum is very low in calories and can fit well within the context of the Dietary Guidelines for Americans as a strategy to help individuals manage calorie intake and stay within discretionary calorie guidance.

In addition, in the attached summary of our written and oral comments, we would like to bring to the Committee's attention potential oral care/health experts and three recent systematic review articles on sugar free chewing gum and dental caries prevention and one supplement from the Journal of the American Dental Association devoted to ?saliva? that could provide a basis for literature searches and evidence review of chewing gum and oral health:

Thank you for the opportunity to submit these comments for consideration by the Committee

