

Comments Summary Report

Submission Date Between null and null

Comment ID: 000002

Submission Date: 10/17/2008

Organization Type: Individual/Professional

Organization Name: The McDougall Program

First Name: John

Last Name: McDougall

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups

Sub Topic: Cholesterol, DASH, Fiber, Fish oil, Omega 3 fatty acids, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts

Attachment: N

Comment: So far the dietary guideline have made no meaningful impact on the health of Americans. Please spend time looking over the benefits of a diet based on the starchy foods that have caused billions of people to be trim, active, young and healthy. For example the Asians on rice, people from rural Mexico on beans and corn, the Peruvians on potatoes, the people from New Guinea on sweet potatoes. Americans are sick because the focus of their diet is not on starch, but instead on meat and dairy products and refined foods. Only a serious change in our diet will cause serious change in people's health. I would be happy to share more thoughts on this if you would like.

John McDougall, MD

Comment ID: 000032

Submission Date: 10/25/2008

Organization Type: Individual/Professional

Organization Name: Paleobiotics Lab

First Name: Jeff

Last Name: Leach

Job Title: Director

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Food Groups, Food Safety

Sub Topic: Fruits, Grains, Whole grains, Low carbohydrate, Vegetables, Weight loss, Whole grains

Attachment: N

Comment: As you are aware, 90% of the cells in the human body are microbial - with only 10% human. This reality means that humans are "superorganisms" - a human hybrid if you will.

Significant advances in molecular techniques in the last few years have opened an interesting door into the role of our intestinal flora and disease development. Importantly, dietary inputs can significantly impact the health of our microbiome and thus the host.

The symbiotic relationship humans share with our commensal flora is critical to maintaining optimal health - however, our so-called modern diet is literally starving our intestinal flora. From an evolutionary perspective, and aside from our significant increase in highly processed carbohydrates, our chronic low intake of dietary fiber has probably been the most significant change in our "superorganism" diet in recent history.

It would be interesting to see dietary guidelines that not only addressed "our" nutritional needs but also those of our microbial friends. As you may know, dietary fiber and some resistant starches have a significant impact on the health of our gut bugs as they serve as fermentable substrates for their growth and maintenance. Americans currently consume less than 15 grams a day of dietary fiber from a "very" limited number of sources. Looking over the committee members, its clear whole grains will get their attention -

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but this misses the point just a bit. The symbiotic relationship we evolved with our intestinal flora was selected on a nutritional landscape that delivered an "extraordinary diversity" of fiber sources. The diversity - as well as the qty - is what is missing from our national discussion.

Suggesting in the 2010 guidelines that we address the intestinal flora by recommending a few more probiotics and a few more whole grains to boost fiber intake will not result in any significant improvement in health. Fiber intake should be set at 35 to 50 grams a day - and not "just" from grains.

Thank you, Jeff Leach

Comment ID: 000011

Submission Date: 10/21/2008

Organization Type: Individual/Professional

Organization Name:

First Name: John

Last Name: Kelly

Job Title: Assistant Professor

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

Sub Topic: Cholesterol, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: I am a physician/researcher specializing in Lifestyle Medicine. I specialize in the treatment of patients with chronic disease, and my research in the Marshall Islands focuses on treating type 2 diabetes with diet and physical activity.

The WHI and other recent studies have shown that %E from fat must be less than the current guideline of 30%. There was little difference in the WHI between the treatment group with just under 30% of caloric intake from fat and the control group with 37% fat. Study after study indicates that fat intake needs to be under 20% to reduce risk of chronic disease, and may need to be lower than 15%E to arrest or reverse chronic disease. My subjects, and clinical patients, do very well on a largely ?as grown? plant diet low in %E from fat. Every measure improves?weight/BMI, blood pressure, blood sugar, cholesterol, LDL, triglycerides, hs-CRP, HOMA-IR.

Please consider the evidence for the need to reduce %E from fat in the diet. Consider studies such as the WHI and others that have shown the present guidelines are ineffective.

Thank you.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000029

Submission Date: 10/24/2008

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: Please see attached for the full submission of our comments.

Comment ID: 000013

Submission Date: 10/22/2008

Organization Type: Other

Organization Name:

First Name: Susan

Last Name: Burrows

Job Title:

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

Sub Topic: Cholesterol, Fiber, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Oils, Unsaturated fatty acids, Other, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

Attachment: Y

Comment: The current standard of nutritional standards are not enough to maintain good health. Dramatic consumption increases must be made in high nutrient low calorie foods. The pyramid caloric intake is too high for most people, especially for those in need of weight reduction. Considering the a vegetable (plant) based diet would be extremely beneficial to the public. Please view attachment for my personal experience and recommendations.