

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000738

Submission Date: 10/28/2009

Organization Type: Educational Institution

Organization Name: Yale Rudd Center for Food Policy and Obesity

First Name: Kelly

Last Name: Brownell

Job Title: Director

Key Topic: Carbohydrates

Sub Topic: Added sugars

Attachment: Y

Comment: Recommendation and evidence for omitting language supporting justification for providing highly-sugared cereals to children, which appears on page 37 of the 2005 guidelines.

Comment ID: 000667

Submission Date: 10/09/2009

Organization Type: Educational Institution

Organization Name: JM USDA Human Nutrition Research Center on Aging at Tufts University

First Name: Nicola

Last Name: McKeown

Job Title: Scientist

Key Topic: Carbohydrates, Eating Patterns

Sub Topic: Whole grains

Attachment: Y

Comment: I would like to thank you for the opportunity to submit written comments to the 2010 Dietary Guidelines Advisory Committee (DGAC) prior to the 4th meeting. My research over the last 5 years has focused on the health benefits of whole-grain foods, in particular the effects of whole-grains on metabolic risk factors for type 2 diabetes mellitus (DM) and cardiovascular disease (CVD). I strongly recommend that the DGAC consider the importance of a clear dietary recommendation for whole-grain foods. The current recommendation is confusing to the consumers, in particular ???with the rest of the recommended grains coming from enriched or whole grain products?. Consumers should be encouraged to increase their intake to at least 3 servings of whole grains, and the recommendation should focus on substituting, when possible, refined grain foods with whole grain equivalents. My suggestion would be for a recommendation to be along the following ?Increase intake to three or more servings of whole-grains per day by substituting refined grains with whole-grain equivalents?.

Please see my attached letter with some comments and suggestions.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000652

Submission Date: 09/25/2009

Organization Type: Educational Institution

Organization Name: University of North Carolina at Chapel Hill

First Name: Adele

Last Name: Hite

Job Title: MPH/RD candidate

Key Topic: Carbohydrates, Evidence-based Review Process, Fats, Protein

Sub Topic:

Attachment: Y

Comment: Contradictions exist between the science contained in the 2005 Dietary Reference Intakes (Macronutrients) and the current nutritional recommendations and prevailing wisdom.

Comment ID: 000580

Submission Date: 08/16/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Laurie

Last Name: Weakley

Job Title:

Key Topic: Carbohydrates

Sub Topic: Low carbohydrate

Attachment: N

Comment: My father has had heart disease for over 20 years, He has been eating very low carb for the last 2 years and his doctor is thrilled with his lipids. My whole family joined him on this diet and we have seen some surprising improvements in our health.

I think all the guideline panel members should read Taubes' Good Calories, Bad Calories.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000469

Submission Date: 04/27/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Dennis T.

Last Name: Gordon, PhD

Job Title: Professor Emeritus, North Dakota State University

Key Topic: Carbohydrates

Sub Topic: Fiber

Attachment: Y

Comment: Dennis T. Gordon, PhD, submitted DGAC comments on Fiber

Comment ID: 000578

Submission Date: 08/16/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Gary

Last Name: Noreen

Job Title:

Key Topic: Carbohydrates, Evidence-based Review Process

Sub Topic: Low carbohydrate

Attachment: N

Comment: In 1993, at age 39, I had been following a diet based on USDA guidelines - eating so-called health foods like Snackwells. I was diagnosed with Type 2 diabetes on April 15 based on a blood glucose measurement of 434 mg/dl (normal is 85). My A1c (long term blood glucose measure) was 18% (normal is 4.5%). I was immediately enrolled in a diabetes course that taught the USDA low-fat high-carbohydrate diet while simultaneously explaining the consequences of eating carbohydrates (blood sugar spikes, hyperinsulinemia, and consequent complications). Needless to say, USDA guidelines did not help. Fortunately for me, the only Type 2 diabetes book in my local library was "Diabetes Type II: Living a Long, Healthy Life Through Blood Sugar Normalization" by Dr. Richard Bernstein, who recommended a very low carbohydrate diet (30 gm/day). Dr. Bernstein's diet quickly brought my blood glucose under control and dramatically improved my lipid measurements. 16 years later, my most recent A1c measurement was 6.0 without any diabetes medication, I have no diabetes complications, and my lipid levels remain good.

If there is a silver lining to diabetes in this day and age, it is that home glucometers enable diabetics to see for ourselves what works and what does not. We rapidly discover that USDA dietary guidelines are no good for diabetics and for those with metabolic syndrome - up to 25% of the U.S. population.

The abject failure of USDA diet guidelines is laid out thoroughly in Gary Taubes' book "Good Calories, Bad Calories". The committee needs to develop fundamentally different guidelines based on real evidence.

I urge the Committee to:

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Key Topic: Carbohydrates

1. Read "Good Calories, Bad Calories" (every member)!
2. Solicit testimony from the Metabolism Society Scientific Board, in particular Dr. Richard Feinman and Dr. Eric Westman, and from Dr. Richard Bernstein.
3. Carefully consider the hormonal implications of dietary recommendations, especially their effects on insulin.
4. Active

Comment ID: 000708

Submission Date: 10/27/2009

Organization Type: Individual/Professional

Organization Name: Diet Heart Publishing

First Name: Alan

Last Name: Watson

Job Title: author, editor

Key Topic: Carbohydrates, Fats

Sub Topic: Cholesterol

Attachment: Y

Comment: There is compelling evidence that the low fat diet has failed the test of time. Thirty years after the publication of the first low fat Dietary Guidelines for Americans (1980), we are facing serious "unintended consequences." Today, according to the CDC in Atlanta, our country is facing runaway obesity and diabetes - and heart disease has not gone down as promised.

Young children are being diagnosed with type II diabetes and now even heart disease. At the other end of the age spectrum, slow, suffocating heart failure is the #1 Medicare expenditure. In record levels, Americans are being diagnosed with a cluster of abnormalities called Metabolic Syndrome. Diabetes, Metabolic Syndrome, and heart failure have nothing to do with eating bacon and eggs for breakfast or enjoying roast beef on Sunday afternoon.

Why? Because we are no longer eating eggs, butter, and roast beef. After 30 years of experimenting with an untested low fat diet, the DGAC must consider whether the low fat guidelines themselves are the root cause of obesity, diabetes, heart disease, and many types of cancer! Revising these guidelines in 2010 and restoring America's traditional whole foods high fat diet will be the first step in reducing the chronic disease overload now threatening to topple America's expensive, failing health care system.

The 2010 Dietary Guidelines should tell the truth about America's most demonized nutrients: Dietary fat and cholesterol. The current 2005 Dietary Guidelines blame fat and continue to overlook the role of elevated blood sugar and hyperinsulinism in chronic disease. I feel that the preponderance of the latest scientific and medical evidence suggests that the official embrace of ungraded carbohydrates (lumped together and up to 65 percent of calories) is the problem and the restoration of America's whole foods high fat diet is the solution.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000661

Submission Date: 09/29/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates, Protein

Sub Topic: Low carbohydrate

Attachment: N

Comment: I think the 2010 dietary guidelines should focus on a diet of few carbs and adequate protein. The focus on a low fat diet that started in the 80's has not led to significant reduction in obesity, hypertension, high cholesterol or diabetes. Numerous studies have shown the dangers of a high carbohydrate diet and it's relation to insulin resistance with all it's consequential health risks. I think with a diet focused on getting enough protein, fruits and vegetables would help America's battle with the 'diseases of civilization' immensely.

Comment ID: 000562

Submission Date: 07/28/2009

Organization Type: Industry Association

Organization Name: Grains Industry via the Grain Foods Foundation

First Name: Judi

Last Name: Adams

Job Title: President

Key Topic: Carbohydrates

Sub Topic:

Attachment: Y

Comment: The purpose of these comments is to make the committee aware of a recent study showing that 4,451 free-living individuals who consumed 47% - 64% of their calories in the form of carbohydrates had the lowest risk of being obese or overweight.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000745

Submission Date: 10/28/2009

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: Please see attached submission from the Corn Refiners Association.

Comment ID: 000477

Submission Date: 04/29/2009

Organization Type: Industry Association

Organization Name: Malaysian Palm Oil Council

First Name: Kalyana

Last Name: Sundram

Job Title: Deputy Chief Executive Officer & Director, Science and Environment

Key Topic: Carbohydrates, Eating Patterns, Fats

Sub Topic: Other

Attachment: Y

Comment: For your kind consideration, attached is one of four studies that I believe would be of interest in the guidelines selection process.

New England Journal of Medicine ? Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates

Summary: In this study, researchers compared the effects on body weight of energy-reduced diets that differed in their targets for intake of macronutrients ? low or high in fat, average or high in protein, or low or high in carbohydrates ? an otherwise followed recommendations for cardiovascular health. After two years it was determined that reduced-calories diets result in clinically meaningful weight loss regardless of which macronutrients they emphasize.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000557

Submission Date: 07/24/2009

Organization Type: Industry Association

Organization Name: National Confectioners Association

First Name: Alison

Last Name: Bodor

Job Title: Vice President, Scientific and Regulatory Affairs

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

Sub Topic: Cholesterol, Other, Saturated fatty acids

Attachment: Y

Comment: NCA supports steps to improve Americans' ability to follow a healthy and active lifestyle and urges the DGAC to pursue guidelines that are realistic and accommodate all foods including occasional treats in moderation. NCA also recommends the Subcommittee on Fatty Acids recognize the neutral effect of stearic acid on blood lipid levels and distinguish between stearic acid and the other saturated fatty acids when making recommendations about saturated fat. While stearic acid, a significant fatty acid in cocoa butter, has a neutral effect on blood lipid profiles, the flavanols in cocoa and chocolate support cardiovascular health. Finally, we request that the DGAC recognize the contribution of sugar-free chewing gum to oral health and weight management in their recommendations.

Comment ID: 000498

Submission Date: 05/21/2009

Organization Type: Nonprofit/Voluntary

Organization Name: International Life Sciences Institute, North American Branch

First Name: Eric

Last Name: Hentges

Job Title: Executive Director

Key Topic: Carbohydrates

Sub Topic: Added sugars

Attachment: Y

Comment: Fructose recently has received a significant amount of negative attention, largely due to the results of human feeding trials evaluating the health effects of pure fructose. To address the existing controversies, the Carbohydrates Committee convened a workshop jointly with the United States Department of Agriculture, Agricultural Research Service (USDA/ARS) in March 2008 titled "The State-of-the-Science on Dietary Sweeteners Containing Fructose." A full supplement of papers resulting from this workshop was published in the June 2009 issue of The Journal of Nutrition. Key points covered in this supplement are summarized in the attached document.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000486

Submission Date: 05/05/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Wheat Foods Council

First Name: Marcia

Last Name: Scheideman

Job Title: President

Key Topic: Carbohydrates

Sub Topic: Added sugars, Fiber, Glycemic index, Whole grains

Attachment: Y

Comment: Science continues to support the unique nutritional benefits of both enriched and whole grains. The milling, baking and food processing industry have responded to the recommendations of the 2005 Dietary Guidelines with more and better tasting whole grain foods. Consumers will continue to see new products as innovations come to the market. Enriched grain products continue to represent approximately 90% of the total wheat flour milled in the US.

Emerging research continues to support the role of whole grains in reducing the risk of a variety of chronic diseases including cardiovascular disease, diabetes, obesity and some cancers. As you know, in 1998 the FDA mandated that folic acid be added to enriched grain products, in twice the amount contained in whole grains as defined by the standards of identity. Since that time, CDC estimates that 1,000 babies per year or 26 percent have been saved from disabling neural tube birth defects. We encourage the consideration of similar fortification of whole grains.

Aside from whole and enriched grains, fiber containing grain-based foods can play a significant role in contributing to a healthy diet. We encourage the committee to recognize the contribution made by all foods in forming a healthy diet. Whole grains, fiber and enriched grains provide distinctive nutritional benefits to the American diet.

Comment ID: 000491

Submission Date: 05/07/2009

Organization Type: Nonprofit/Voluntary

Organization Name: International Life Sciences Institute, North American Branch

First Name: Eric

Last Name: Hentges

Job Title: Executive Director

Key Topic: Carbohydrates

Sub Topic: Fiber

Attachment: Y

Comment: The attached document summarizes ILSI North America efforts as well as recent developments related to the fiber definition. In the interests of international harmonization,

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

these developments might be considered as part of the DGACs deliberations around the benefits of fiber-containing foods and how these might be defined.

Comment ID: 000604

Submission Date: 09/04/2009

Organization Type: Nonprofit/Voluntary

Organization Name: International Life Science Institute North America

First Name: Eric

Last Name: Hentges

Job Title: Executive Director

Key Topic: Carbohydrates

Sub Topic: Added sugars

Attachment: Y

Comment: These comments, submitted on behalf of the Technical Committee on Carbohydrates, describe data that update Appendix J of the 2002 IOM Macronutrient Report describing the association of added sugars intake with intake of other nutrients. The data included here are in press, to be published in Critical Reviews in Food Science and Nutrition.

Comment ID: 000704

Submission Date: 10/27/2009

Organization Type: Nonprofit/Voluntary

Organization Name: American Heart Association

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates

Sub Topic: Added sugars

Attachment: Y

Comment: The American Heart Association (AHA) recently released a scientific statement addressing dietary sugars intake and cardiovascular health. AHA is pleased to provide a copy of that statement for the Dietary Guidelines Advisory Committee's consideration.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000651

Submission Date: 09/25/2009

Organization Type: Nonprofit/Voluntary

Organization Name: The Sugar Association, Inc.

First Name: Charles

Last Name: Baker

Job Title: Executive Vice President & Chief Science Officer

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

Sub Topic: Added sugars

Attachment: Y

Comment: The one-dimensional theory that the health of an entire population will be bettered by reducing the intake of a single food ingredient category is flawed. Not only does such a simplistic hypothesis disregard total diet, it has been advanced on subjective analysis of referenced datasets and indifference to the mandate of preponderance of evidence. Objective analysis readily reveals the superiority of establishing dietary policy on total nutrient intakes.

At best, the one-dimensional hypothesis that overall public health is enhanced by reducing the intake of a single food ingredient category is speculative. We trust the 2010 DGAC will remain true to the science when the food ingredient category designated as added sugars is addressed. The health of the American public is shaped by the total diet, not by a decreasing intake of added sugars.

Comment ID: 000681

Submission Date: 10/22/2009

Organization Type: Nonprofit/Voluntary

Organization Name: The Weston A. Price Foundation

First Name: Sally Fallon

Last Name: Morell

Job Title: President

Key Topic: Carbohydrates, Fats, Food Groups, Minerals, Vitamins

Sub Topic: B Vitamins, Calcium, Cholesterol, Meat, Beans, Eggs, Fish, and Nuts, Milk, Saturated fatty acids, Trans fatty acids, Vitamin A and Carotenoids, Vitamin D, Zinc

Attachment: Y

Comment: Current USDA dietary guidelines are on the flawed notion that cholesterol and saturated fat are unhealthy. They are unrealistic, unworkable, unscientific and impractical; they have resulted in widespread nutrient deficiencies and contributed to a proliferation of obesity and degenerative disease, including problems with growth, behavior and learning in children. The US government is promoting a lowfat, plant-based diet that ignores the vital role animal protein and fats have played in human nutrition throughout the ages.

The Weston A. Price Foundation strongly urges the USDA Dietary Guidelines committee to scrap the food pyramid and replace it with the following Healthy 4 Life guidelines,

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based on four groups of whole foods.

Every day, eat high quality, whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

1. Animal foods: meat and organ meats, poultry, and eggs from pastured animals; fish and shellfish; whole raw cheese, milk and other dairy products from pastured animals; and broth made from animal bones.
2. Grains, legumes and nuts: whole-grain baked goods, breakfast porridges, whole grain rice; beans and lentils; peanuts, cashews and nuts, properly prepared to improve digestibility.
3. Fruits and Vegetables: preferably fresh or frozen, preferably locally grown, either raw, cooked or in soups and stews, and also as lacto-fermented condiments.
4. Fats and Oils: unrefined saturated and monounsaturated fats including butter, lard, tallow and other animal fats; palm oil and coconut oil; olive oil; cod liver oil for vitamins A and D.

Avoid: foods containing refined sweeteners such as candies, sodas, cookies, cakes etc.; white flour products such as pasta and white bread; processed foods; modern soy foods; polyunsaturated and partially hydrogenated vegetable oils and fried foods.

Comment ID: 000571

Submission Date: 08/05/2009

Organization Type: Other

Organization Name:

First Name: Jerry

Last Name: Weinert

Job Title: Director

Key Topic: Carbohydrates

Sub Topic: Added sugars

Attachment: N

Comment: Please consider the food industry change from sugar to High Fructose Corn Syrup and Artificial Sweeteners in the impact on current obesity levels in the US Population. It appears to be devastating since the 1960's

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000528

Submission Date: 06/18/2009

Organization Type: Other

Organization Name: The Kellogg Company

First Name: Nelson

Last Name: Almeida, PhD, FACN

Job Title: VP, US/Global Nutrition Science, Labeling & Marketing

Key Topic: Carbohydrates

Sub Topic: Fiber, Whole grains

Attachment: Y

Comment: The Kellogg Company has a longstanding commitment to health and nutrition, dating back to its founding in 1906. The attached comments focus on the importance of fiber in the American diet and the opportunity for the 2010 Dietary Guidelines to help Americans increase their fiber intake. Included are results of recent scientific and consumer research on fiber, exploring possible reasons why fiber intake is roughly half than what is recommended.

Based on our research, the solution we propose to help close the gap is to evolve the Guidelines with an increased emphasis on fiber, and to provide clarity and guidance on where to look for fiber.

We appreciate the DGAC's consideration of these comments as they deliberate their recommendations for the 2010 Dietary Guidelines for Americans.

Comment ID: 000549

Submission Date: 07/09/2009

Organization Type: Other

Organization Name: Ajinomoto Food Ingredients LLC

First Name: Robert

Last Name: Bursey

Job Title: Vice President Scientific and Regulatory Affairs

Key Topic: Carbohydrates

Sub Topic: Other

Attachment: Y

Comment: Non nutritive sweeteners (NNS) are important dietary constituents for millions of Americans for a wide variety reasons (e.g.. to provide sweet taste without Calories, to minimize the stimulation of insulin release, etc.). Despite the repeated assurances of authoritative international regulatory bodies and expert health organizations, misperceptions about the safety and metabolic impact of NNS abound. The attached comments will provide evidence that currently approved NNS:

- Have a long history of safe use
- Provide essentially zero Calories, making possible significant reductions in energy consumption

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Key Topic: Carbohydrates

- Do not increase appetite or food intake
- Can be an important tool for increasing food choices for those attempting to manage body weight or to reduce the intake of nutritive sweeteners
- Are non-cariogenic
- Do not affect blood glucose and insulin levels, and
- Enhance the overall quality of the diet (e.g.. nutrient density)

Comment ID: 000582

Submission Date: 08/17/2009

Organization Type: Other

Organization Name:

First Name: David

Last Name: Moak

Job Title:

Key Topic: Carbohydrates, Eating Patterns

Sub Topic: Low carbohydrate

Attachment: N

Comment: Ive been a Type 2 diabetic for 24 years. Currently off all diabetes medications (including insulin) as a result of altering my diet to a low carbohydrate diet

Comment ID: 000575

Submission Date: 08/12/2009

Organization Type: Other

Organization Name:

First Name: Victor

Last Name: Perez

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Evidence-based Review Process

Sub Topic:

Attachment: N

Comment: As a simple citizen I would like to request these guidelines to be driven by scientific fact and backed up by properly conducted scientific studies. I would like to see references to all these studies in the final document to be released.

There is a New York Times article from a few years ago where they reveal the government conducted studies to back the first food pyramid. The studies came back inconclusive but the guidelines where released regardless.

Since the first guidelines where released in the 70s putting carbs at the base of the pyramid, obesity in this country has exploded and I respectfully submit that the guidelines

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have something to do with it. This is propagating to the rest of the world (I grew up in South America and I was taught the same food pyramid)

Everybody from Doctors, Dietitians and School Teachers to the Food Industry trust these guidelines as you trust your doctor. Please make sure there is scientific backing to each assumption you are making.

Comment ID: 000497

Submission Date: 05/20/2009

Organization Type: Other

Organization Name: Will

First Name: Aliaga

Last Name:

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Fats, Minerals, Protein

Sub Topic:

Attachment: N

Comment: Is there any possible way you can research more on the advantages of a high protein diet. High protein with an addition of "good carbs" such as those from whole wheat products, oatmeal, and fruits can become an advantageous meal. Though I am not a profession or doctor or anything, I have researched nutrition for a bit.

I have read that protein is a chain of amino acids. And one of these amino acids (can not recall which) is a stimulant in the brain. So, the more of this amino acid the better one feels neurologically, and this changes a person's overall mood throughout the day. A high protein diet is not only good in helping people keep muscle on, but it also makes them feel good. Speaking of muscle, one loses more weight when they have more muscle, because muscle burns more calories than fat. So, in order to maintain weight or lose weight, one must exercise and eat a good amount of protein and try to avoid carbs before bed.

Also, please do not exclude fat from the pyramid. Fats are essential to the human body, but they must be fatty acids such as Omega-3 fat that comes from salmon and other fish products.

Additionally, can you please review the milk standards. When milk is pasteurized it burns the bad germs from it, but at the same time it burns some of the good bacteria, so would raw milk be a good suggestion?

Calcium is extremely important because bones do not stop growing (in density) until the age of around 30. So, please emphasize calcium, which can be digested through supplements.

Please emphasize that a person's diet is extremely important. In order to reach a goal (whether it be it weight, body sculpting, athletic goals, or overall well being) a person must exercise AND watch what they eat. Their diet is 90% of their goals.

Thank you,
Will

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Carbohydrates

Comment ID: 000492

Submission Date: 05/07/2009

Organization Type: Other

Organization Name:

First Name: Starr

Last Name: Ertel

Job Title:

Key Topic: Carbohydrates, Energy Balance/Physical Activity

Sub Topic: Glycemic index, Weight loss

Attachment: N

Comment: I believe the Government should spend some money on promoting a low Glycemic Index diet. When my doctor suggested that I lose some weight, he suggested a low Glycemic index diet. I really didn't know much about it so I bought some books off of Amazon. I followed the guidelines and used the glycemic food index to choose the foods I wanted to eat. I did not exercise while following these guidelines. I ended up losing 20 pounds in two months. I'm eating more food and feeling fantastic. I don't have those afternoon energy drops like I used to. I really wish the US Government would look into this and offer up front information on Low Glycemic eating, Australia does. Thanks.

Comment ID: 000672

Submission Date: 10/12/2009

Organization Type: Other

Organization Name: General Mills Inc.

First Name: Kathryn

Last Name: Wiemer

Job Title: Fellow/Director

Key Topic: Carbohydrates, Fats, Food Groups

Sub Topic: Fiber, Fish oil, Omega 3 fatty acids, Grains, Whole grains, Whole grains

Attachment: Y

Comment: Our comments address key scientific considerations and recommendations regarding : whole grains, including definition, importance in the diet and science-based health benefits, and omega-3 fatty acids.