

# Comments Summary Report

*Submission Date Between 04/08/2010 and 04/29/2010*

**Key Topic: Carbohydrates**

**Comment ID:** 000934

**Submission Date:** 04/14/2010

**Organization Type:** Individual/Professional

**Organization Name:** Watson/Mulhern

**First Name:** Lisa

**Last Name:** Watson

**Job Title:** Principal

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

**Sub Topic:**

**Attachment:** N

**Comment:** I do not understand why the committee did not include the ADA EAL 2009 analysis of aspartame in this discussion. (Only a broader 2006 ADA EAL was referenced.) The 2009 specifically addressed the questions that the committee was charged to consider. That 2009 review found: "There is good evidence that aspartame does not affect appetite or food intake" (Grade 1), and "Use of aspartame by individuals consuming a hypocaloric diet may be associated with increased weight loss. In some cases aspartame did not affect weight loss" (Grade 1). These findings should supercede the committee's speculations about several rodent studies conducted primarily using saccharin. I hope that this information will be taken into account as the final report is drafted, and that, accordingly, appropriate weight be given based on validity and relevance of the science.

**Comment ID:** 000958

**Submission Date:** 04/29/2010

**Organization Type:** Industry Association

**Organization Name:** American Beverage Association

**First Name:** Maureen

**Last Name:** Storey

**Job Title:** Senior Vice President

**Key Topic:** Carbohydrates

**Sub Topic:** Added sugars

**Attachment:** Y

**Comment:** Attached, please find the American Beverage Association's final comment to the Fifth Dietary Guidelines Advisory Committee Meeting

# Comments Summary Report

Submission Date Between 04/08/2010 and 04/29/2010

Key Topic: Carbohydrates

**Comment ID:** 000928

**Submission Date:** 04/13/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:**

**First Name:** Adriana

**Last Name:** Gutierrez

**Job Title:** Concerned Citizen and Lay Health Educator

**Key Topic:** Carbohydrates, Energy Balance/Physical Activity, Fats, Food Groups, Protein

**Sub Topic:** Added sugars, Cholesterol, Fiber, Grains, Whole grains, Low carbohydrate, Weight loss, Weight maintenance

**Attachment:** N

**Comment:** There are two main problems with the current Dietary Guidelines:

1. They do not work. Despite a documented shift in eating habits in the US population toward eating less fat, more chicken and fish, less red meat and low fat dairy products, we have epidemics of obesity and diabetes in adults and children. The current dietary recommendations are so high in carbohydrates that the population is required to be a slave to a treadmill to overcome the fat that the body puts on when carbohydrates are metabolized and stored in the body. It is not practical for the majority of our population to maintain the necessary level of exercise to compensate for the high carbohydrate intake. Revised guidelines must recommend significantly lower levels of carbohydrates and higher levels of protein and dietary fat to reverse the drastic negative health effects of the past 20 years of misguided "guidelines." I recommend two levels of guidelines:
  - Maintenance Guidelines - for people with healthy weight and healthy health indicators - cholesterol and triglycerides
  - Corrective Guidelines - for people who need to lose weight or improve their health markers. With 70% of the population overweight or obese we cannot overlook the critical nature of giving sound guidance based on research.
2. As a lay health educator I can attest firsthand to the difficulty of using the current pyramid with it's "pie slice" format, as a teaching tool. It does not communicate intuitively recommended volumes of the different food groups or the relative importance. I find the "dinner plate" format much more effective as a communication tool. If you must stick with the pyramid the horizontal slices are much easier to use as a teaching tool.