

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Carbohydrates

**Comment ID:** 000864

**Submission Date:** 02/16/2010

**Organization Type:** Educational Institution

**Organization Name:** University of Missouri Extension

**First Name:** Damaris

**Last Name:** Karanja

**Job Title:** Nutrition and Health Education Specialist

**Key Topic:** Carbohydrates

**Sub Topic:**

**Attachment:** N

**Comment:** The role of high carbohydrate diets in obesity and development of chronic diseases like Diabetes and Hypertension needs to be critically analyzed. I am originally from a developing nation(in Africa) and I have noticed very high rates of obesity, diabetes and hypertension even though our staple diet is plant based. It contains large amounts of refined carbohydrates. Animal products are scarce but still obesity even in rural areas is high.

**Comment ID:** 000874

**Submission Date:** 02/25/2010

**Organization Type:** Federal Agency

**Organization Name:** U.S. ARMY

**First Name:** MAX

**Last Name:** FAMBRO

**Job Title:** SOLDIER

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

**Sub Topic:**

**Attachment:** N

**Comment:** I eat in the Dining Facilities on post here at FT Stewart, Ga. and I have to say that I am appalled by the amount of gravy laden, fried entrée choices offered everyday. The Army expects us to perform like athletes but feeds us like we're homeless! White rice, Fried potatoes, fried cabbage, fried chicken, fried meat, stir fried vegetables, ect. Its very frustrating to see FAT soldiers but there is NO accountability in the dining facility. Biscuits and gravy with fried eggs and sausage add in some fried hash browns. PATHETIC! They just don't do enough to promote a performance eating lifestyle. I tell my young soldiers that they should view food as fuel not a way to satisfy hunger. Most take heed after a good 5 miler @ 7 min/mi pace (most fall out) . Then I explain sound nutrition and the ones that apply it reap the rewards!

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Carbohydrates

**Comment ID:** 000904

**Submission Date:** 04/03/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Charles

**Last Name:** Payne

**Job Title:**

**Key Topic:** Carbohydrates

**Sub Topic:** Low carbohydrate

**Attachment:** N

**Comment:** I think you should consider a low carb diet as opposed to the high carb, low fat diet that you currently propose. With the current population's health plummeting, the current suggestions just aren't working.

For evidence that low carb works better than your current low fat diet look at ?Good Calories, Bad Calories? by Gary Taubes, ?The Paleo Diet? by Loren Cordain, and ?The Primal Blueprint? by Mark Sisson, along with his blog (marksdailyapple.com) and forum. Both of these sources are full of scientific studies and individual examples of how a low carb diet is healthier for you.

For those that think that a diet based around plants would be best I would suggest looking at Lierre Keith and her book ?The Vegetarian Myth?. She was a vegetarian/vegan for 20 years and the diet destroyed her health. She also discovered that her life style wasn't as good for the environment as she had thought it was.

I also think that the current school food options should be reevaluated. Currently french fries are allowed as a vegetable and as long as a salad is offered it counts as a vegetable, even if the students don't take it. I feel that this is doing the children of this country a disservice and needs to be looked at. Just look at ?Jamie Oliver's Food Revolution? for some examples.

Even with the new health care reform, health care costs will continue to rise unless the root of our health problems are taken care of. Obesity is what we need to take care of and since the current suggestions have not been working for the past 30 years or so maybe it's time to start from scratch and look at things from a different angle.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Carbohydrates

**Comment ID:** 000788

**Submission Date:** 01/10/2010

**Organization Type:** Individual/Professional

**Organization Name:** Be Well, Laura L-Health Counseling and Wellness

**First Name:** Laura

**Last Name:** Lehrhaupt

**Job Title:** Certified Holistic Health Counselor

**Key Topic:** Carbohydrates, Eating Patterns, Food Groups

**Sub Topic:** Added sugars, Vegetables

**Attachment:** N

**Comment:** I firmly believe we eat too much animal protein. It not only makes us unhealthy it makes the planet unhealthy. I am also hoping that the dairy recommendations will be greatly decreased. It is not necessary to drink consume another animals milk. Many Americans have adverse reactions to eat and don't even realize it.

Please address that vegetables (not including tomatoes or potatoes) need to be increased, fruit should stay at 1-2 serving a day. Processed sugar should be close to eliminated. Mention drinking clean water instead of carbonated, caffeine drinks and include the family dinner table. Thank you.

**Comment ID:** 000911

**Submission Date:** 04/05/2010

**Organization Type:** Industry Association

**Organization Name:** The Sugar Association

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Carbohydrates

**Sub Topic:**

**Attachment:** Y

**Comment:** The Sugar Association is pleased to submit the attached comments regarding sugars intake for the 2010 Dietary Guidelines Advisory Committee's consideration.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Carbohydrates

**Comment ID:** 000845

**Submission Date:** 02/03/2010

**Organization Type:** Industry Association

**Organization Name:** USA Rice Federation

**First Name:** Anne

**Last Name:** Banville

**Job Title:** Vice President, Domestic Promotion

**Key Topic:** Carbohydrates, Eating Patterns

**Sub Topic:** Whole grains

**Attachment:** Y

**Comment:** Thank you for the opportunity to submit written comments to the 2010 Dietary Guidelines Advisory Committee (DGAC) prior to the 5th meeting. The first-ever study of U.S. rice consumption patterns, related food intake, and the nutritional contribution that rice provides in the diets of Americans was conducted by Iowa State University and published in the Journal of the American Dietetic Association in October 2009. I am pleased to provide a copy of the report. Based on USDA survey data, the study found that eating rice helps improve overall diet quality; rice consumers choose a diet that includes more vegetables, a smaller share of energy from fat and saturated fat, more dietary fiber, and more iron than those who do not consume rice. It is important to note that this benefit is associated with enriched white rice, since this is the primary rice U.S. consumers eat. The consumption of whole grain brown rice, while growing very quickly, is still less than 10% of the U.S. rice market. While USA Rice Federation is committed to helping consumers increase their daily whole grain intake, we believe it is important not to lose the many benefits of enriched white rice in a healthy diet. Therefore, in the interest of supporting healthier eating patterns, the USA Rice Federation strongly urges the DGAC to maintain the specific recommendation for daily servings of enriched grains, including enriched white rice, in the 2010 Dietary Guidelines for Americans. Thank you.

**Comment ID:** 000921

**Submission Date:** 04/07/2010

**Organization Type:** Industry Association

**Organization Name:** American Beverage Association

**First Name:** Maureen

**Last Name:** Storey

**Job Title:** Senior Vice President

**Key Topic:** Carbohydrates, Energy Balance/Physical Activity

**Sub Topic:** Added sugars

**Attachment:** Y

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

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Carbohydrates

**Comment ID:** 000893

**Submission Date:** 03/23/2010

**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:** The abstract and link to the paper mentioned in comments submitted September 4, 2009 is attached. For this analysis, National Health and Nutrition Examination Survey (NHANES) data from 2003-2006 including 15,189 respondents ages 4 years and older was combined with United States Department of Agriculture, My Pyramid Equivalents Database information to estimated individual added sugars intake as a percent of total energy. Individuals were then classified into 8 added sugars percent energy intake categories. Within each category, the National Cancer Institute method for estimating usual nutrient intakes was applied (Tooze et al. 2006) to determine median intakes for calcium, magnesium, vitamin A, vitamin E, iron, zinc, vitamin C, vitamin K, folate, phosphorus, sodium, potassium and fiber. Median intakes were compared with the Dietary Reference Intake values established by the IOM to evaluate dietary adequacy (IOM 2000).

**Comment ID:** 000836

**Submission Date:** 02/02/2010

**Organization Type:** Professional Association

**Organization Name:** American Society for Nutrition

**First Name:** Mary Lee

**Last Name:** Watts

**Job Title:** Director of Science and Public Affairs

**Key Topic:** Carbohydrates, Eating Patterns, Evidence-based Review Process, Fluid and Electrolytes, Food Groups, Food Safety, Protein

**Sub Topic:** Added sugars, MyPyramid, Sodium

**Attachment:** Y

**Comment:** The American Society for Nutrition (ASN) appreciates this opportunity to submit comments to the 2010 Dietary Guidelines Advisory Committee (DGAC) in advance of the fifth meeting on Feb 9-10, 2010. We are pleased that the DGAC has taken on numerous challenging questions in a rigorous, thoughtful manner. As the Committee engages in final deliberations on the topics and questions, we offer a few final points (see attachment). We hope these comments are useful as the Committee moves forward with its work.

Sincerely,  
Robert M. Russell, MD  
ASN President 2010-2011

