

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000197

Submission Date: 01/22/2009

Organization Type: Educational Institution

Organization Name: Triton College

First Name: Gabriel

Last Name: Guzman

Job Title: Professor of Microbiology

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

Sub Topic: Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Milk, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Vegetables

Attachment: Y

Comment: When true carbohydrate restriction/controlled is adopted, the amount of protein is usually increased, not the amount of fat. A true carbohydrate controlled diet reduces the amount of effective carbohydrate while ensuring the adequate intake of protein (based on individual size and level of physical activity) and does not encourage the increase in fat intake as a necessity. Instead, with respect to fat intake, a true and well structured low-, restricted- or controlled carbohydrate diet emphasizes the quality of fat and the avoidance of artificial trans-fats. The science that reportedly shows that saturated fat is detrimental has not taken into account other components in the diets used in the studies, does not provide convincing evidence of the adverse effects of saturated fats per se. The evidence that shows the benefits of a moderate fat intake (including saturated fat) does not support the ban on saturated fats or the limitation to a very small amount in the diet. Dietary Guidelines based on carbohydrate restriction/control will achieve the same objectives as the current GDA2005: eat fewer calories without necessarily and forcefully decreasing food intake but by taking advantage of the dynamic action of a higher protein intake, being more active and making wiser food choices, choices based not on fat content but on effective carbohydrate content instead.

Comment ID: 000179

Submission Date: 01/22/2009

Organization Type: Individual/Professional

Organization Name:

First Name: R Vincent

Last Name: Davis

Job Title:

Key Topic: Carbohydrates

Sub Topic: Low carbohydrate

Attachment: N

Comment: To break the trend referred to by The American Journal of Medicine Vol 120 Issue 3 Pp. 242-250 March 2007, it is recommended that most Americans follow a carbohydrate restricted dietary intake daily. This may tend to reverse the future trend toward the co-morbidities that characterize the clinical features of carbohydrate excesses in the diet.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000119

Submission Date: 01/08/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Trina

Last Name: Summers

Job Title:

Key Topic: Carbohydrates

Sub Topic: Low carbohydrate

Attachment: N

Comment: I'm pleading for more consideration to the restriction of simple carbohydrates for good health and weight management. Obesity is an epidemic and disease is rampant because we as the public are misinformed . People would take notice if the government admitted to past mistakes and shared the current research that suggests that individual health can be positively impacted and obesity eliminated by consuming a low-carbohydrate diet. I have personally lost more than 60 pounds by doing nothing but eliminating sugar and starches from my diet. It's not difficult, it's eating real food. I wish the food pyramid would reflect these important facts. Thank you.

Comment ID: 000081

Submission Date: 11/21/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Adam

Last Name: J.

Job Title: Student

Key Topic: Carbohydrates

Sub Topic: Low carbohydrate

Attachment: N

Comment: Hello committee members,

I have been following a controlled carbohydrate diet for five years now. I have lost 70 pounds of fat and gained lean muscle mass through physical activity. My blood pressure is great, my lipid levels are outstanding, and I have no warning signs for heart disease or kidney damage. Please read the book "Good Calories, Bad Calories." by Gary Taubes. You will find that all the credible science points toward low carbohydrate diets being the healthiest option.

Thank you.
Adam J.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000109

Submission Date: 01/05/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates

Sub Topic:

Attachment: N

Comment: Carbs are unnecessary for human nutrition. They only provoke insulin which tells your body to add fat. They should be eaten in very limited quantities, especially by those prone to diabetes. And there are a lot of us prone to diabetes. Please help overcome the public's ignorance of the science. Thank you.

Comment ID: 000188

Submission Date: 01/22/2009

Organization Type: Individual/Professional

Organization Name:

First Name: charles

Last Name: lucas

Job Title: md

Key Topic: Carbohydrates

Sub Topic: Low carbohydrate

Attachment: N

Comment: I have taught and practiced nutritional medicine for half a century and am not happy with the dietary guidelines re low fat high carbohydrate diets primarily because when taken in excess, as seems to be common in this country we see obesity, diabetes, worsening diabetes, as well as lipid abnormalities that involve low HDL and high Tg. I would urge that we stress fruits and vegetables, low fat animal foods, especially fish; nuts; fat free yogurts and milk products. I also suggest that we greatly minimize the use of breads, rice and potato and eliminate crackers, pretzels, cookies, sweets, ice cream and the like. I suggest the committee read the Paleolithic Prescription. I also suggest that the committee do some research among public and physicians to see what helps them lose weight and improve health.

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000186

Submission Date: 01/22/2009

Organization Type: Individual/Professional

Organization Name: ETF Wellness Corp.

First Name: Eugene

Last Name: Thong

Job Title: Owner

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

Sub Topic: MyPyramid, Weight loss

Attachment: Y

Comment: The role of carbohydrates in weight management and in the growing epidemic of diabetes in the US warrants re-examination of USDA food pyramid recommendations. An existing (and growing still) body of evidence supports the notion that total carbohydrate load significantly impacts the progression of overweight and Type 2 Diabetes via the insulin pathway. Moreover, the deleterious effects of cereal grains on the human autoimmune system make the current USDA recommendations a risky gambit for the public health and unnecessarily burden the already over-extended healthcare sector.

Minimizing the role of grains (even whole grains) and emphasizing meats, non-starchy vegetables, low-sugar fruit, nuts, and seeds would have a transformative effect on America's health.

Comment ID: 000058

Submission Date: 11/06/2008

Organization Type: Individual/Professional

Organization Name:

First Name: River

Last Name: Curtis-Stanley

Job Title:

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

Sub Topic: Added sugars, Low carbohydrate, Whole grains

Attachment: N

Comment: The requirement for grain-based foods in the current food pyramid is far too high, and is a guaranteed way to get fat. There is no effort to address the prevalence of high fructose corn syrup in modern food, including whole-grain foods such as commercially prepared breads and cereals - even the supposedly healthy ones. High fructose corn syrup and a grain-based diet are quite likely significant factors in the obesity epidemic plaguing America, as is the supersizing of portions over the years. Cut down the requirement for grain-based foods from 6-11 servings per day to no more than 1-2 servings per day, which will allow someone to eat an ordinary-sized sandwich if desired once per day. Emphasize fiber from vegetables and fruits, not from grains. Continue to allow for lean, healthy meats, preferably from free-range cattle, pigs or chickens and healthy wild fisheries. The lipid profile of healthy lean meat from free-range sources is much different from that of standard supermarket meat from factory farms. The free-range meat is loaded with Omega-3s

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(desirable) and the factory-farmed meat is loaded with Omega-6s (very undesirable). And while there is a requirement for calcium in the diet, it can readily be obtained from plant sources rather than from the milk designed to nurse the young of another species.

Comment ID: 000110

Submission Date: 01/05/2009

Organization Type: Individual/Professional

Organization Name:

First Name: R L

Last Name: Mitchell

Job Title:

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

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

Attachment: N

Comment: I ate whole wheat bread, brown rice, beans and low fat products for years, it didn't do anything but make me hungry, tired and diabetic. Seriously, when I started restricting sugars and starches my appetite was cut in half and after the first week or so I felt like I suddenly woke up after being asleep for years. The scientific evidence is out there but you will never hear it on the nightly news, even the abstracts of the studies you hear about are carefully slanted to reflect current dogma no matter what the real results were. We don't need loads of carbohydrates and there is no real evidence for the saturated fat - cholesterol - heart disease theory. Quit eating stuff that comes in a box and start eating food that doesn't come with a nutrition panel and you will feel tons better. There are plenty of micro nutrients and fiber in non starchy vegetables, low sugar fruits, nuts and seeds and even more vitamins and minerals in animal products like meat and eggs, you really don't need bread, pasta, rice or potatoes and you surely don't need sugar added to everything in the store.

It's time we demanded representation on the panel that sets nutrition policy for this country and first degree scientific evidence for a food policy imposed on so many people who don't have a choice. Kids are coming home from school hungry because their school lunches are starch and sugar heavy and low in calories, protein and fat because lunch programs are required to follow the mypyramid policy. Lets get the grains, sugars, and artificial (chemically extracted) vegetable oils out of our diets and start eating real food again. Let us at least acknowledge that the USDA is here to promote the health of the giant agricultural conglomerates not US citizens and stop listening to the large medical and health organizations that are compromising our health by recommending diets that follow USDA policy.

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000070

Submission Date: 11/18/2008

Organization Type: Individual/Professional

Organization Name:

First Name: John

Last Name: Morris

Job Title: Biologist/Nutrition Advocate

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

Sub Topic: Added sugars, Fruits, Other, Vegetables

Attachment: N

Comment: Please consider an evidence-based review on how diets consisting of mainly plant-based, raw whole foods results in better health while those that continue to follow recommendations to overindulge in high amounts of animal protein (dairy, eggs and meat) continue to see a rise in disease.

Please address the fact that all greens, vegetables and fruit have protein? There is great need to educate that one does not need to consume animal products to get the protein needed for good health.

Also, consider addressing the elimination of all added sugars, in addition to the evidence of their health detriment, they provide no known added nutritional value.

Comment ID: 000115

Submission Date: 01/06/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Elissa

Last Name: B

Job Title:

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

Sub Topic: Low carbohydrate

Attachment: N

Comment: I became a vegetarian at age 19. In a decade I had gained 125 pounds and lost my health due to that high-carb low-fat diet. My background in science and the pre-med courses I took prompted me to try a carb-restricted approach. My health returned as I lost 140 pounds and have kept them off for years now. My blood pressure normalized and my triglycerides and cholesterol counts became ideal. The low-fat high-carb diet is our generation's Emperor's New Clothes. It does not work. It is responsible for the obesity epidemic. Please look at the scientific reality and promote healthful low carb nutrition. Thanks

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000122

Submission Date: 01/09/2009

Organization Type: Individual/Professional

Organization Name: Preventive Nutrition Services

First Name: Mark

Last Name: Rifkin

Job Title: Registered Dietitian

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

Sub Topic: Added sugars, Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Oils, Unsaturated fatty acids, Vegetables, Whole grains

Attachment: Y

Comment: Thanks for the opportunity to submit comments to the DGAC. As a registered dietitian, I see first hand how little Americans understand about nutrition, and the subsequent effects. Because the DGAC can no longer assume the average American is healthy, the Dietary Guidelines must be more aggressive in establishing a standard of appropriate intake. Specifically, the DGAC must take a more aggressive approach in recommending foods that can prevent and/or treat obesity, CVD, stroke, diabetes, renal disease, some types of cancer, osteoporosis, and other conditions associated with poor dietary habits. According to the preponderance of the data, these foods are fruits, vegetables, whole grains, beans, nuts and seeds. In other words, it's time to use the term "plant-based" or "plant-centered" as the key dietary guideline.

Comment ID: 000178

Submission Date: 01/22/2009

Organization Type: Individual/Professional

Organization Name: Serious Strength

First Name: Fred

Last Name: Hahn

Job Title: CEO

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

Sub Topic: Low carbohydrate, Whole grains

Attachment: Y

Comment: The current USDA food pyramid has grains at the bottom indicating that the USDA believes that this food group is the most important of all. It indicates that we should derive the largest majority of our calories from this food group.

However, human beings do not need grains to survive healthfully. In fact, there is not a single micronutrient in grains that is not found as plentifully in meats, vegetables and fruits.

Why then is the USDA pyramid constructed in its current configuration? Should not the bottom of the pyramid be what human beings need most of to survive healthfully?

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Key Topic: Carbohydrates

Obviously this is so.

Water should be at the bottom. As for food, the question is begged - what is the most nutrient dense of all the food groups? Put another way, what food group would keep a human being alive the longest if no other food group was available? The answer is meat, fish, eggs and other protein/fat sources. This food group should be at the bottom of the pyramid above water. On top of meats, vegetables, nuts and seeds, then fruits. Every other food group is an option, in other words, we as humans do not need or require cheese, dairy or sweets to survive.

The food pyramid should be scientifically constructed not slapped together to satisfy the interests of certain organizations.

Comment ID: 000107

Submission Date: 01/04/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Linda J

Last Name: Morgan, MD

Job Title: Physician

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

Sub Topic: Added sugars, B Vitamins, Calcium, Cholesterol, Fiber, Fish oil, Omega 3 fatty acids, Folate, Glycemic index, Magnesium, Oils, Unsaturated fatty acids, Other, Potassium, Trans fatty acids, Vitamin A and Carotenoids, Vitamin C, Vitamin D, Vitamin E, Whole grains, Zinc

Attachment: N

Comment: I have worked in the medical field for 18 years. Through my reading of the studies done, I see that the problem with the health of our population is the oxidative stress that our bodies are undergoing without sufficient antioxidant systems, supplements, and intake in place to counter that stress. The population, starting in infancy needs to stay away from concentrated carbs, move towards complex carbs, help support the beneficial bacteria in our gut, and increase the antioxidant content of our diet through a more balanced approach of eating complex carbs (fruits, veggies, grains, legumes, nuts and seeds - yes they have complex carbs, too), good and beneficial fats, and high quality protein - animal and vegetable based. Good and beneficial fats are those found in nature. We have become a nation that is eating "FAKE" food and it is showing up in our health. I have read so many articles and books by different experts on our health and it seems that no one book, article can pull it all together. Everyone claims this or that is the only cause of what ails us, and I believe we owe it to the public to tell them the truth. High carb, low fat is NOT the way to go. Balance is the key and increasing our body's reserve of anti-oxidants to counter the oxidative stress that we are all experiencing in this polluted, chemicalized world. Feeding hormones to animals, spraying crops with chemicals because their own defense system (those antioxidant co factors and minerals) are missing. I own the second oldest farm west of the Mississippi River and we have never resorted to giving our cattle unnecessary antibiotics and never have given them hormones. Why do you think our nation of young women are starting through puberty so early? They are exposed to too many xenoestrogens through our food supply. I have run an indigent clinic in a homeless shelter, worked in an ER dealing with the aftermath of a lifetime of oxidative stress and poor nutrition, and now I'm teaching prevention.

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000130

Submission Date: 01/15/2009

Organization Type: Individual/Professional

Organization Name: Seunghyun Jung

First Name: Seunghyun

Last Name: Jung

Job Title:

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

Sub Topic: Fish oil, Omega 3 fatty acids, Glycemic index, Low carbohydrate, Weight maintenance

Attachment: N

Comment: In carbohydrate section, glycemic index is important. If people eat high GI food, they will get fat. So we have to check GI of the food and be careful with them. Also, I don't think active people need that much of calories in food intake patterns. If they don't move as much as usual, they will gain weight. Moreover, in fat section, there are some useful fats, such as omega-3-fatty acid in fish, olive oil. So the importance of that kind of fat needs to be announced.

Comment ID: 000078

Submission Date: 11/20/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Cynthia

Last Name: Moore

Job Title:

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

Sub Topic: Added sugars, Fish oil, Omega 3 fatty acids, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Vitamin A and Carotenoids, Vitamin D, Weight maintenance

Attachment: Y

Comment: It is my opinion that the current nutritional guidelines are designed to maximize the benefit to big agricultural interests and not to benefit human health. I have first hand experience of how cutting carbohydrates in general and fructose in particular from my family's diet has reduced fat stores, abdominal obesity, triglyceride levels, blood glucose levels, and in general greatly improved our health. There are also many controlled clinical trials that now support the hypothesis of carbohydrate intolerance and its role in the obesity and diabetes epidemic. The nutritional guidelines in their current form mandate overfeeding of carbohydrates and unhealthy fats to children in schools, and all others subject to federal compliance. If you really care about the health of Americans, you will take the evidence from clinical trials showing improvements in all measures of health from reducing the proportion of carbohydrates and increasing the proportion of meats, eggs, and vegetables in the diet. The result will improve life and reduce health care costs enormously. The only people who can eat a high carbohydrate diet without weight gain are those who exercise a great deal, with few exceptions, but even in serious athletes, triglycerides and blood lipid profiles are compromised by such a diet. Please consider the recent studies examining the commonly accepted beliefs about the safety of carbohydrate overfeeding before promulgating guidelines that will only hurt our people more.

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000080

Submission Date: 11/20/2008

Organization Type: Individual/Professional

Organization Name: Jeanne Shepard Services

First Name: Jeanne

Last Name: Shepard

Job Title: MS, OTR/L

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

Sub Topic:

Attachment: N

Comment: Please consider that your recommendations should be supported by RESEARCH, not just industry supports.

Comment ID: 000111

Submission Date: 01/05/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Matt

Last Name: Brody

Job Title:

Key Topic: Carbohydrates, Fats

Sub Topic: Low carbohydrate, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: After reading "Good Calories, Bad Calories" by Gary Taubes, and "The Protein Power Life Plan" by Drs. Michael and Mary Dan Eades, I am convinced that low carbohydrate living is a healthful lifestyle that needs to become part of the USDA recommendations.

Over the past 30 years, Americans have increased their calories with the caloric increase predominantly coming from processed starchy foods. Who can blame us, starches, particularly processed ones, are highly addictive and non-satiating. They increase the production of insulin, and tell our bodies to begin preparation for famine, and store store excess calories as fat.

If we reduce the carbohydrates in our diet, we will turn off the insulin process, and make it more difficult to store excess calories as body fat. Our HDL cholesterol will increase, LDL cholesterol stay about the same but move toward large particle cholesterol which studies show is more beneficial to health, and triglycerides go into freefall.

The research is pouring in showing that low carbohydrate living is quite healthful, and matches our evolutionary history. We as hunter-gatherers got where we are today by eating plenty of meat, some nuts, berries, and vegetables, and the rare occasion when we found a honey tree. Evolution has not caught up with the advances we have made in

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agriculture, so our bodies need to produce more and more insulin to deal with the carbohydrate load we throw at them. It is no wonder we are becoming a nation of diabetics.

In addition, a clear recommendation away from trans fatty acids, and toward natural fats such as butter, lard, olive oil, is necessary for optimal health. Saturated fats get a bad rap, but they also are being proven in the research to be far more healthful than the TFA's that we have developed to avoid their use.

Comment ID: 000045

Submission Date: 10/29/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Tim

Last Name: Lawton MD

Job Title: Physician

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

Sub Topic: Added sugars, Other, Trans fatty acids, Whole grains

Attachment: N

Comment: The most obvious error in the current pyramid is the phrase "make half your grains whole." There is no known health benefit to consuming any refined grains. I recommend to my patients and to lecture audiences that they minimize refined grains and make most, if not all of their grains "whole." Consumption of refined grains requires less chewing, thereby facilitating overconsumption. Refined grains have a higher glycemic index, raising blood sugar, insulin levels, triglyceride levels and risk of obesity and diabetes. Perhaps making 90% of our grains whole would be a better goal. American consumption of refined sugar is nearly 20% of calories. Limiting refined sugar intake to <5% would be a healthier goal. A 50% reduction of added salt by the food industry would make a tremendous impact in the prevalence of hypertension, stroke and heart disease. The current labeling laws allow for any food containing <0.5 gm of trans fat to claim "zero trans fat per serving." This is misleading. Food containing any trans fat should be labeled to reflect the true amount.

Our current global epidemic requires drastic and immediate action, perhaps through industry initiatives in cooperation with governmental legislation. If the U.S. can get a handle on our current epidemics, we can be a beacon for the world to follow.

As McDougall, Diehl, Esselstyn, Barnard and Kelly have pointed out, a nationwide reduction of meat and animal fat is also critical. Our government's policies should reflect sound nutritional science and should not subsidize the production of items such as sugar, corn syrup and high-fat meats, all of which contribute to a variety of diseases, decrease the quality of life for many Americans, reduce economic productivity, increase medical expenses, morbidity and mortality.

One final suggestion: Scrap the pyramid design and use a target format to help clarify which nutrient-dense whole foods belong at the bulls-eye and which less healthy foods miss the mark.

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Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000046

Submission Date: 10/30/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Pamela

Last Name: Hoskins

Job Title: Soil Conservationist

Key Topic: Carbohydrates, Food Groups

Sub Topic: Fiber, Fruits, Vegetables

Attachment: N

Comment: The old pyramid just needs the bottom taken off that recommends grains. Grains cause to many problems in the gut with autoimmune diseases, insulin reactions and many other maladies to numerous to mention. The food pyramid/groups should focus on fresh lean meats (beef, fish, chicken, pork, wild game) vegetables and fruits, and these foods should be recommended with little to no processing. Grains should be put in the same recommendation with fats and sugars (consume in minimum quantities) I understand the entire country probably can't strictly adhere to these recommendations because of socio-economic and logistically barriers but it can be a guide to work towards for individuals and groups of individuals who want to improve their overall health by reducing risk associated with digestion (autoimmune/gut health), obesity, allergies, diabetes, cancer, high blood pressure, etc.

Comment ID: 000167

Submission Date: 01/20/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Cathy

Last Name: Ng

Job Title: Student

Key Topic: Carbohydrates, Food Groups, Food Safety

Sub Topic: Added sugars

Attachment: N

Comment: While the 2005 Dietary Guidelines depict nutritional values found in food groups in an American diet, the guidelines have never explicitly discouraged any specific types of food or the manner in which food is prepared. In fact, there is no mention, much less a warning, on any foods that contain or promote the formation of toxins called AGEs (advanced glycation end products), commonly found in brown or fried foods (such as cakes, bacon, etc.) where sugars are added to molecules nonenzymatically, exacerbating diabetes, obesity, and chronic diseases associated with aging through destructive cellular damage[1]. Although AGEs occur naturally, they are also absorbed into the body through consumption of foods that already contain AGEs, such as grilled, fried, or broiled food products (i.e. meats and cheeses). Other foods promote the formation of AGEs within our bodies once consumed, such as sterilized and pasteurized food products, and foods that contain high-fructose corn syrup. While these are two distinct risks, both types lead to an accumulation of AGEs in our bodies. However, the guidelines continue to encourage "moderate" intake of fats and sugars, statements that remain relatively broad and

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consequently too lenient in setting effective measures in food preparation to promote health.

Because the Dietary Guidelines serve as the foundation for government nutrition programs such as MyPyramid, a readily accessible icon of federal standings on dietary requirements for consumers, it is essential that the guidelines mention the importance of the quality and origin of foods. This consequently includes a federal commentary on foods that promote AGEs. As the current guidelines have been rather ambiguous in addressing the role of food preparation, the 2010 Dietary Guidelines should employ appropriate language in order to deliver the most effective advice promoting health.

Comment ID: 000064

Submission Date: 11/09/2008

Organization Type: Individual/Professional

Organization Name: Ted Lapis

First Name: Ted

Last Name: Lapis

Job Title: Counselor Specialist

Key Topic: Carbohydrates, Food Safety

Sub Topic: Glycemic index

Attachment: N

Comment: High Fructose Corn Syrup labeling is important for diabetics and other people concerned with their glycemic loading. For this reason, requiring foods with HFCS to label content appropriately is vital. High Fructose Corn Syrup should not be used in products that have organic or natural used. Reducing HFCS consumption in our family diet has resulted in weight loss, and fewer diabetic emergencies.

Comment ID: 000117

Submission Date: 01/07/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Kelly

Last Name: Mahoney

Job Title: Corporate Wellness Center Manager

Key Topic: Carbohydrates, Food Safety

Sub Topic: Added sugars

Attachment: N

Comment: Government regulating ingredients in our foods.

I believe in FREEDOM. The United States is a wonderful country that live in; however, our government is making our citizens overweight. The government has the right to regulate certain things and I feel we should regulate what ingredients that are put into our foods. For example. In 1960, Americans did not use enriched flour; but today we use 63 lbs a year. High Fructose Syrup was not an issue in the 60's. TODAY we eat 62 lbs of high fructose corn syrup per year, which has added 33lbs to the average American. Why

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do we have hydrogenated oils in our foods? Sure it taste better but wouldn't you rather take something out of foods that would kill you than to leave it in the ingredients just because it taste better. We need to regulate companies to Mandate their employees stay healthy. Have companies offer onsite gyms/ or cash rewards to employees who stay healthy and keep their BMI under 25. This cannot continue we cannot allow our citizens to eat, drink, and not exercise like this. PLEASE help to enforce that our government take more control over this issue.

Comment ID: 000162

Submission Date: 01/19/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates, Other

Sub Topic: Added sugars

Attachment: N

Comment: too many added sugars in our food. frequently, they are added in as so many disguises, i really love the "evaporated cane juice"....I pretty much avoid most restaurant and processed food due to added sugars and the icky aftertaste and after smell of people who consume "natural flavorings". we need to discourage restaurant and processed food and encourage whole foods. brown rice, fresh fruits, fresh vegetables. completely avoid any meat, eggs, dairy that comes from giant factory farms that are fed corn (so why is 50% of our population obese? we are consuming corn, corn, corn), stuffed in tiny, filthy cages, and force fed antibiotics and growth hormones. I would like access to meat, dairy, egg products that come from organic farms that are humanely raised out doors, free range, that is labeled free of artificial hormones and antibiotics and humanely euthanized. Right now, access to these products is difficult as organic meats, dairy, eggs, food is intentional misleadingly labeled. the consumer wants wholesome, organic veg, meats, dairy, fruit, but it is prohibitively priced!! sorry I got off the topic..

Comment ID: 000137

Submission Date: 01/16/2009

Organization Type: Industry Association

Organization Name: The Sugar Association

First Name: Andrew

Last Name: Briscoe

Job Title: President

Key Topic: Carbohydrates

Sub Topic: Glycemic index

Attachment: Y

Comment: The role of sugars in the diet.

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000182

Submission Date: 01/22/2009

Organization Type: Industry Association

Organization Name: Grain Foods Foundation

First Name: Judi

Last Name: Adams

Job Title: President

Key Topic: Carbohydrates

Sub Topic:

Attachment: Y

Comment: GFF encourages the Committee to recognize the health benefits of enriched grains in addition to whole grains.

Comment ID: 000215

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Center for Science in the Public Interest

First Name: Alexandra

Last Name: Lewin

Job Title: Nutrition Policy Fellow

Key Topic: Alcoholic Beverages, Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Safety

Sub Topic: Added sugars, Cholesterol, DASH, Fiber, Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Weight maintenance, Whole grains

Attachment: Y

Comment: The Center for Science in the Public Interest has submitted materials related to the following topics:

Nutrient Adequacy

Sodium

Fibers

Whole Grains

Added Sugars

Energy Balance

Fatty Acids

Restaurant Foods

Food Dyes and Behavior

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Ethanol

Comment ID: 000221

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Center for Science in the Public Interest

First Name: Alexandra

Last Name: Lewin

Job Title: Nutrition Policy Fellow

Key Topic: Alcoholic Beverages, Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Safety, Minerals, Nutrient Density/Discretionary Calc, Vitamins

Sub Topic: Added sugars, Cholesterol, DASH, Fiber, Sodium, Vitamin D, Weight maintenance, Whole grains

Attachment: Y

Comment: Please see the attached comments from Center for Science in the Public Interest related to the following topics:

- ? Nutrient Adequacy
- ? Sodium
- ? Fibers
- ? Whole Grains
- ? Added Sugars
- ? Energy Balance
- ? Fatty Acids
- ? Restaurant Foods
- ? Food Dyes and Behavior
- ? Ethanol

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000101

Submission Date: 12/23/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Southeast Texas Food Bank

First Name: Daniel

Last Name: Chand

Job Title: Nutrition Education Specialist

Key Topic: Carbohydrates

Sub Topic:

Attachment: N

Comment: I could not agree more with Dr. McDougall about carbohydrates and the American diet. I would add to his list of starchy-diet cultures the sub-Saharan region of Africa, where I lived for more than a couple of years. There, too, people survived on high-starch diets without any of the major health problems we find here.

Comment ID: 000105

Submission Date: 12/31/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Food Addicts in Recovery Anonymous

First Name: Jacquie

Last Name: P.

Job Title:

Key Topic: Carbohydrates, Eating Patterns

Sub Topic:

Attachment: N

Comment: I am a member of the Twelve Step group, Food Addicts in Recovery Anonymous, and as such, I recommend that the USDA consider not including processed foods containing white flour or sugar in the updated 2010 food guidelines. I believe these substances white flour and white sugar - are addictive substances that contribute greatly to the US obesity epidemic we are now witnessing. I also believe that snacking should be discouraged and that all available calories be consumed in three balanced meals.

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000220

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: American Heart Association

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins

Sub Topic: Added sugars, Fiber, Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Saturated fatty acids, Sodium, Trans fatty acids, Whole grains

Attachment: Y

Comment: Please see attachment

Comment ID: 000225

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Center for Science in the Public Interest

First Name: Alexandra

Last Name: Lewin

Job Title:

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

Sub Topic: Added sugars, Cholesterol, Fiber, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Vitamin D, Whole grains

Attachment: Y

Comment: Center for Science in the Public Interest (CSPI) submits the following supplemental materials to accompany the written comments submitted on behalf of CSPI.

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000204

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Metabolism Society

First Name: Laurie

Last Name: Cagnassola

Job Title: Director

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

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

Attachment: Y

Comment: Updated to 79 Comments from the public concerning revising the dietary guidelines for 2010 - see attached.
Thank you for this opportunity.

Comment ID: 000057

Submission Date: 11/06/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Metabolism Society

First Name: Laurie

Last Name: Cagnassola

Job Title: Director

Key Topic: Carbohydrates, Fats

Sub Topic: Added sugars

Attachment: N

Comment: We were hoping for a change however, it appears as though the panel of 'experts' chosen to create the 2010 guidelines are the same people as past only bearing new names. The nutritional science that has been ignored in the past may just be ignored again. Experts like Dr.s Feinman, Volek, Westman received many nominations for inclusion on the 2010 panel. But possibly because their research contradicts the current guidelines (which have given rise to the epidemics of diabetes & obesity over the years since they were established), these experts were not considered.
I ask readers to imagine your health, fitness and weight if you ate 6 to 11 (!) servings of bread, pasta, rice ect.... everyday. For many people this will not be a stretch. Now imagine what your health, fitness level & weight would be with OUT 6-11 servings of bread, pasta cereal or rice daily. If the second option looks better - it's because it is. The science behind proper nutrition is made available to the public through the open access journal Nutrition and Metabolism. (Most scientific journals require a cost prohibitive subscription and therefore the information is not accessible to the public)
The Metabolism Society website (www.nmsociety.org) also offers alot of current research as well as many other resources for people looking for the facts about proper nutrition.

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000181

Submission Date: 01/22/2009

Organization Type: Other

Organization Name:

First Name: Deron

Last Name: Estes

Job Title:

Key Topic: Carbohydrates

Sub Topic: Low carbohydrate

Attachment: N

Comment: Please consider reducing the recommendations for carbohydrates in the 2010 guidelines.

As Gary Taubes diligently outlines in his book "Good Calories, Bad Calories", carbohydrates in the diet lead to increase levels of insulin. One of insulin's major roles is to store fat.

Carbs->Insulin->Fat Storage

If we can end this cycle, we will finally be on the right path.

Comment ID: 000133

Submission Date: 01/16/2009

Organization Type: Other

Organization Name: Rio Grande REgional Hospital/Diabetes Mgt Center

First Name: Estella

Last Name: GArcia

Job Title: Registered Dietitian

Key Topic: Carbohydrates, Eating Patterns

Sub Topic: Low carbohydrate

Attachment: N

Comment: Reduced daily Carb percent for diabetes eating patterns

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000068

Submission Date: 11/17/2008

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

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

Sub Topic: Added sugars, Cholesterol, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Weight maintenance

Attachment: N

Comment: Please name the foods by brands. The general public does not understand the terms used as complex carbohydrates, sugars, saturated vs unsaturated fats, more fiber, etc. Name the foods limit your soft drinks, potato chips, skittles, etc. People can relate to real foods.

Comment ID: 000077

Submission Date: 11/20/2008

Organization Type: Other

Organization Name:

First Name: Angel

Last Name: Baugher

Job Title: student, MA counseling

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

Sub Topic: Low carbohydrate, Trans fatty acids

Attachment: N

Comment: I hope you will consider looking at the considerable amount of research that shows the health benefits of eating an animal protein based high-fat, low-carbohydrate diet, particularly in preventing or treating obesity, heart disease, and high cholesterol. Also, if you could just completely condemn the usage of trans-fat as harmful, because it is!

Comments Summary Report

Submission Date Between 10/29/2008 and 01/23/2009

Key Topic: Carbohydrates

Comment ID: 000088

Submission Date: 12/06/2008

Organization Type: Other

Organization Name: Private Citizen - Degree in Public Health

First Name: Scott

Last Name: Cohen

Job Title:

Key Topic: Carbohydrates, Fats

Sub Topic: Added sugars, Low carbohydrate

Attachment: N

Comment: I am dismayed that the government and public health community continue to recommend minimizing fat, especially saturated fat, when the evidence is quite clear that eating saturated fat leads to increased HDL (see recent study from Harvard SPH) and HDL has an inverse relationship with heart disease. The clearest culprit for the obesity epidemic is an increase in highly refined carbs while fat and saturated fat intake has been pretty consistent over the last several decades. Stop basing recommendations to cut fat on hypotheses that of course people will get fat if they eat fat because it has a higher energy density.

Comment ID: 000138

Submission Date: 01/16/2009

Organization Type: Other

Organization Name:

First Name: Jake

Last Name: Normand

Job Title:

Key Topic: Carbohydrates, Other

Sub Topic: Added sugars

Attachment: N

Comment: I believe the '05 guidelines are generally adequate to ensure the proper health of Americans as a whole. My primary concern, however, is that 'junk foods' are not discouraged. For example, Americans are overwhelmed with processed foods that include high fructose corn syrup and refined sugar at supermarkets, convenience stores, public events, etc. It is my opinion that the USDA should discourage consumption of foods containing these, and other substances that are known to be detrimental. Lets face it, some foods have zero nutritional value other than cell fuel. To simply encourage the consumption of healthy food is NOT enough; we are what we eat, please discourage junk food. For suggestion, a color or 1-10 numbering system could be assigned to foods to indicate the relative nutrition/calorie/fat content. As an example, worthless food like regular soda would be red or 0; while carrots would be green or 10, etc.