

Comments Summary Report

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

Key Topic: Energy Balance

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: 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.

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Key Topic: Energy Balance

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: 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

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

Key Topic: Energy Balance

carbohydrate overfeeding before promulgating guidelines that will only hurt our people more.

Comment ID: 000136

Submission Date: 01/16/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Sandra

Last Name: Ryan

Job Title:

Key Topic: Eating Patterns, Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: People are overweight and unhealthy from eating the processed foods and factory farmed meats on our stores shelves. People need help. They need a guide to show them how to be healthy. Please help them.

Comment ID: 000166

Submission Date: 01/20/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Briana

Last Name: Osborn

Job Title: RN

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats

Sub Topic: Cholesterol, Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Trans fatty acids, Weight maintenance

Attachment: N

Comment: I would like to encourage the committee to put a greater emphasis on adopting a plant-based diet, as evidenced by the large number of studies supporting the health benefits of a plant based diet. In connection with this, the reduction of trans and saturated fats (known for their detriment to positive heart health) should be stressed. Lastly, whole foods over processed foods should be recommended as part of an overall healthy diet.

Comments Summary Report

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

Key Topic: Energy Balance

Comment ID: 000124

Submission Date: 01/13/2009

Organization Type: Individual/Professional

Organization Name: Diabetes Educator

First Name: melissa

Last Name: baumann

Job Title: dietitian/ educator

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

Sub Topic: MyPyramid

Attachment: N

Comment: The food guide pyramid is greatly misunderstood for incorporating a healthy lifestyle. Not from it's content, but from not understanding APPROPRIATE PORTION SIZES. Fruits and vegetables are defined as "Cups" for a day. Pasta and Rice appropriate portions are 1/3-2/3 cup, while most Americans consume 1-2 cups at a meal. Oils also are not defined & portions are greatly over consumed. I spend most of my time explaining Calorie balance and encouraging more exercise. I would like to continue to draw our children into the food pyramid by helping the educators teach portions appropriately.

Comment ID: 000126

Submission Date: 01/13/2009

Organization Type: Individual/Professional

Organization Name: Hunter College MPH Candidate

First Name: Elizabeth

Last Name: Klein

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: The Dietary Guidelines for Americans 2005 lacks specific language that promotes the incorporation of an adequate amount of sleep and relaxation into an average daily routine. As a public health professional, I propose that the Dietary Guidelines Advisory Committee (DGAC) integrate such language throughout the seventh edition of the Dietary Guidelines as well as include a full chapter in addition to a reference in Mypyramid. Lifestyle-related diseases such as obesity, hypertension and type 2 diabetes are increasingly growing epidemics in the United States. Lifestyle habits such as sleep deprivation and high stress contribute to the rise of these diseases and addressing such habits in the 2010 Dietary Guidelines would help in the awareness of how to prevent of such diseases.

(Please see attachment for further detail)

Comments Summary Report

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

Key Topic: Energy Balance

Comment ID: 000083

Submission Date: 11/25/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Bonnie

Last Name: Bents

Job Title: Nutrition teacher

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other

Attachment: N

Comment: I think that adequate rest should be added to the pyramid guidelines, a bed on one side, excercise on the other :)

Comment ID: 000069

Submission Date: 11/18/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Morgan

Last Name:

Job Title: CPA

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: N

Comment: I just wanted to mention that while creating the new food pyramid and other guidelines, please keep in mind that not all of us are on a 2,000 calorie diet. I am 5'2, 112 lbs, and would love to see some "real" guidelines on what I'm supposed to eat, since there is no way I could eat 2,000 cal's a day and stay healthy. I would like to know, no matter what size you are, what the most important items for me to ingest would be.
Thanks!

Comments Summary Report

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

Key Topic: Energy Balance

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

Ethanol

Comments Summary Report

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

Key Topic: Energy Balance

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

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:

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

Key Topic: Energy Balance

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.

Comment ID: 000075

Submission Date: 11/20/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Commit2BFit

First Name: Catherine

Last Name: Webb

Job Title: program coordinator

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: N

Comment: The prevalence of obesity related health issues in our society demands a strong emphasis on radical changes in our eating and activity patterns. Childhood obesity is partially the responsibility of the schools, based on what they allow to be served on campus and periods for activity provided. As a nation we need to hold school systems responsible and provide them the resources to comply with established research based best practices in the areas of nutrition and activity. The future health of our nation depends upon it.

Comments Summary Report

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

Key Topic: Energy Balance

Comment ID: 000056

Submission Date: 11/06/2008

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Gregory

Last Name: Miller

Job Title: Executive Vice President, Research, Regulatory and Scientific Affairs

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

Sub Topic: Calcium, DASH, Magnesium, Milk, MyPyramid, Potassium

Attachment: Y

Comment: At time when the American population is overweight and undernourished, it is more important than ever to help consumers get more nutrition out of the food and beverages they consume. As the Dietary Guidelines Advisory Committee begins its work of drafting new guidelines for Americans, the NDC applauds the leadership of the Departments of Agriculture and Health and Human Services for their crucial efforts to help Americans live healthier lives and reduce the risk of chronic disease.

Comment ID: 000212

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Gregory

Last Name: Miller

Job Title: Executive Vice President, Research Regulatory and Scientific Affairs

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

Sub Topic: B Vitamins, Calcium, DASH, Folate, Magnesium, Milk, MyPyramid, Potassium, Sodium, Vitamin A and Carotenoids, Vitamin D, Weight maintenance, Zinc

Attachment: Y

Comment: The role of milk products and overall nutrient adequacy.
Assessing the optimal number of dairy servings for Americans.
Impact of milk products on chronic disease risk.

Comments Summary Report

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

Key Topic: Energy Balance

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: 000139

Submission Date: 01/16/2009

Organization Type: Other

Organization Name:

First Name: Janis

Last Name: Lindenberger

Job Title:

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

Sub Topic: Fruits, Grains, Whole grains, Other, Vegetables

Attachment: Y

Comment: Plant based diet for both health and the environment.

Comments Summary Report

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

Key Topic: Energy Balance

Comment ID: 000156

Submission Date: 01/19/2009

Organization Type: Other

Organization Name:

First Name: Valerie

Last Name: Belt

Job Title: Educator

Key Topic: Energy Balance/Physical Activity, Food Groups

Sub Topic: Fruits, Grains, Whole grains, Vegetables

Attachment: N

Comment: I encourage the committee to put a greater emphasis on the health benefits of a plant-based diet with more of a focus on whole foods and less on processed foods. A plant-based diet encourages good heart health and decreases the amount of "bad" fats in one's diet. This diet, along with appropriate exercise, can help our nation reduce our health care costs by preventing heart disease, diabetes, obesity, etc.

Comment ID: 000120

Submission Date: 01/09/2009

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: Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Other

Sub Topic:

Attachment: Y

Comment: The American Society for Nutrition (ASN) appreciates this opportunity to submit the attached comments to the 2010 Dietary Guidelines Advisory Committee. With a membership of more than 3500 scientists, ASN is the premier research society dedicated to improving the quality of life through the science of nutrition. We are proud of our members who are currently serving on the Dietary Guidelines Committee and those who have served on past Committees.

Comments Summary Report

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

Key Topic: Energy Balance

Comment ID: 000047

Submission Date: 10/31/2008

Organization Type: Professional Association

Organization Name: take care health systems

First Name: stephen

Last Name: carter

Job Title: MEDICAL DIRECTOR @ TOYOTA FAMILY HEALTH CENTER

Key Topic: Energy Balance/Physical Activity, Fats, Nutrient Density/Discretionary Calc

Sub Topic: Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: as a 16 yr practicing physician who treat's diabetes , metabolic syndrome & hyperlipidemia & hypertension daily I belive that obesity whether it be chidhood or adult is largely a result of caloric over consumption, high intakes of processed food with poor nutrient value & a increase in sedentary activity. In addition the intake of unhealthy fats(i.e trans fats/saturated fats) , starch,processed sugar, & flour based product's also contributes to our ever increasing prevalence ofobesity & iobesity related illness. Lastly, the addition of essential fatty acids, essential amino acids, a vitamin/mineral supplementation ensures that the essential metabolic processes , energy & synthesis processes operate at maximal efficiency

Comment ID: 000072

Submission Date: 11/19/2008

Organization Type: State/Local Government Agency

Organization Name:

First Name:

Last Name: other

Job Title: public health nutritionist

Key Topic: Eating Patterns, Energy Balance/Physical Activity

Sub Topic: MyPyramid

Attachment: N

Comment: Please consider diversity of current population and eating trends and activities of different sections of U.S population. There is an economic, cultural and social diversity to consider as well as urban vs. non-urban eating trends to include. Thank you

Comments Summary Report

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

Key Topic: Energy Balance

Comment ID: 000097

Submission Date: 12/19/2008

Organization Type: State/Local Government Agency

Organization Name:

First Name: Rachel

Last Name: Findley, RD, LDN

Job Title: Child Nutrition Supervisor

Key Topic: Energy Balance/Physical Activity, Other

Sub Topic:

Attachment: N

Comment: I believe we need more direction as to the caloric requirements for children. Since more children are becoming increasingly sedentary for a variety of reasons, the current caloric requirements/servings per food group needs to reflect our children of today. In addition, since the nutrition requirements of the National School Lunch Program are guided by the Dietary Guidelines for Americans, we as child nutrition professionals need that guidance to provide more nutritious foods to our students.