

Comments Summary Report

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

Key Topic: Evidence-based Review Process

Comment ID: 000223

Submission Date: 01/23/2009

Organization Type: Educational Institution

Organization Name: University of North Dakota Energy & Environmental Research Center

First Name: Nicholas

Last Name: Ralston

Job Title: Health Effects Research Program Leader

Key Topic: Eating Patterns, Evidence-based Review Process, Food Safety, Minerals, Other

Sub Topic: MyPyramid

Attachment: Y

Comment: One of the most important decisions that your committee will make is determining what questions to address in your evidence-based reviews. Your committee will be interested in how advances in understanding of selenium's physiological functions clarify the benefits and risks of seafood consumption. Ocean Fish are among the richest sources of dietary selenium, an element that has proven to counteract adverse effects of mercury, these findings make it much easier to understanding the benefits of seafood consumption in improving cardiovascular and neurodevelopmental outcomes. Your committee will also want to understand why the uniquely high binding affinity between mercury and selenium (a million times higher than that of sulfur, mercury's next best binding partner) clears up many mistaken ideas regarding seafood safety issues related to mercury exposure.

Evidence from the human and animal studies of this issue uniformly indicate that exposure to mercury in molar excess of selenium is harmful, but no harmful effects are evident when seafoods containing nutritionally relevant amounts selenium in molar excess of selenium (Ralston, 2009). Instead of harm, the largest and most recent studies find increasing beneficial effects (up to 10 IQ points) in children whose mothers consumed increasing amounts ocean fish during pregnancy (Lederman et al., 2008; Hibbeln et al., 2007; Oken et al., 2007). These findings had been thought to be surprising by those that don't understand mercury-selenium interactions, but, like all other aspects of the issue, are easy to understand when considered from the perspective of selenium physiology (Ralston 2009). The effects of mercury are not proportional to exposure, but are instead directly associated with mercury-selenium molar ratios.

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

Key Topic: Evidence-based Review Process

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 (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

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Key Topic: Evidence-based Review Process

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.

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.

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

Key Topic: Evidence-based Review Process

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: 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: Evidence-based Review Process

Comment ID: 000196

Submission Date: 01/22/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Rayna

Last Name: Weise

Job Title: Cancer epidemiologist

Key Topic: Eating Patterns, Evidence-based Review Process

Sub Topic: DASH, MyPyramid

Attachment: N

Comment: A great deal of epidemiologic evidence supports the health benefits of a plant-based diet in terms of reducing risk of chronic diseases, such as certain types of cancer, cardiovascular disease, and type 2 diabetes. Complementary to this, there are also a number of studies that have indicated a positive association between meat consumption (particularly red meat) and the risk of certain cancers. In fact the American Dietetic Association and Dietitians of Canada issued a position statement in 2003 stating, "...that appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases. The USDA Committee should consider revising the dietary guidelines to include recommendations on greater vegetable and produce consumption and very little meat (beef, poultry, fish) consumption in light of current research.

Comment ID: 000067

Submission Date: 11/17/2008

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

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

Sub Topic:

Attachment: N

Comment: Increasing the daily consumption of vegetables, fruits, and legumes would be a considerably responsible and greatly needed change. There is substantial evidence of dietary benefits through a dramatic increase of all of these. The China Project is a great example of the direct impact on the quality and longevity of life. See <http://nutrition.cornell.edu/chinaproject/> for more details.

Comments Summary Report

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

Key Topic: Evidence-based Review Process

Comment ID: 000189

Submission Date: 01/22/2009

Organization Type: Industry Association

Organization Name: National Pork Board

First Name: Ceci

Last Name: Snyder

Job Title:

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

Sub Topic: Iron, Meat, Beans, Eggs, Fish, and Nuts, MyPyramid, Oils, Unsaturated fatty acids, Potassium, Saturated fatty acids, Zinc

Attachment: Y

Comment: The National Pork Board urges the 2010 Dietary Guidelines Advisory Committee to uphold current recommendations for the meat and beans group based on the published science and to focus on the benefits of choosing a variety of nutrient-rich foods within and among the basic food groups. Americans will enjoy better health through more frequent selection of naturally nutrient-rich foods.

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

Comments Summary Report

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

Key Topic: Evidence-based Review Process

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.

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: Evidence-based Review Process

Comment ID: 000079

Submission Date: 11/20/2008

Organization Type: Other

Organization Name:

First Name: Constance

Last Name: Brown

Job Title:

Key Topic: Evidence-based Review Process, Nutrient Density/Discretionary Calc, Other

Sub Topic:

Attachment: N

Comment: The Guidelines need to be validated or tested. They are mandated to feed our school children, military, and prisoners - that is 50 million people, who already have a too-high proportion of obesity.

There is evidence now that the Pyramid guidelines are contributing to making Americans overweight.

How do we know the Guidelines do not cause harm?

I am referring to the premise of Paul Marantz, Clinical Epidemiology and Population Health at the Albert Einstein College of Medicine in New York City:

"...the standards that had been applied to determining and promulgating dietary guidelines for all Americans have been insufficient to protect against the possibility of harm and in fact our analysis suggest that there indeed may be harm that can be an outcome of these guidelines. And once that's considered, the issue of standards of evidence becomes much more pressing."

I am further referring to the research showing the Pyramid making us fat:

"However, without discretionary calorie restriction, Americans are at risk of having excessive energy intake even if they follow the 2005 FGP food serving recommendations."

(THE 2005 USDA FOOD GUIDE PYRAMID IS ASSOCIATED WITH MORE ADEQUATE NUTRIENT INTAKES WITHIN ENERGY CONSTRAINTS THAN THE 1992 PYRAMID

Authors

Gao, Xiang - HARVARD SCH PUB HEALTH)

If the Guidelines are simply a lobby effort that is okay but in that case, let's be open about what poor science the Guidelines are.

Does the USDA, and the administration, think that Americans don't notice that the Guidelines over- promote grains, sweet, and vegetable oil, and that hm, we are getting fatter?

Comments Summary Report

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

Key Topic: Evidence-based Review Process

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.