

Comments Summary Report

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

Key Topic: fats

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: 000203

Submission Date: 01/23/2009

Organization Type: Educational Institution

Organization Name:

First Name: DOROTHY

Last Name: VANDEPUTTE

Job Title: STUDENT

Key Topic: Eating Patterns, Fats

Sub Topic: Cholesterol

Attachment: N

Comment: A vegetarian diet has been proven to reduce cholesterol, reduce risk of certain cancers and reduce rates of obesity. Since switching to vegetarian diet I have maintained a healthier weight & have more energy. Plant based diet is healthiest & MUCH less impact on the environment (more sustainable)! Please consider more plant-based foods in re-evaluation of dietary recommendations.

Comments Summary Report

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

Key Topic: fats

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: fats

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

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.

Comments Summary Report

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

Key Topic: fats

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? 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.

Comments Summary Report

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

Key Topic: fats

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.

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

Comments Summary Report

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

Key Topic: fats

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.

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.

Comments Summary Report

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

Key Topic: fats

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 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.

Comments Summary Report

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

Key Topic: fats

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.

Comments Summary Report

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

Key Topic: fats

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.

Comment ID: 000053

Submission Date: 11/04/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Donald J.

Last Name: Brix, Ph.D.

Job Title: Clinical Psychologist

Key Topic: Eating Patterns, Fats, Food Groups

Sub Topic:

Attachment: N

Comment: The work of McDougall, Esselstyn, N. Barnard, Ornish, Colin Campbell and others amply demonstrate that the standard Western diet is making people sick. Regrettably, our national guidelines continue to support the consumption of foods known to be harmful to health. Hopefully the new iteration will be an improvement.

Comments Summary Report

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

Key Topic: fats

Comment ID: 000144

Submission Date: 01/17/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Lindsey

Last Name:

Job Title:

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

Sub Topic:

Attachment: N

Comment: It seems time to see a healthy shift from the current focus on consuming animal products for their reputed health benefits to incorporating more whole, organic plant based sources of proteins and fats as the main dietary intake.

Comment ID: 000116

Submission Date: 01/07/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Matt

Last Name: Brody

Job Title:

Key Topic: Fats

Sub Topic: Fish oil, Omega 3 fatty acids, Other, Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: I am writing to request that you encourage the use of whole milk in favor of processed products such as skim and low fat milk, and natural saturated and monounsaturated fats over high in Omega-6 vegetable and corn oils.

It is clear from the research that trans fatty acids are detrimental to our health, and they have wisely been discouraged in previous guidelines - I see no reason not to continue this discouragement. What has also been widely reported as detrimental are Omega-6 fats, which are in abundance in heavily processed oils such as soybean, vegetable and corn oils. Most beneficial to our health are the Omega-3 fats which are found in fish and olive oil.

In addition, the ongoing discouragement of saturated fats is perplexing. Humans have eaten saturated fats for their entire existence. At rates much higher than the 7% of calories currently recommended. Limits should not be placed at the percentage level, rather individuals should be free to include saturated fats liberally in the diet, if weight is controlled. Applying a low carbohydrate approach to nutrition allows this to occur, while improving the lipid profile.

Comments Summary Report

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

Key Topic: fats

Comment ID: 000066

Submission Date: 11/12/2008

Organization Type: Individual/Professional

Organization Name: none

First Name: Catherine

Last Name: McAvoy

Job Title: RN

Key Topic: Fats

Sub Topic: Other

Attachment: N

Comment: This comment relates to elementary school lunches. I hope that the 2010 guidelines will consider (and close the loophole) that some food service companies are "getting around" the intention of the "no more than 30% of calories" provided by fat by averaging what ALL children purchase for the week. So individual children could be eating as much as 50% fat, especially if they are on the free/reduced program (the very children who are at greater risk for obesity). The food service companies are also not including competitive foods in the averaging, therefore although they state they are meeting the USDA guidelines, the cafeterias still look like a fast food court. Their motives are profit rather than the children's best interests.

Comment ID: 000094

Submission Date: 12/17/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Bhaswati

Last Name: Bhattacharya, MPH, MD

Job Title: Asst Prof of Family Medicine, Weill-Cornell Medical College

Key Topic: Fats

Sub Topic: Cholesterol, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: What if healthy fats are those that occur naturally in nature and are thereby more bioavailable? There are few studies that emphasize the use of fats from nature, milk-based fats (ghee, cheese, natural yogurt), animal-based fats (lard, eggs, fish). How they are cooked and processed changes their chemical structure and therefore what goes into the body. This should be taught to consumers so that they realize that what they buy is not what they may be eating, if they cook at high temperatures. Medical science emphasizes investigations, which tend to focus on chemical structures at purchase, not at use. Perhaps this is because most scientists and doctors don't know how to cook. In addition, food additives alter the chemistry of those products that have been called oils. These products generally have some financial incentive to be studied. Please include more data on traditional fats in traditional cuisines, and the changes of fats' structures on cooking and combination with other food products.

Comments Summary Report

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

Key Topic: fats

Comment ID: 000160

Submission Date: 01/19/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Cathy

Last Name: Ng

Job Title: Student

Key Topic: Fats, Food Safety, Other

Sub Topic:

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. 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 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.

Comments Summary Report

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

Key Topic: fats

Comment ID: 000085

Submission Date: 11/26/2008

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Fats, Minerals

Sub Topic: Sodium, Trans fatty acids

Attachment: Y

Comment: New York City has developed food standards for all food agencies with the goal of "improving the health of all New Yorkers." Such standards are well researched and could provide a foundation of new guidelines for other cities or states, institutions or even the nation.

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.

Comments Summary Report

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

Key Topic: fats

Comment ID: 000086

Submission Date: 12/01/2008

Organization Type: Industry Association

Organization Name: Martek Biosciences

First Name: Connye

Last Name: Kuratko

Job Title: Principal Scientist, Medical Affairs

Key Topic: Fats

Sub Topic: Fish oil, Omega 3 fatty acids

Attachment: Y

Comment: Please see the attached cover letter and summary document for comments from Martek Biosciences to the 2010 Dietary Guidelines Committee.

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: fats

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: fats

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: fats

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: fats

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: 000209

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Oldways Preservation & Exchange Trust

First Name: Nicki

Last Name: Heverling

Job Title: Registered Dietitian & Mediterranean Foods Alliance Program Manager

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

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

Attachment: Y

Comment: As the 2010 Dietary Guidelines Committee convenes for its second meeting, we urge Advisory Committee members to incorporate the nutrition principles of the Mediterranean Diet into the upcoming guidelines:

- 1) Choose a combination of plant-based foods at every meal: Grains (mostly whole), fruit, vegetables, beans, nuts, seeds, legumes, healthy fats, and herbs and spices;
- 2) Eat fish (as a vehicle for long-chain fatty acid intake) at least twice a week;
- 3) Include eggs, dairy, and poultry, if these foods fit in to an individuals food preferences and lifestyle, on a daily to weekly basis ; and
- 4) Enjoy sweets and meats less often and in smaller amounts.

Comments Summary Report

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

Key Topic: fats

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: fats

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: 000171

Submission Date: 01/21/2009

Organization Type: Other

Organization Name:

First Name: Suzanne

Last Name: Marienau

Job Title:

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

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

Attachment: N

Comment: I am calling for the USDA to put far more emphasis on a plant-based diet in it's recommendations for what people need to eat. We Americans are far too fat. We eat too much meat and processed foods. People who eat a plant-based diet are leaner, with less problems with cholesterol and heart health issues. It is time we got away from our meat laden, high fat diets. These are killing us.

Comments Summary Report

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

Key Topic: fats

Comment ID: 000201

Submission Date: 01/23/2009

Organization Type: Other

Organization Name:

First Name: Susan

Last Name: Prolman

Job Title:

Key Topic: Fats, Food Groups, Minerals, Other, Protein, Vitamins

Sub Topic: Cholesterol

Attachment: N

Comment: In this time, when a growing number of Americans struggle with obesity and other diet related ailments, it is important for the US government to take the lead in urging citizens and residents to consume a healthful, nutritious plant based diet. Vegan diets provide copious quantities of antioxidants, vitamins, minerals, protein, and fiber without cholesterol. Vegans and vegetarians have been shown to be slimmer and more healthful than their omnivorous counterparts. Those who continue to consume animal products should be encouraged to reduce these. Thomas Jefferson famously said that he consumed meat only "as a condiment to the vegetables which constitute my principal diet." There are other reasons for the government to promote a plant based diet. One is environment: the production of animal products contributes to global warming, pollutes our air, soil, and water, and harms wildlife. Germany's Federal Environmental Agency has asked German citizens and residents to reduce consumption of animal products, and the US government should do the same.

The US government should also take this opportunity to improve the way animal products are produced. It should support sustainable production, while strictly regulating mammoth concentrated animal feeding operations. It should end the use of antimicrobials in animal agriculture to the degree that this use may harm the public health. It should ensure that CAFOs are no longer allowed to externalize their costs - including the costs of concentrating huge quantities of manure and other animal waste into a small area - onto taxpayers, rural communities, and the public at large.

Finally, the federal government should establish meaningful farm animal welfare standards that outlaw battery cages, gestation and farrowing crates, and veal crates. As the landslide victory of Prop 2 in California showed, Americans are deeply offended by the wanton cruelty that is the norm in industrial animal agriculture.

Comments Summary Report

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

Key Topic: fats

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