

# Comments Summary Report

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

Key Topic: fluid and electrolytes

**Comment ID:** 000104

**Submission Date:** 12/30/2008

**Organization Type:** Educational Institution

**Organization Name:** University of Utah

**First Name:** Eldon

**Last Name:** Askew

**Job Title:** Professor

**Key Topic:** Fluid and Electrolytes

**Sub Topic:** Water

**Attachment:** N

**Comment:** It would be appropriate for the panel to take a closer look at the recommendations for water intake for the elderly. Currently, the guidelines for this at risk group is basically to drink to "thirst".

"Thirst" may not be a reliable trigger for some elderly to stay in good hydration status. For example, we wouldn't recommend "consuming Vitamin A until you can see clearly" Please refer to :

de Castro, JM. Age-related changes in natural spontaneous fluid ingestion and thirst in humans. J Gerontol. 1992;47:P321-30.

Beck, LH. The aging kidney. Defending a delicate balance of fluid and electrolytes. Geriatrics. 2000;55:26-8. 31-2.

Stout, NR; Kenny, RA; Baylis, PH. A review of water balance in ageing in health and disease. Gerontology. 1999;45:61-6.

Feinsod FM, Levenson SA, Rapp K, Rapp MP, Beechinor E, Liebmann L. Dehydration in frail, older residents in long-term care facilities. J Am Med Dir Assoc. 2004 Mar-Apr;5(2 Suppl):S35-41.

# Comments Summary Report

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

Key Topic: fluid and electrolytes

**Comment ID:** 000150

**Submission Date:** 01/19/2009

**Organization Type:** Individual/Professional

**Organization Name:** Hunter College

**First Name:** Jeanine

**Last Name:** Kopaska Broek

**Job Title:**

**Key Topic:** Fluid and Electrolytes

**Sub Topic:** Water

**Attachment:** Y

**Comment:** Please see attached comments which recommend water consumption for the 2010 Dietary Guidelines.

**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: fluid and electrolytes**

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:** fluid and electrolytes

**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