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:

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
<table>
<thead>
<tr>
<th>Comment ID:</th>
<th>000220</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submission Date:</td>
<td>01/23/2009</td>
</tr>
<tr>
<td>Organization Type:</td>
<td>Nonprofit/Voluntary</td>
</tr>
<tr>
<td>Organization Name:</td>
<td>American Heart Association</td>
</tr>
<tr>
<td>Key Topic:</td>
<td>Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins</td>
</tr>
<tr>
<td>Sub Topic:</td>
<td>Added sugars, Fiber, Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Saturated fatty acids, Sodium, Trans fatty acids, Whole grains</td>
</tr>
<tr>
<td>Attachment:</td>
<td>Y</td>
</tr>
<tr>
<td>Comment:</td>
<td>Please see attachment</td>
</tr>
</tbody>
</table>