

# Comments Summary Report

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

Key Topic: food groups

**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:** 000090

**Submission Date:** 12/08/2008

**Organization Type:** Educational Institution

**Organization Name:** St. Mary's College

**First Name:** Jessica

**Last Name:** La Rocca

**Job Title:** College Senior

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** I think the "milk" requirement of the 2005 guidelines should be revised. It is not the milk but the CALCIUM that is important. A person may choose not to drink milk or be unable to drink milk and still be getting enough calcium and necessary nutrients. There are many healthy alternatives for dairy for those who do not include it in their diet. Please give this some serious consideration. Thank you!

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

Key Topic: food groups

**Comment ID:** 000128

**Submission Date:** 01/15/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Maddy

**Last Name:** Gilmore

**Job Title:** Student

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** N

**Comment:** I think most peoples thought process about lowering the amount of meat and beans and adding more vegetables is a very smart idea. Most people in my immediate family are considered overweight to obese, I have been a vegetarian since I was 7 and I do light activity and I have always been in good health, and I have never been considered over weight. I am not saying to cut out meat completely but I do feel strongly that there should be more in the vegetable group and less in the other food groups.

**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

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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.

**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

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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.

**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.

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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.

**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.

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

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**Comment ID:** 000046

**Submission Date:** 10/30/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Pamela

**Last Name:** Hoskins

**Job Title:** Soil Conservationist

**Key Topic:** Carbohydrates, Food Groups

**Sub Topic:** Fiber, Fruits, Vegetables

**Attachment:** N

**Comment:** The old pyramid just needs the bottom taken off that recommends grains. Grains cause to many problems in the gut with autoimmune diseases, insulin reactions and many other maladies to numerous to mention. The food pyramid/groups should focus on fresh lean meats (beef, fish, chicken, pork, wild game) vegetables and fruits, and these foods should be recommended with little to no processing. Grains should be put in the same recommendation with fats and sugars (consume in minimum quantities) I understand the entire country probably can't strictly adhere to these recommendations because of socio-economic and logistically barriers but it can be a guide to work towards for individuals and groups of individuals who want to improve their overall health by reducing risk associated with digestion (autoimmune/gut health), obesity, allergies, diabetes, cancer, high blood pressure, etc.

**Comment ID:** 000167

**Submission Date:** 01/20/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Cathy

**Last Name:** Ng

**Job Title:** Student

**Key Topic:** Carbohydrates, Food Groups, Food Safety

**Sub Topic:** Added sugars

**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[1]. 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

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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.

**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:** 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.

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

**Key Topic: food groups**

**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.

**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.

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

**Key Topic: food groups**

**Comment ID:** 000145

**Submission Date:** 01/17/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups

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

**Attachment:** N

**Comment:** I urge you to remove meat from the pyramid altogether, and concentrate on sustainably raised, organic, fruits, veggies, nuts, seeds and herbs.

**Comment ID:** 000153

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

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Michael

**Last Name:** Yannell

**Job Title:** Clinical Pharmacist

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** N

**Comment:** Please consider putting an emphasis on eating whole foods, rather than processed foods, and the benefits to health of a plant based diet, or at least reduced meat diet (elimination of "bad" fats). There is proven clinical research that demonstrates the benefits of reducing meat intake.

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

Key Topic: food groups

**Comment ID:** 000157

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

**Organization Type:** Individual/Professional

**Organization Name:** self

**First Name:** Rosamund

**Last Name:** Downing

**Job Title:** teacher

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Please encourage Americans to adopt a more plant-based diet (even vegetarian). Plant-based diets are better for our health and the planet.

**Comment ID:** 000158

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

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:** retired public elementary school teacher

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I would like the USDA to emphasize that a healthy diet should contain less protein from animal sources. Specifically, less red meat. Substitute chicken, fish, dairy products, and turkey. And reduce the quantity of those, too. Beans, nuts, and whole grains should be emphasized as healthier choices.

My other suggestion is that the USDA recommend a diet of whole, unprocessed foods. Better nutrition and cheaper, too!

If more Americans followed these suggestions, our environment would be healthier. The USDA could join the "Green Movement"! I'd like to see recipes for simple, healthy meals, too!

Thank you for the opportunity to give my input!

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

Key Topic: food groups

**Comment ID:** 000175

**Submission Date:** 01/21/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Elizabeth

**Last Name:**

**Job Title:** Police Officer

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** N

**Comment:** I have been a vegetarian for 8 years. I changed diets overnight for moral reasons. I have since become vegan. I have educated myself on many aspects of the food industry/chain. I am disgusted that the meat and dairy industry have such strong input in to the food pyramids. Evidence points to meat and dairy as key contributors to almost ALL common Western diets. More veggies and fruits must be consumed and far less, if any, dairy and meat should be eaten. The countries health "crisis" would pretty much be resolved with this simple fix! Please behonest and encourage Americans to eat more fruits and veggies. I know that your own evidence says to eat 8-12 servings a day but that Americans wont even eat 5 or 6. So they number is set lower..... Please dont treat people like they are stupid! Maybe if the charts said eat 8-12 people would actually start eating 5 or 6 or more! People believe what they need to believe so dont skew the facts! People are thier own worst enemy so give it em straight and maybe just maybe some will figure it out!

**Comment ID:** 000164

**Submission Date:** 01/20/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Lawrence

**Last Name:** Machtinger

**Job Title:** Pathologist

**Key Topic:** Eating Patterns, Food Groups, Food Safety, Other

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** N

**Comment:** Dietary guidelines should promote a plant-based diet, which reduces rates of many cancers and vascular diseases. Eating animal products has been correlated to an increased incidence of these diseases. It would improve the overall health of Americans to drastically reduce meat consumption. A plant-based diet is one of the single most effective ways to fight global warming. Livestock production is responsible for 18% of greenhouse gas emissions, higher than that emitted by all the world's vehicles. Animal agriculture releases 37% of all human-induced methane and 65% of all human induced nitrous-oxide, potent greenhouse gases. Animal agriculture produces almost 2/3 of all human-induced ammonia emissions, contributing to acidification of ecosystems. It promotes the current epidemic of antibiotic-resistant bacteria. About 25 million lbs. of antibiotics are fed to U.S. livestock annually, almost 8 times the amount administered to humans in this country. This has promoted the spread of multi-drug resistant bacteria that are killing

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

**Key Topic: food groups**

tens of thousands of Americans each year. Antibiotics are being rendered useless in order to increase livestock profits, putting all of us at risk. Animal agriculture also leads to enormous environmental degradation, pollution and waste of ever dwindling water supplies. The poor conditions of animals kept on factory farms are a breeding ground for infectious diseases that sicken or kill hundreds of thousands of Americans annually. From an ethical perspective, the current animal agricultural system causes immense suffering to the 10 billion animal slaughtered for food in the U.S. every year. This cruel system exists to maximize profits while producing cheap meat. Americans already consume far too much meat for their own good. If America's farmers were required to provide their animals truly humane living conditions, cheap meat would simply not exist. The price of meat has been driven down to unnaturally low levels through appalling factory farming methods, transforming what once was a luxury item into a staple of the diet, to the detriment of people, animals and the planet.

**Comment ID:** 000142

**Submission Date:** 01/16/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Sara

**Last Name:** Campbell

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups, Other

**Sub Topic:**

**Attachment:** N

**Comment:** I think more Americans need to be made aware of the benefits of a plant-based diet. I am not a professional. I know very little about nutrition. I do know that in October of 2008 I decided to switch to a vegan diet. Within 3 months I lost 21 pounds. I eat often and I eat well. I actually have the energy to exercise. My mood has improved. Too many times the public is told they must include meat and dairy in their diet. Every year there is more evidence that diets based on animal products are harmful. More care should be taken to provide information about plant based diets and their benefits.

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

**Key Topic: food groups**

**Comment ID:** 000148

**Submission Date:** 01/17/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Gretchen

**Last Name:**

**Job Title:** Public Health Nurse

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** Please consider the needs of people who must avoid all cow milk or soy products due to allergy. Guidance for alternative products (for example, rice milk) would be appreciated.

**Comment ID:** 000163

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

**Organization Type:** Individual/Professional

**Organization Name:** Yoga Training

**First Name:** Katie A.

**Last Name:** Campbell

**Job Title:** Personal Trainer/Yoga Instructor

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk, Other

**Attachment:** N

**Comment:** I believe the Food Groups may be in need of name revision.

Where as: The "Meat, Beans; Eggs, Fish and Nuts" group is named "Proteins" with the Meat , Beans; Eggs, Fish, and Nuts in parenthesis, if an example in parenthesis is needed.

Where as: The "Milk" group becomes "Calciums" with milk & yogurt in parenthesis, if need.

Where as: The "Oil" group becomes the "Fats" group with oil in parenthesis, if need for any example.

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

Key Topic: food groups

**Comment ID:** 000172

**Submission Date:** 01/21/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Cecily

**Last Name:** Westermann

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** The "Milk" group should either be combined with with the "Meat, Beans. . ." or vegan alternatives to "Milk" should be listed in the "Milk" category.

**Comment ID:** 000062

**Submission Date:** 11/07/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Lauren

**Last Name:** Bila

**Job Title:** Concerned Parent

**Key Topic:** Food Groups

**Sub Topic:** Vegetables

**Attachment:** N

**Comment:** Please do not allow our public schools to count condiments as a vegetable for children's nutritional needs. This really short changes them, and does not have the dietary fiber and nutrients needed.

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

Key Topic: food groups

**Comment ID:** 000082

**Submission Date:** 11/21/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:** RD CCN

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Other, Vegetables

**Attachment:** N

**Comment:** Most diseases begin with inflammation in the body. I think we need to adopt or at least integrate Dr. Weil's Food Guide Pyramid that includes foods that are known to reduce / prevent inflammation and promote health and well being. View his anti-inflammatory food guide pyramid: [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)

**Comment ID:** 000123

**Submission Date:** 01/11/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Christina

**Last Name:** Becker

**Job Title:** RD

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** Y

**Comment:** For the seventh edition of the Dietary Guidelines for Americans I propose the following change: Rename the milk and dairy group to calcium-rich food group. This group will, besides recommending low-fat and fat-free milk products, encourage consumption of non-dairy options high in calcium. Renaming this food group and emphasizing these alternatives would more adequately represent healthy options available, enable people who don't choose dairy products for health or believe reasons ample choices to meet calcium needs, and acknowledge detrimental effects of dairy products on health as evidenced by new research.

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

Key Topic: food groups

**Comment ID:** 000103

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

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups, Nutrient Density/Discretionary Calc

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

**Attachment:** N

**Comment:** You define what a healthy diet is and therefore the health of 300 million people is on your shoulders. Shouldn't we base our diet to get the most nutrition per calorie, so I'm calling for a diet that has the majority of its calories derived from fruits, vegetable, beans, nuts and seeds. Grains are good for you but you do not need to base your diet on them if you are going for optimum nutrition. If you are active grains are an excellent source of fuel but this is not so for everybody. Your guidelines should based on the simple equation: Health=Nutrients/Calories. Meat and milk are unnecessary and nationally bankrupt.

**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.

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

Key Topic: food groups

**Comment ID:** 000224

**Submission Date:** 01/23/2009

**Organization Type:** Industry Association

**Organization Name:** National Cattlemen's Beef Association

**First Name:** Kristina

**Last Name:** Butts

**Job Title:** Manager Legislative Affairs

**Key Topic:** Eating Patterns, Food Groups, Food Safety, Minerals, Other, Protein, Vitamins

**Sub Topic:** Iron, Meat, Beans, Eggs, Fish, and Nuts, Zinc

**Attachment:** Y

**Comment:** The Beef Checkoff through the National Cattlemen's Beef Association appreciates the opportunity to provide comments to the 2010 Dietary Guidelines Advisory Committee on the development of the seventh edition of the Dietary Guidelines for Americans. NCBA, which is producer-driven and consumer-focused, is the trade association of America's cattle farmers and ranchers, and the marketing organization for the largest segment of the nation's food and fiber industry. NCBA recognizes the critical role the Dietary Guidelines for Americans plays in forming the basis of federal food policies and nutrition education activities. We commend the efforts undertaken by the Department of Agriculture, the Department of Health and Human Services and members of the DGAC to evaluate and update the current Guidelines.

The main purpose of the Dietary Guidelines for Americans remains relevant today: represent science-based advice to promote public health and reduce risk for chronic diseases through food choices and physical activity. Within the attached comments, we are providing information in three primary areas for the DGAC's consideration:

The Beef Industry has committed numerous resources to help improve the nutritional health of Americans and ensure beef can play a role in a healthy lifestyle. We have responded to consumer demand and public health recommendations to help Americans decrease fat intake by providing leaner cuts of beef. Today, at least 29 cuts of beef meet government guidelines for the definition of lean. Most importantly, these lean cuts of beef are some of the most popular in the diets of Americans.

Beef's bundle of nutrients is beneficial for growing, developing and maintaining overall health through all life's stages. With only 154 calories, one 3-ounce serving of lean beef contributes less than 10 percent of the calories, in a 2,000-calorie diet

# Comments Summary Report

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

**Key Topic:** food groups

**Comment ID:** 000213

**Submission Date:** 01/23/2009

**Organization Type:** Industry Association

**Organization Name:** Canned Food Alliance

**First Name:** Richard

**Last Name:** Tavoletti

**Job Title:** Executive Director

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** Y

**Comment:** The Canned Food Alliance appreciates the opportunity to provide the Dietary Guidelines Advisory Committee (DGAC) with information about the importance of including canned fruits, vegetables, beans, lean meats, seafood, poultry and other nutritious canned foods as part of the 2010 Dietary Guidelines for Americans.

The Canned Food Alliance looks forward to the deliberations of the DGAC and stands ready to answer any questions regarding the importance of canned food in helping Americans meet recommendations set forth in the Dietary Guidelines for Americans.

**Comment ID:** 000216

**Submission Date:** 01/23/2009

**Organization Type:** Industry Association

**Organization Name:** American Fruit and Vegetable Processors and Growers Coalition

**First Name:** John

**Last Name:** Bode

**Job Title:** Principal

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** Y

**Comment:** We are pleased to submit the following comments regarding the development of the Dietary Guidelines for Americans, 2010 on behalf of our client, the American Fruit and Vegetable Processors and Growers Coalition. A current membership list of the coalition is enclosed.

# Comments Summary Report

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

**Key Topic: food groups**

**Comment ID:** 000211

**Submission Date:** 01/23/2009

**Organization Type:** Industry Association

**Organization Name:** International Dairy Foods Association

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups, Nutrient Density/Discretionary Calc

**Sub Topic:** Milk

**Attachment:** Y

**Comment:** Please see attached comments from the International Dairy Foods Association.

**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.

# Comments Summary Report

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

**Key Topic: food groups**

**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: food groups

**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.

**Comment ID:** 000219

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Center for Science in the Public Interest

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups

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

**Attachment:** Y

**Comment:** Please see the attached pages related to a vegetarian diet in Center for Science in the Public Interest's comments.

# Comments Summary Report

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

Key Topic: food groups

**Comment ID:** 000149

**Submission Date:** 01/18/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** NONE, PRIVATE citizen

**First Name:** nancy

**Last Name:** shinn

**Job Title:** private citizen

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** Stop taking bribes from the Cattlemen and Dairy industry to make their products so important in the food pyramid. Veganism is healthier for your body and the planet!

**Comment ID:** 000174

**Submission Date:** 01/21/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:**

**First Name:** Bryan

**Last Name:** Schultz

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups, Food Safety

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Other, Vegetables

**Attachment:** N

**Comment:** The efficiency and health benefits of a plant-based diet should be emphasized. Emphasis on at least the inclusion of significant amounts of plant-based, minimally-processed foods, whole foods, etc, would have significant health benefits for the public. Prevention and reversal of various cancers, heart disease (such as atherosclerosis), and kidney problems is becoming increasingly well-established.

Thus, an emphasis on reducing "fast food", food eaten in restaurants, and animal products (particularly meat, which is eaten in excessive quantities in the US), would have significant positive impact on the public (financially and otherwise).

It would also have indirect benefits, such as the reduction of groundwater pollution, carbon emissions and other problems of animal agriculture.

More details on non-dairy calcium sources would be beneficial, especially given that a majority of non-caucasians are lactose intolerant. This is especially useful as consumption of dairy products is on the decline. Research demonstrates that absorption from various dairy sources and imitation milks (dairy and non-dairy) is not significantly different. Soy- and rice-based "milks", for example, could be mentioned as an equivalent (and possibly superior) alternative. Various other vegetable sources of calcium should also certainly

# Comments Summary Report

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

**Key Topic:** food groups

have some place in the food pyramid.

**Comment ID:** 000205

**Submission Date:** 01/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Vegetarian Resource Group

**First Name:** Reed

**Last Name:** Mangels, PhD, RD

**Job Title:** Nutrition Advisor

**Key Topic:** Eating Patterns, Food Groups, Minerals, Other

**Sub Topic:** Calcium, Fruits, Grains, Whole grains, Iron, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Vegetables

**Attachment:** Y

**Comment:** We appreciate the opportunity to share our ideas for the 2010 Dietary Guidelines for Americans. As advocates for people who choose to follow a vegetarian diet, we believe that the Dietary Guidelines should include information about vegetarian diets. This has been done somewhat in the past with suggestions for alternatives to meat products but information is limited. We also recommend increasing the emphasis on plant-based diets for all Americans.

**Comment ID:** 000183

**Submission Date:** 01/22/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** International Tree Nut Council Nutrition Research & Education Foundation

**First Name:** Maureen

**Last Name:** Ternus

**Job Title:** Executive Director

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** Complete summary comments and attachments from the International Tree Nut Council Nutrition Research & Education Foundation in the attached zip file.

# Comments Summary Report

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

Key Topic: food groups

**Comment ID:** 000159

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

**Organization Type:** Nonprofit/Voluntary

**Organization Name:**

**First Name:** Anthony

**Last Name:** Montapert

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I urge you to put a greater emphasis on the health benefits of a plant-based diet. The focus of guidelines should be on whole foods and less on processed foods.

**Comment ID:** 000155

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

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Animal Place

**First Name:** Lou Anna

**Last Name:** Denison

**Job Title:** none

**Key Topic:** Food Groups

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

**Attachment:** N

**Comment:** I am a very healthy, energetic, 79-year-old retired teacher. I have been an animal and environmental activist for over 20 years --and have been a very healthy vegetarian for that time!

I have learned that a plant-based diet is not only better for our environment, MUCH better for our animals, but also MUCH healthier for humans, too!

I strongly encourage the committee to put a greater emphasis on the health benefits of a plant based diet.

A plant-based diet encourages good heart health, by decreasing the amount of "bad" fats in one's diet.

I --and most doctors--believe the

focus of the guidelines should be on whole foods and less on processed foods

# Comments Summary Report

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

**Key Topic: food groups**

**Comment ID:** 000127

**Submission Date:** 01/15/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits

**Attachment:** N

**Comment:** Put more fruits into your diet along wth fiber. It will help you feel better about yourself. You know what they say... An apple a day keeps the doctor away

**Comment ID:** 000132

**Submission Date:** 01/16/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:**

**First Name:**

**Last Name:** Kim

**Job Title:** Hoyt

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** N

**Comment:** Please make the public aware that alternative protein sources other than meat (such as soy products, nuts, peanut butter, lentils, beans, quinoa, etc.) are not only nutritionally adequate, but will help reduce blood pressure, obesity, diabetes and heart disease as well as helping to save the planet and reduce the suffering of millions of animals.

# Comments Summary Report

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

Key Topic: food groups

**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.

**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: food groups

**Comment ID:** 000143

**Submission Date:** 01/16/2009

**Organization Type:** Other

**Organization Name:** none, comment from individual citizen

**First Name:** Maida

**Last Name:** Genser

**Job Title:** retired

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** N

**Comment:** More emphasis in the food pyramid has to be given to the adequacy of a well-balanced plant-based diet. It is important to tie in the additional benefits of vegetarian diets, specifically that they have a less deleterious effect on the environment.

**Comment ID:** 000184

**Submission Date:** 01/22/2009

**Organization Type:** Other

**Organization Name:** private citizen

**First Name:** Susan

**Last Name:** Eakins

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I learned you are revising the Food Pyramid and want to strongly urge a BIG increase on beans, nuts, fruits, whole grains and strongly recommend transition to PLANT BASED FOODS. Thankyou.

# Comments Summary Report

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

Key Topic: food groups

**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:** 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.

# Comments Summary Report

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

**Key Topic: food groups**

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.

**Comment ID:** 000121

**Submission Date:** 01/09/2009

**Organization Type:** Other

**Organization Name:** AMERICAN CITIZENS

**First Name:** JEAN

**Last Name:** PUBLIC

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Other

**Attachment:** N

**Comment:** MEAT NEEDS TO BE PRIMARILY TAKEN OUT OF THE DIET OF AMERICANS. IT IS KILLING THEM. ANIMALS ARE LOADED WITH DRUGS, OR HAVE PRIONS LIKE MAD COW. THE BRUTALITY TO ANIMALS USED FOR FOOD IS ENORMOUSLY HORRENDOUS. THE CHEMICALS BEING APPLIED TO PLANTS IS ENORMOUS AND CAUSES CANCER. AMERICANS CARRY 248 TOXIC CHEMICALS IN THEIR BODIES FROM ALL OF THESE AGRIBUSINESS CHEMICALS. STOP THE USE OF ALL OF THESE CHEMICALS. WE NEED TO REVERT TO ORGANIC FOOD. WE CANNOT CONTINUE TO POISON EARTH. STOP MAKING COWS PRODUCE TWO THOUSAND PERCENT MORE MILK THAN THEY DID IN 1950 JUST FOR PROFITEERING. THE QUALITY OF THE MILK AND THE TERRIBLE EFFECTS ON COWS IS DISGUSTING. THE FOOD PRODUCERS HAVE BEEN ALLOWED TO RUN WILD UNDER USDA. USDA NEEDS TO BE TOTALLY RESTAFFED WITH PEOPLE WITH BRAINS, INSTEAD THOSE WITH THEIR BRAINS IN THEIR WALLETS.

# Comments Summary Report

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

**Key Topic: food groups**

**Comment ID:** 000176

**Submission Date:** 01/21/2009

**Organization Type:** Professional Association

**Organization Name:** Nurse's Association

**First Name:** Ruth

**Last Name:** Cooper

**Job Title:** RN

**Key Topic:** Eating Patterns, Food Groups

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

**Attachment:** N

**Comment:** Our children are in poor health and obese. We need to go towards a more plant based diet. After all they will be taking care of us when we get old.