

Comments Summary Report

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

Key Topic: food safety

Comment ID: 000223

Submission Date: 01/23/2009

Organization Type: Educational Institution

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

First Name: Nicholas

Last Name: Ralston

Job Title: Health Effects Research Program Leader

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

Sub Topic: MyPyramid

Attachment: Y

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

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

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Key Topic: food safety

Comment ID: 000168

Submission Date: 01/20/2009

Organization Type: Educational Institution

Organization Name: NWMSU

First Name: Kelsey

Last Name: Bower

Job Title: Student

Key Topic: Food Safety

Sub Topic:

Attachment: N

Comment: I believe the main reason for the continuous increase in cancer in our society today is from the popularity of unhealthy eating. Part of this problem is that individuals are so rushed and consumed in busy-work that they don't pay enough attention to what they are eating. Fast food restaurants usually fail to provide nutrition facts that customers can readily observe.

Also, although they seem to be getting better, most restaurants (especially fast food), do not provide enough fruit and vegetable options to their menus. I also believe that the increase in food additives has also increased the cancer spread. Many chemicals are added to food today in attempts to preserve or make it more appealing. A large majority of customers do not know what the chemicals on the label are, so they usually do not understand the harm such chemicals could be causing their bodies.

There needs to be a serious change in the way restaurants reveal their menus and get our society to lean more towards healthier eating, instead of quick eating. Dietitians also need to continue pushing to show the negative effects of unhealthy eating and the positive effects of keeping track of and understanding what they are consuming.

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

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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.

Comment ID: 000064

Submission Date: 11/09/2008

Organization Type: Individual/Professional

Organization Name: Ted Lapis

First Name: Ted

Last Name: Lapis

Job Title: Counselor Specialist

Key Topic: Carbohydrates, Food Safety

Sub Topic: Glycemic index

Attachment: N

Comment: High Fructose Corn Syrup labeling is important for diabetics and other people concerned with their glycemic loading. For this reason, requiring foods with HFCS to label content appropriately is vital. High Fructose Corn Syrup should not be used in products that have organic or natural used. Reducing HFCS consumption in our family diet has resulted in weight loss, and fewer diabetic emergencies.

Comment ID: 000117

Submission Date: 01/07/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Kelly

Last Name: Mahoney

Job Title: Corporate Wellness Center Manager

Key Topic: Carbohydrates, Food Safety

Sub Topic: Added sugars

Attachment: N

Comment: Government regulating ingredients in our foods.

I believe in FREEDOM. The United States is a wonderful country that live in; however, our government is making our citizens overweight. The government has the right to

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Key Topic: food safety

regulate certain things and I feel we should regulate what ingredients that are put into our foods. For example. In 1960, Americans did not use enriched flour; but today we use 63 lbs a year. High Fructose Syrup was not an issue in the 60's. TODAY we eat 62 lbs of high fructose corn syrup per year, which has added 33lbs to the average American. Why do we have hydrogenated oils in our foods? Sure it taste better but wouldn't you rather take something out of foods that would kill you than to leave it in the ingredients just because it taste better. We need to regulate companies to Mandate their employees stay healthy. Have companies offer onsite gyms/ or cash rewards to employees who stay healthy and keep their BMI under 25. This cannot continue we cannot allow our citizens to eat, drink, and not exercise like this. PLEASE help to enforce that our government take more control over this issue.

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 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.

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

Key Topic: food safety

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.

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

Key Topic: food safety

Comment ID: 000060

Submission Date: 11/07/2008

Organization Type: Individual/Professional

Organization Name: INTERNATIONAL Child Health Survival LLC

First Name: Gwendolyn T

Last Name: Dean MD

Job Title: Elected Manager

Key Topic: Food Safety

Sub Topic:

Attachment: N

Comment: Dietary Guidelines need to address the increasingly prevalent genetically modified foods in the world food supply which is unlabeled and untested. The effects of the ingestion of these food products beginning in infancy maybe having deleterious effects on the health of children. As a parent, pediatrician and American consumer I will no longer purchase foods that are not labeled appropriately as ORGANIC with the green and white emblem on the packaging. I believe that these foods especially corn, soybean and canola products are increasing the incidence of genetically transmitted disorders leading to diagnosis of adult disorders in childhood. The burden on our healthcare system will further compromise the well being of all Americans and continue to taint the world food supply.

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:

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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

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

Ethanol

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

Key Topic: food safety

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

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: food safety

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 have some place in the food pyramid.

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

Key Topic: food safety

Comment ID: 000217

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Prevention Institute

First Name: Juliet

Last Name: Sims

Job Title: Program Coordinator

Key Topic: Food Safety, Other

Sub Topic:

Attachment: Y

Comment: Please see attached letter.

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.

Comments Summary Report

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

Key Topic: food safety

Comment ID: 000151

Submission Date: 01/19/2009

Organization Type: Other

Organization Name:

First Name: H. M.

Last Name: Sustaita

Job Title: retired

Key Topic: Food Safety

Sub Topic:

Attachment: N

Comment: I have great concerns about our population eating too many processed food items. The use of sweeteners such as high fructose corn syrup in almost every store bought pre-made food item has me very concerned. Natural foods - foods not altered by human corporations should be what our children are eating. This means no GMO's in our food supply and no foods substances considered GRAS. Any food item termed "generally regarded as safe" doesn't sound safe to me but a maneuver on the part of our corporations to pollute our food supplies for profits.

Comment ID: 000135

Submission Date: 01/16/2009

Organization Type: Other

Organization Name:

First Name: Elaine

Last Name: Vigneault

Job Title:

Key Topic: Food Safety

Sub Topic:

Attachment: N

Comment: Dear USDA,

As a food consumer and animal lover, I'm most concerned about animal welfare, but my second biggest concern is food safety. I'd like to see more transparency in food production. I'd like to make more informed food choices and I bet most people agree with me. Please increase not only animal welfare and food safety, but also increase the amount of information available to consumers so we can make truly informed decisions about our food purchases.

Specifically, I'd like to see these issues addressed:

1) All current animal welfare laws strictly enforced. Expansion of animal protection laws and guidelines. For example, the HSUS shouldn't have to do undercover investigations in order to expose inhumane slaughterhouses.

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Key Topic: food safety

- 2) All current food safety laws strictly enforced. Expansion of food safety laws and guidelines. For example, food recalls should not be voluntary. If food has been contaminated, the food should not be available to consumers.
- 3) All current environment protection laws strictly enforced. Expansion of environment protection laws and guidelines. For example, animal agriculture should not be allowed to pollute our waterways or our air.
- 4) All current consumer rights to information laws strictly enforced. Expansion of consumer rights to information laws and guidelines. For example, the word "food" should be strictly defined to include only edibles that are truly nutritious.

Thank you for your consideration of these issues,
Elaine Vigneault