

Comments Summary Report

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

Key Topic: minerals

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

Key Topic: minerals

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: minerals

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: 000146

Submission Date: 01/17/2009

Organization Type: Individual/Professional

Organization Name: Wellness Formulations, LLC

First Name: Nicholas

Last Name: Pokoluk

Job Title: Director of Research and Development

Key Topic: Eating Patterns, Minerals, Other, Protein

Sub Topic:

Attachment: N

Comment: There is a need to ensure individuals know that such important nutrients such as calcium and protein can be gotten from non-animal sources. There is a tendency to make the

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narrow position for these dietary components as coming from animal sources when they can easily be gotten other ways. Just because it is easy to get them from meat and dairy does not mean it is the BEST way to get these nutrients. Low fat animal products can be seen as health neutral but vegetables are health positive. The benefits of a isocaloric vegan versus animal based diet is incontrovertible! The public must be made aware of this for their health benefit and the benefit of the health care system's viability. To do otherwise would be an injustice.

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: minerals

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

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

Key Topic: minerals

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: 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

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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.

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.

Comments Summary Report

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

Key Topic: minerals

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.