

Comments Summary Report

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

Key Topic: nutrient density

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: nutrient density

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: 000045

Submission Date: 10/29/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Tim

Last Name: Lawton MD

Job Title: Physician

Key Topic: Carbohydrates, Fats, Nutrient Density/Discretionary Calc, Other

Sub Topic: Added sugars, Other, Trans fatty acids, Whole grains

Attachment: N

Comment: The most obvious error in the current pyramid is the phrase "make half your grains whole." There is no known health benefit to consuming any refined grains. I recommend to

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Key Topic: nutrient density

my patients and to lecture audiences that they minimize refined grains and make most, if not all of their grains "whole." Consumption of refined grains requires less chewing, thereby facilitating overconsumption. Refined grains have a higher glycemic index, raising blood sugar, insulin levels, triglyceride levels and risk of obesity and diabetes. Perhaps making 90% of our grains whole would be a better goal. American consumption of refined sugar is nearly 20% of calories. Limiting refined sugar intake to <5% would be a healthier goal. A 50% reduction of added salt by the food industry would make a tremendous impact in the prevalence of hypertension, stroke and heart disease. The current labeling laws allow for any food containing <0.5 gm of trans fat to claim "zero trans fat per serving." This is misleading. Food containing any trans fat should be labeled to reflect the true amount.

Our current global epidemic requires drastic and immediate action, perhaps through industry initiatives in cooperation with governmental legislation. If the U.S. can get a handle on our current epidemics, we can be a beacon for the world to follow.

As McDougall, Diehl, Esselstyn, Barnard and Kelly have pointed out, a nationwide reduction of meat and animal fat is also critical. Our government's policies should reflect sound nutritional science and should not subsidize the production of items such as sugar, corn syrup and high-fat meats, all of which contribute to a variety of diseases, decrease the quality of life for many Americans, reduce economic productivity, increase medical expenses, morbidity and mortality.

One final suggestion: Scrap the pyramid design and use a target format to help clarify which nutrient-dense whole foods belong at the bulls-eye and which less healthy foods miss the mark.

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.

Comments Summary Report

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

Key Topic: nutrient density

Comment ID: 000084

Submission Date: 11/26/2008

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: N

Comment: The Nutrient Rich Foods Coalition has compiled consumer and educator guidelines which enhance the Nutrient Density concepts presented in the current pyramid. Replacement of nutrient-poor food with nutrient-rich food should be further emphasized in the 2010 food guide.
www.nutrientrichfoods.org

Comment ID: 000092

Submission Date: 12/14/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Christina Marie

Last Name: Luongo

Job Title:

Key Topic: Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: Y

Comment: Despite the availability of sound nutrition advice to the public, consumers are constantly bombarded with confusing, vague and often clashing messages regarding the benefits of food products lining store shelves. Various symbols from checkmarks to hearts can be found on packaging in the grocery store proclaiming solutions to health problems facing our nation. However, in the midst of all of this messaging, consumers continue to gain weight and battle preventable chronic diseases associated with overweight and obesity.

In order to promote a diet that is more aligned with the recommendations outlined in the Dietary Guidelines, the revised definition of nutrient density should account not only for its general micronutrient composition, but also for fiber. Additionally, the definition should clearly state that nutrient density is a tool for comparing foods within the same food group. Meanwhile the Guidelines should continue to advocate balance between the food groups while encouraging added consumption of fruits, vegetables, whole grains and nonfat & low-fat dairy.

Comments Summary Report

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

Key Topic: nutrient density

Comment ID: 000074

Submission Date: 11/19/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Erika

Last Name:

Job Title:

Key Topic: Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: N

Comment: Please standardize portion sizes so that consumers may more easily compare among food choices - for example - a serving of cereal may contain ~120 calories - but mask a volume difference (1/2 cup vs. 1 and 1/4 cup).

Comment ID: 000207

Submission Date: 01/23/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Gail

Last Name: Rampersaud

Job Title: Assistant in Nutrition Research and Education

Key Topic: Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: Y

Comment: Findings from two new surveys provide compelling evidence that consumers and health professionals alike are ready for positive nutrition messages that emphasize nutrient-rich foods, as was recommended by the 2005 Dietary Guidelines Advisory Committee. A diet built on nutrient-rich foods can provide a solid foundation for better health. Dietary guidance that incorporates the nutrient-rich message will help Americans choose more healthful diets, which may translate into a decreased risk for chronic disease.

Comments Summary Report

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

Key Topic: nutrient density

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.

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.

Comments Summary Report

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

Key Topic: nutrient density

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: 000220

Submission Date: 01/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: American Heart Association

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins

Sub Topic: Added sugars, Fiber, Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Saturated fatty acids, Sodium, Trans fatty acids, Whole grains

Attachment: Y

Comment:

Comments Summary Report

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

Key Topic: nutrient density

Please see attachment

Comment ID: 000075

Submission Date: 11/20/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Commit2BFit

First Name: Catherine

Last Name: Webb

Job Title: program coordinator

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: N

Comment: The prevalence of obesity related health issues in our society demands a strong emphasis on radical changes in our eating and activity patterns. Childhood obesity is partially the responsibility of the schools, based on what they allow to be served on campus and periods for activity provided. As a nation we need to hold school systems responsible and provide them the resources to comply with established research based best practices in the areas of nutrition and activity. The future health of our nation depends upon it.

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: nutrient density

Comment ID: 000079

Submission Date: 11/20/2008

Organization Type: Other

Organization Name:

First Name: Constance

Last Name: Brown

Job Title:

Key Topic: Evidence-based Review Process, Nutrient Density/Discretionary Calc, Other

Sub Topic:

Attachment: N

Comment: The Guidelines need to be validated or tested. They are mandated to feed our school children, military, and prisoners - that is 50 million people, who already have a too-high proportion of obesity.

There is evidence now that the Pyramid guidelines are contributing to making Americans overweight.

How do we know the Guidelines do not cause harm?

I am referring to the premise of Paul Marantz, Clinical Epidemiology and Population Health at the Albert Einstein College of Medicine in New York City:

"...the standards that had been applied to determining and promulgating dietary guidelines for all Americans have been insufficient to protect against the possibility of harm and in fact our analysis suggest that there indeed may be harm that can be an outcome of these guidelines. And once that's considered, the issue of standards of evidence becomes much more pressing."

I am further referring to the research showing the Pyramid making us fat:

"However, without discretionary calorie restriction, Americans are at risk of having excessive energy intake even if they follow the 2005 FGP food serving recommendations."

(THE 2005 USDA FOOD GUIDE PYRAMID IS ASSOCIATED WITH MORE ADEQUATE NUTRIENT INTAKES WITHIN ENERGY CONSTRAINTS THAN THE 1992 PYRAMID

Authors

Gao, Xiang - HARVARD SCH PUB HEALTH)

If the Guidelines are simply a lobby effort that is okay but in that case, let's be open about what poor science the Guidelines are.

Does the USDA, and the administration, think that Americans don't notice that the Guidelines over- promote grains, sweet, and vegetable oil, and that hm, we are getting fatter?

Comments Summary Report

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

Key Topic: nutrient density

Comment ID: 000047

Submission Date: 10/31/2008

Organization Type: Professional Association

Organization Name: take care health systems

First Name: stephen

Last Name: carter

Job Title: MEDICAL DIRECTOR @ TOYOTA FAMILY HEALTH CENTER

Key Topic: Energy Balance/Physical Activity, Fats, Nutrient Density/Discretionary Calc

Sub Topic: Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: as a 16 yr practicing physician who treat's diabetes , metabolic syndrome & hyperlipidemia & hypertension daily I believe that obesity whether it be chidhood or adult is largely a result of caloric over consumption, high intakes of processed food with poor nutrient value & a increase in sedentary activity. In addition the intake of unhealthy fats(i.e trans fats/saturated fats) , starch,processed sugar, & flour based product's also contributes to our ever increasing prevalence ofobesity & iobesity related illness. Lastly, the addition of essential fatty acids, essential amino acids, a vitamin/mineral supplementation ensures that the essential metabolic processes , energy & synthesis processes operate at maximal efficiency