

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/10

Key Topic: Evidence-based Review Process

Comment ID: 000825

Submission Date: 01/27/2010

Organization Type: Educational Institution

Organization Name: Rockingham County Public Schools

First Name: Gerald

Last Name: Lehman

Job Title: MS RD Director, Food & Nutrition Service

Key Topic: Evidence-based Review Process

Sub Topic:

Attachment: N

Comment: Because the USDA uses the DGA for nutrient criteria in the National School Lunch and Breakfast programs, please take a close look at the sodium restrictions and the ramifications for these programs. The 2005 DGA's quantified sodium for the first time, and I would like to see 2010 move back away from this. Sodium levels in some school menu items undoubtedly need to be decreased, but reducing to less than 800 mg. will drive customers to skip or pack their lunch. School meals have made substantial progress with fat reduction, and with a very restrictive sodium level, it will be difficult to purchase or prepare menu items that are customer (kid) friendly.

Comment ID: 000880

Submission Date: 03/01/2010

Organization Type: Educational Institution

Organization Name: Creighton University Osteoporosis Research Center

First Name: Karen

Last Name: Rafferty

Job Title: Senior Research Dietitian

Key Topic: Evidence-based Review Process, Food Groups, Minerals

Sub Topic: Calcium, Milk

Attachment: Y

Comment: Please see attached letter.

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/10

Key Topic: Evidence-based Review Process

Comment ID: 000837

Submission Date: 02/02/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Ambrose

Last Name: McGraw

Job Title:

Key Topic: Eating Patterns, Evidence-based Review Process

Sub Topic: Other

Attachment: N

Comment: This comment focuses on two issues that should be addressed in the 2010 "Dietary Guidelines" document. Although the 2005 report was a valuable resource, it doesn't make a convincing case about certain "dietary health information" even though there is a general belief reported within the popular media that there is a strong enough causal relationship to recommend action. Specifically, the next report should make much clearer the gravity of health issues for overweight and obese Americans and how eating better can address this condition. First, the current guidelines use "soft" words like "link" and "related" between obesity and poor diet and between obesity and certain specific diseases. Second, I could not find in the current report that dining out, particularly "fast food," is a major contributor to Americans consuming too many calories. Third, the next report should address the "addiction" that many Americans have to fat, sugar and salt. If we truly believe in consumer sovereignty, which assumes good information to make informed decisions, only then can we begin to have a level playing field with marketers who have huge advertising budgets to "sell" products that are loaded with fat, sugar and salt. Fourth, attacks on the validity of data regarding the extent and growth of obese and overweight Americans, particularly as measured by the BMI, permit too many to deny a concern about weight management and related health-cost issues. Thus, if you find that scientific research does not support these common sense beliefs, you must recommend that additional research be conducted. If the existing research is sufficient, then the next report should use much stronger and clearer wording. On another issue, it was difficult and time consuming to conclude, with confidence, if a planned diet, within caloric limitations, would meet the recommended 4,700 mg/day of potassium. So, a better display of information, and more data, on potassium would be helpful.

Comment ID: 000894

Submission Date: 03/25/2010

Organization Type: Individual/Professional

Organization Name: CHEF Clinic Santa Barbara (Cooking, Healthy Eating and Fitness)

First Name: John

Last Name: La Puma MD

Job Title: Founder and Director

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups

Sub Topic: DASH, Vegetables

Attachment: N

Comment: As a physician, chef and medical ethicist, I have seen patients who need help the guidelines could give them. But it has not, yet. <p></p>

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Submission Date Between 10/29/2009 and 04/07/10

Key Topic: Evidence-based Review Process

In my work in culinary medicine, I examined over 3000 peer-reviewed studies to attempt to identify eating patterns that were effective in preventing and treating 40 common conditions. We were able to do so. In analyzing and creating recipes for the DASH Diet for hypertension, it became clear that the importance of flavorful, easy preparations of vegetables is underestimated in achieving a healthy weight and healthy lifestyle. The current guidelines do not reflect the advantages of a more plant-food centered healthful fat diet diet high in vegetables, fruits and legumes, but they could. I would be happy to offer more detailed comment, if desired.

Comment ID: 000791

Submission Date: 01/12/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Maria

Last Name: Person

Job Title: Research Scientist

Key Topic: Energy Balance/Physical Activity, Evidence-based Review Process

Sub Topic: Weight maintenance

Attachment: N

Comment: I was trying to find out where the definition of overweight comes from, and the web led me to the CDC and these guidelines. NHANES data show that overweight Americans (BMI 25-30) have lower mortality than normal weight (18.5-24.9 BMI) in the Flegal CDC study <http://jama.ama-assn.org/cgi/content/full/298/17/2028#JOC70112F2>

If 2/3 adults have BMI over 25, and they experience better overall mortality, we can increase the normal weight BMI to cover optimal mortality range. I have not seen convincing data to show there are overall negative health effects of BMI 25-30. While some risk factors are elevated, others are decreased. Consistent, evidence based information should be given out by the government within a holistic framework. The difficulty is determining what unchallenged assumptions are underlying the advice being given, such as the long-standing prejudice against fat or assumptions about female beauty that do not have health consequences.

Comment ID: 000822

Submission Date: 01/26/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nadine

Last Name: Pranckunas

Job Title: RN

Key Topic: Evidence-based Review Process, Food Groups

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

Attachment: N

Comment: Please consider Dr. T.Colin Campbell's research "The China Study" indicating the adverse effects of animal protein including dairy protein on humans and the positive effect of a plant based diet.

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/10

Key Topic: Evidence-based Review Process

Comment ID: 000902

Submission Date: 03/31/2010

Organization Type: Industry Association

Organization Name: American Meat Institute

First Name: Betsy

Last Name: Booren

Job Title: Director, Scientific Affairs

Key Topic: Evidence-based Review Process, Fluid and Electrolytes, Food Safety

Sub Topic: Sodium

Attachment: Y

Comment: See attached document for comments.

Comment ID: 000847

Submission Date: 02/03/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Institute for Agriculture and Trade Policy

First Name: David

Last Name: Wallinga, MD

Job Title: Director, Food and Health

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

Sub Topic:

Attachment: Y

Comment: Please see attached summary of comments.

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/10

Key Topic: Evidence-based Review Process

Comment ID: 000923

Submission Date: 04/07/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Grains for Health Foundation

First Name: Len

Last Name: Marquart

Job Title: President

Key Topic: Evidence-based Review Process, Food Groups

Sub Topic: Grains, Whole grains

Attachment: Y

Comment: While the current recommendation that half of grain servings be whole grain seems to be adequate, we feel that there should be additional guidelines that would help the public achieve this recommendation and would help the food industry to supply greater variety and amount of whole grain food in more eating contexts. We also believe that additional emphasis on eating foods that emphasize the bran and germ of the grain would also be helpful to the public.

Comment ID: 000836

Submission Date: 02/02/2010

Organization Type: Professional Association

Organization Name: American Society for Nutrition

First Name: Mary Lee

Last Name: Watts

Job Title: Director of Science and Public Affairs

Key Topic: Carbohydrates, Eating Patterns, Evidence-based Review Process, Fluid and Electrolytes, Food Groups, Food Safety, Protein

Sub Topic: Added sugars, MyPyramid, Sodium

Attachment: Y

Comment: The American Society for Nutrition (ASN) appreciates this opportunity to submit comments to the 2010 Dietary Guidelines Advisory Committee (DGAC) in advance of the fifth meeting on Feb 9-10, 2010. We are pleased that the DGAC has taken on numerous challenging questions in a rigorous, thoughtful manner. As the Committee engages in final deliberations on the topics and questions, we offer a few final points (see attachment). We hope these comments are useful as the Committee moves forward with its work.

Sincerely,
Robert M. Russell, MD
ASN President 2010-2011