

Comments Summary Report

Submission Date Between null and null

Comment ID: 000031

Submission Date: 10/24/2008

Organization Type: Educational Institution

Organization Name: Department of Health and Wellness, University of North Carolina Asheville

First Name: Amy

Last Name: Lanou

Job Title: Assistant Professor

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

Sub Topic: Weight loss, Weight maintenance

Attachment: Y

Comment: As a nutrition researcher, an assistant professor of health and wellness who teaches courses on nutrition, prevention and management of chronic disease and food policy, and a citizen for whom these guidelines are intended to support, I consider myself a stakeholder in the Dietary Guidelines for Americans.

I feel that one of the most important decisions the committee will make is what questions to address in your evidence-based reviews. I urge you to address some questions regarding healthful dietary patterns in addition to nutrient-based or food group-based questions. This approach has been argued well by Jacobs, Kant, and Hu. (see attached)

I respectfully request that you consider the following questions for evidence-based review for the 2010 Dietary Guidelines for Americans. Please see partial bibliography attached for evidence.

What are the relationships between vegetarian diets and health?

What are the relationships between nuts and seeds intake and health?

What are the relationships between dairy product-free or very low dairy diets and health (i.e. dietary patterns of Japan, China, and vegan dietary patterns)?

What are the relationships between very low fat (10 to 20% of calories) diets and chronic disease risk?

What are the relationships between vegetarian and vegan diets and weight loss or weight maintenance?

In addition, I hope that you will share the full scope of your findings with the USDA, HHS, and the American public. It is my understanding the practice has been to make recommendations that diverge as little as possible from current US dietary practices so that it will be easier for the public to achieve these goals. Instead, I hope you will offer the public best practices based on your evidence-based findings (even if they may be difficult for some of us to accomplish) as this is the most ethical approach to making dietary recommendations.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000008

Submission Date: 10/21/2008

Organization Type: Educational Institution

Organization Name:

First Name: Caldwell B.

Last Name: Esselstyn, Jr., M.D.

Job Title: Preventive Cardiology Consultant

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

Sub Topic:

Attachment: N

Comment: Evidence based research and epidemiological studies leave no doubt that the epidemic of cardiovascular disease results from consuming the typical Western diet of processed oils, dairy, meat, sugar and processed flour. Recent research indicates that within minutes of ingestion of oil, dairy and meat products there is measurable injury to the endothelial cell compromising its ability to produce nitric oxide. This gas is the life jacket which protects our blood vessels from developing cardiovascular disease.

Furthermore patients with severe coronary artery disease have been able to halt and reverse the disease when eliminating these products from their nutrition.

The western diet as presently outlined in our food pyramid is responsible for carotid artery thickening in 12 years olds, a call for statin drugs in children, type II diabetes in adolescents, the need for coronary artery bypass surgery in adolescents and the finding that coronary artery disease is ubiquitous in those between the ages of 16 and 34 years who have died from accidents, homicides and suicides. This epidemic of cardiovascular disease is totally preventable, but presently the foods which produce this disease are touted as healthy in the food pyramid. Science of the 21st century clearly refutes the health claims of the present food pyramid.

Public awareness of the necessity to optimally preserve endothelial function will be a revolution in our national health.

Comment ID: 000007

Submission Date: 10/21/2008

Organization Type: Educational Institution

Organization Name: Lifestyle Medicine Institute

First Name: Hans

Last Name: Diehl

Job Title: Director

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

Sub Topic:

Attachment: N

Comment: In harmony with the Cancer Guidelines issues by the World Cancer Research Fund and the work done by Neal Barnard, (Reversing Diabetes) T. Colin Campbell (The China Study) and Caldwell Esselstyn (Clevelandclinic on Reversing CHD) and in view of ecological consideration, would it not be wise to take another and more serious look at the advantages of a more plant-food centered low fat diet high in vegetables, fruits and legumes? Many of us in the field of epidemiology view the scientific evidence as rather compelling. Dr. Hans Diehl

Comments Summary Report

Submission Date Between null and null

Comment ID: 000002

Submission Date: 10/17/2008

Organization Type: Individual/Professional

Organization Name: The McDougall Program

First Name: John

Last Name: McDougall

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups

Sub Topic: Cholesterol, DASH, Fiber, Fish oil, Omega 3 fatty acids, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts

Attachment: N

Comment: So far the dietary guideline have made no meaningful impact on the health of Americans. Please spend time looking over the benefits of a diet based on the starchy foods that have caused billions of people to be trim, active, young and healthy. For example the Asians on rice, people from rural Mexico on beans and corn, the Peruvians on potatoes, the people from New Guinea on sweet potatoes. Americans are sick because the focus of their diet is not on starch, but instead on meat and dairy products and refined foods. Only a serious change in our diet will cause serious change in people's health. I would be happy to share more thoughts on this if you would like.

John McDougall, MD

Comment ID: 000032

Submission Date: 10/25/2008

Organization Type: Individual/Professional

Organization Name: Paleobiotics Lab

First Name: Jeff

Last Name: Leach

Job Title: Director

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Food Groups, Food Safety

Sub Topic: Fruits, Grains, Whole grains, Low carbohydrate, Vegetables, Weight loss, Whole grains

Attachment: N

Comment: As you are aware, 90% of the cells in the human body are microbial - with only 10% human. This reality means that humans are "superorganisms" - a human hybrid if you will.

Significant advances in molecular techniques in the last few years have opened an interesting door into the role of our intestinal flora and disease development. Importantly, dietary inputs can significantly impact the health of our microbiome and thus the host.

The symbiotic relationship humans share with our commensal flora is critical to maintaining optimal health - however, our so-called modern diet is literally starving our intestinal flora. From an evolutionary perspective, and aside from our significant increase in highly processed carbohydrates, our chronic low intake of dietary fiber has probably been the most significant change in our "superorganism" diet in recent history.

It would be interesting to see dietary guidelines that not only addressed "our" nutritional needs but also those of our microbial friends. As you may know, dietary fiber and some resistant starches have a significant impact on the health of our gut bugs as they serve as fermentable substrates for their growth and maintenance. Americans currently consume less than 15 grams a day of dietary fiber from a "very" limited number of sources. Looking over the committee members, its clear whole grains will get their attention -

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but this misses the point just a bit. The symbiotic relationship we evolved with our intestinal flora was selected on a nutritional landscape that delivered an "extraordinary diversity" of fiber sources. The diversity - as well as the qty - is what is missing from our national discussion.

Suggesting in the 2010 guidelines that we address the intestinal flora by recommending a few more probiotics and a few more whole grains to boost fiber intake will not result in any significant improvement in health. Fiber intake should be set at 35 to 50 grams a day - and not "just" from grains.

Thank you, Jeff Leach

Comment ID: 000011

Submission Date: 10/21/2008

Organization Type: Individual/Professional

Organization Name:

First Name: John

Last Name: Kelly

Job Title: Assistant Professor

Key Topic: Carbohydrates, Eating Patterns, Fats, Nutrient Density/Discretionary Calc

Sub Topic: Cholesterol, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: I am a physician/researcher specializing in Lifestyle Medicine. I specialize in the treatment of patients with chronic disease, and my research in the Marshall Islands focuses on treating type 2 diabetes with diet and physical activity.

The WHI and other recent studies have shown that %E from fat must be less than the current guideline of 30%. There was little difference in the WHI between the treatment group with just under 30% of caloric intake from fat and the control group with 37% fat. Study after study indicates that fat intake needs to be under 20% to reduce risk of chronic disease, and may need to be lower than 15%E to arrest or reverse chronic disease. My subjects, and clinical patients, do very well on a largely ?as grown? plant diet low in %E from fat. Every measure improves?weight/BMI, blood pressure, blood sugar, cholesterol, LDL, triglycerides, hs-CRP, HOMA-IR.

Please consider the evidence for the need to reduce %E from fat in the diet. Consider studies such as the WHI and others that have shown the present guidelines are ineffective.

Thank you.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000020

Submission Date: 10/23/2008

Organization Type: Individual/Professional

Organization Name: No Organization

First Name: Ryan

Last Name: Andrews

Job Title: Dietitian

Key Topic: Eating Patterns

Sub Topic: Other

Attachment: N

Comment: We need to incorporate more plant-based food recommendations. It is healthier, more nutritious and would benefit the well-being of the planet.

Comment ID: 000017

Submission Date: 10/23/2008

Organization Type: Individual/Professional

Organization Name: RD's for Healthcare

First Name: Uva

Last Name: Mason

Job Title: RD

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

Sub Topic: Weight loss

Attachment: N

Comment: I am requesting the 2010 Dietary Guidelines committee please take into consideration the abundance of current scientific evidence that supports the benefits of plant-based nutrition regarding diabetes, heart disease, wt management and cancer.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000012

Submission Date: 10/21/2008

Organization Type: Individual/Professional

Organization Name: Botanical Nutrition Consulting

First Name: Denise

Last Name: Garbinski

Job Title: Registered Dietitian

Key Topic: Eating Patterns, Other

Sub Topic:

Attachment: N

Comment: I am requesting the 2010 Dietary Guidelines committee to please review the abundance of current scientific evidence published that supports the benefits of plant-based nutrition.

Comment ID: 000016

Submission Date: 10/22/2008

Organization Type: Individual/Professional

Organization Name:

First Name: Carolyn

Last Name: Rieke

Job Title: Clinical Dietitian

Key Topic: Eating Patterns, Protein

Sub Topic: Other

Attachment: N

Comment: The benefits of a vegetarian/vegan/whole foods plant based diet.

Comment ID: 000021

Submission Date: 10/24/2008

Organization Type: Industry Association

Organization Name: National Fisheries Institute

First Name:

Last Name:

Job Title:

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

Sub Topic: Fish oil, Omega 3 fatty acids, Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids

Attachment: Y

Comment: Please see attached comments submitted by National Fisheries Institute

Comments Summary Report

Submission Date Between null and null

Comment ID: 000030

Submission Date: 10/24/2008

Organization Type: Industry Association

Organization Name: Soyfoods Association of North America

First Name: Nancy

Last Name: Chapman

Job Title: Executive Director

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Nutrient Density/Discretionary Calc, Protein

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

Attachment: Y

Comment: Please see attached document.

Comment ID: 000023

Submission Date: 10/24/2008

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, Food Groups, Minerals

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.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000014

Submission Date: 10/22/2008

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Eating Patterns, Evidence-based Review Process

Sub Topic:

Attachment: N

Comment: Please consider a review of the health effects of vegetarian and vegan diets.

Comment ID: 000009

Submission Date: 10/21/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Physicians Committee for Responsible Medicine

First Name: Neal

Last Name: Barnard

Job Title: Founder and President

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

Sub Topic:

Attachment: Y

Comment: It is essential that the Dietary Guidelines address Americans as they are. That is, most Americans are overweight, the vast majority have the beginnings of atherosclerosis, if not fully developed cardiovascular disease, and many have other diet-related health problems, such as hypertension or diabetes. It is a mistake to draft Guidelines as if Americans are healthy and trim.

By way of introduction, I am a physician and clinical researcher who studies the clinical effects of nutritional interventions. More and more research shows that low-fat, plant-based diets are most effective for prevention and treatment of chronic diseases that plague our nation.

In light of recent publications highlighting the benefits of low-fat vegetarian and vegan diets (see attached), I think that a critically important question in need of an Evidence-based Review by this esteemed committee is, "What role can low-fat vegetarian and vegan diets play in the prevention and treatment of chronic diseases, particularly obesity, cardiovascular disease, type 2 diabetes, and cancer?"

Thank you,

Neal Barnard, M.D.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000019

Submission Date: 10/23/2008

Organization Type: Nonprofit/Voluntary

Organization Name: American Vegan Society

First Name: Freya

Last Name: Dinshah

Job Title: President

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

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

Attachment: N

Comment: Kindly do an Evidence-based Review on the benefits of a whole-food based vegan diet for health, nutrition value, weight control, food safety, and economy of resources. Review and expand upon alternatives to meat, fish, and milk.

Comment ID: 000013

Submission Date: 10/22/2008

Organization Type: Other

Organization Name:

First Name: Susan

Last Name: Burrows

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Fats, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein

Sub Topic: Cholesterol, Fiber, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Oils, Unsaturated fatty acids, Other, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

Attachment: Y

Comment: The current standard of nutritional standards are not enough to maintain good health. Dramatic consumption increases must be made in high nutrient low calorie foods. The pyramid caloric intake is too high for most people, especially for those in need of weight reduction. Considering the a vegetable (plant) based diet would be extremely beneficial to the public. Please view attachment for my personal experience and recommendations.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000033

Submission Date: 10/27/2008

Organization Type: Other

Organization Name: National Council on Folic Acid

First Name: Adriane

Last Name: Griffen

Job Title: Chair

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

Sub Topic: B Vitamins, Folate

Attachment: Y

Comment: The Dietary Guidelines for Americans recommendations need to include consuming 400 micrograms of synthetic folic acid daily, either from a multivitamin that contains 400 micrograms of folic acid or from fortified foods.

Comment ID: 000015

Submission Date: 10/22/2008

Organization Type: Professional Association

Organization Name: School Nutrition Association

First Name: Dr. Katie

Last Name: Wilson

Job Title: President

Key Topic: Eating Patterns

Sub Topic:

Attachment: Y

Comment: Detailed written comments were sent by courier and fax on October 22, 2008