

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000667

Submission Date: 10/09/2009

Organization Type: Educational Institution

Organization Name: JM USDA Human Nutrition Research Center on Aging at Tufts University

First Name: Nicola

Last Name: McKeown

Job Title: Scientist

Key Topic: Carbohydrates, Eating Patterns

Sub Topic: Whole grains

Attachment: Y

Comment: I would like to thank you for the opportunity to submit written comments to the 2010 Dietary Guidelines Advisory Committee (DGAC) prior to the 4th meeting. My research over the last 5 years has focused on the health benefits of whole-grain foods, in particular the effects of whole-grains on metabolic risk factors for type 2 diabetes mellitus (DM) and cardiovascular disease (CVD). I strongly recommend that the DGAC consider the importance of a clear dietary recommendation for whole-grain foods. The current recommendation is confusing to the consumers, in particular ???with the rest of the recommended grains coming from enriched or whole grain products?. Consumers should be encouraged to increase their intake to at least 3 servings of whole grains, and the recommendation should focus on substituting, when possible, refined grain foods with whole grain equivalents. My suggestion would be for a recommendation to be along the following ?Increase intake to three or more servings of whole-grains per day by substituting refined grains with whole-grain equivalents?.

Please see my attached letter with some comments and suggestions.

Comment ID: 000648

Submission Date: 09/23/2009

Organization Type: Educational Institution

Organization Name: UNC Asheville

First Name: Stephanie

Last Name: Tullos

Job Title:

Key Topic: Eating Patterns

Sub Topic:

Attachment: Y

Comment: I recommend that the consumer brochure discourages the consumption of processed foods and encourages the consumption of fresh, whole foods.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000617

Submission Date: 09/09/2009

Organization Type: Educational Institution

Organization Name: Lowcountry Prep

First Name: Taylor

Last Name: Deane

Job Title: Student

Key Topic: Eating Patterns

Sub Topic:

Attachment: N

Comment: I believe that we need to change the starch based foods we eat from bread, buns, with meat and other things to something like rice, or noodles. I also think we need to eat more white meat than red meat. Also PUDDING should be added to the ?MILK? group. That is all.

Comment ID: 000625

Submission Date: 09/17/2009

Organization Type: Educational Institution

Organization Name: University of North Carolina- Asheville

First Name: Carolyn

Last Name: Lowry

Job Title: Student

Key Topic: Eating Patterns

Sub Topic:

Attachment: Y

Comment: The alarming incidence of obesity among children in our country demands that drastic and meaningful efforts be taken to initiate a shift towards healthier eating habits among our nation's youth. The DGAC could provide a lasting change in children's eating habits by creating a distinct list of specific guidelines directed towards School Wellness Policies throughout the country. Such guidelines should include the following recommendations:

1. Eliminate the availability of soda and other high density- low nutrient food and beverages available at schools.
2. Recommendation for evidence- based research on effective strategies employed by school's in order to promote healthier eating and combat obesity.
3. Reintroduction of healthy culinary classes at schools to teach a new generation of Americans how to prepare healthy and tasteful foods.

Thank you for the opportunity to have my comments heard and I hope all members of the Dietary Guidelines Advisory Committee will remember the impact such policies and guidelines will have on our nation's children.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000726

Submission Date: 10/28/2009

Organization Type: Educational Institution

Organization Name: Kansas State University

First Name: Claire

Last Name: Cody

Job Title: Student

Key Topic: Eating Patterns

Sub Topic: Other

Attachment: Y

Comment: Please include information about vegetarian and vegan diets and nutrient supplementation in the Dietary Guidelines for Americans 2010.

Comment ID: 000572

Submission Date: 08/06/2009

Organization Type: Educational Institution

Organization Name: USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine

First Name: Theresa

Last Name: Nicklas

Job Title: Professor

Key Topic: Eating Patterns, Evidence-based Review Process

Sub Topic:

Attachment: N

Comment: Dairy foods contribute essential nutrients to the diet and their intake may decrease the risk of certain chronic diseases. However, some individuals may limit or completely avoid consuming dairy foods and their nutrients due to self-perceived lactose intolerance. Avoiding dairy foods may have long-term deleterious effect on diet quality, bone metabolism and strength as well as overall health.

According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), between 30 and 50 million American have the potential for lactose intolerance symptoms based on previously reported lactose maldigestion studies. However, because not all lactose maldigestors experience the symptoms of lactose intolerance, the prevalence rates of lactose intolerance in practical life settings may be lower. The goal of the attached study, accepted into Nutrition Today, was to determine the prevalence of self-reported lactose intolerance among a national sample of European American (EA), African American (AA), and Hispanic American (HA) adults. These results indicate that the national prevalence of self-reported lactose intolerance is significantly lower than what has been previously estimated.

Any committee making public health dietary recommendations needs to be aware of the misrepresentation of currently estimated lactose intolerance rates. Therefore, it is important that this new research be brought to the attention of the 2010 Dietary Guidelines Advisory Committee and be added to the evidence based library and included as part

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

of the evidence based review process.

Comment ID: 000475

Submission Date: 04/28/2009

Organization Type: Educational Institution

Organization Name: Albert Einstein College of Medicine

First Name: Keith

Last Name: Ayoob

Job Title: Associate Clinical Professor of Pediatrics

Key Topic: Eating Patterns, Fats, Food Groups, Protein

Sub Topic: Cholesterol, Meat, Beans, Eggs, Fish, and Nuts, Saturated fatty acids

Attachment: Y

Comment: Please see attached commentary.

Comment ID: 000727

Submission Date: 10/28/2009

Organization Type: Educational Institution

Organization Name:

First Name: Erika

Last Name: Bono

Job Title: Dietetics student

Key Topic: Eating Patterns, Fats, Minerals, Other

Sub Topic: Fish oil, Omega 3 fatty acids, Sodium

Attachment: N

Comment: Dear Committee Members,

Overall I am pleased with many of the aspects of our current dietary guidelines for Americans. I would like to offer suggestions for the 2010 guideline update that I think will supplement current recommendations for healthy living.

First, I would emphasize and promote the consumption of omega-3 fatty acids. Although polyunsaturated fats in general are encouraged over their saturated counterparts, I think a specific spotlight on these extremely beneficial essential fatty acids would help Americans increase quantity and frequency of consuming foods rich in omega-3s.

Secondly, I think daily sodium recommendations should more accurately reflect the variety of experimental outcomes and observations. The majority of those who have successfully elicited a reduction in blood pressure by adhering to a reduced sodium diet have been shown to have a higher sodium sensitivity than the majority of the American population. Also, some recent research supports the ineffectiveness of reduced sodium intake on the prevention of cardiovascular disease and overall mortality.

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In my opinion, a focus that may result in a greater benefit to the American public would be the incorporation of ideal meal size and frequency (5 to 6 smaller meals) into the guidelines in order to avoid large spikes in blood glucose, but rather maintain a consistent level throughout the day.

Lastly, I would like to see a list of nutritious, wholesome, and sustainable food choices that average Americans could access and afford in order to support our farmers and our planet, and to promote food security nationwide.

I appreciate your time and consideration.

Comment ID: 000484

Submission Date: 04/30/2009

Organization Type: Educational Institution

Organization Name: Victor Central School

First Name: Maureen

Last Name: Bolger

Job Title: Teacher - Family & Consumer Sciences

Key Topic: Eating Patterns, Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: I am hoping that in the next revision of the food pyramid there will be a more prominent recommendation of the need to consume water on a daily basis. Since many people mistake thirst for hunger, it would be great to see a recommendation for water somehow incorporated into the daily plan.

Thank you so much for an interactive and informative site; it is helpful when teaching nutrition to teens!

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000693

Submission Date: 10/25/2009

Organization Type: Educational Institution

Organization Name: Kansas State University

First Name: Svetlana

Last Name: Cotelea

Job Title: graduate student

Key Topic: Eating Patterns, Food Groups

Sub Topic:

Attachment: N

Comment: Please consider more emphasis on liquid calorie intake, which has a significant influence on weight gain. There is a great need to educate people to make smart beverage choices.

Addressing the consumption of fruits and vegetables, it would be beneficial to encourage people to start every meal with vegetables or fruits. This practice has a lot of positive effects (keeps portions naturally under control, controls the absorption of fats and carbohydrates from the food that follows, increases the nutrient and fiber intake) and the formation of such a habit among Americans can help in reducing the obesity rates.
Thank you.

Comment ID: 000638

Submission Date: 09/22/2009

Organization Type: Educational Institution

Organization Name: UNC Asheville

First Name: Stephanie

Last Name: Tullos

Job Title: Student

Key Topic: Eating Patterns, Food Groups

Sub Topic: Fruits

Attachment: Y

Comment: The Consumer Brochure should discourage the consumption of heavily processed foods and encourage the consumption of fresh, whole foods.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000611

Submission Date: 09/08/2009

Organization Type: Educational Institution

Organization Name: Lowcountry Prep School

First Name: Nicole

Last Name: Cyr

Job Title: Student

Key Topic: Eating Patterns, Food Groups, Other

Sub Topic: MyPyramid

Attachment: N

Comment: Our new Dietary Guidelines should involve different sections for age. We should have one pyramid for children, one for adults, and one for the elderly (or possibly even more). This is because at different ages, people have different needs. For example, a small child and an aged person both need more calcium in their diets for the development/maintaining of their bones than a young adult needs.

Comment ID: 000729

Submission Date: 10/28/2009

Organization Type: Educational Institution

Organization Name: Kansas State University

First Name: Melissa

Last Name: Taylor

Job Title: Student

Key Topic: Eating Patterns, Food Groups, Other

Sub Topic:

Attachment: Y

Comment: Discussing some of the vague areas actual portion size by using examples and diagrams to make the document more "public friendly?". The aspects of adding more information on fast food and restaurant choices to aid for a more realistic diet in today's busy world.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000724

Submission Date: 10/27/2009

Organization Type: Educational Institution

Organization Name: Kansas State University

First Name: Diana

Last Name: Hylton

Job Title: Student

Key Topic: Eating Patterns, Other

Sub Topic:

Attachment: Y

Comment: Review of the Dietary Guidelines for Americans 2005, with recommendations for addressing the nutritional needs in the elderly for the 2010 Dietary Guidelines for Americans.

Comment ID: 000567

Submission Date: 07/31/2009

Organization Type: Federal Agency

Organization Name: USDA

First Name: Anne-Marie

Last Name: Feikema

Job Title:

Key Topic: Eating Patterns

Sub Topic: MyPyramid

Attachment: N

Comment: Thank you for the mypyramid.gov web site. It is very helpful in guiding us with weight loss. I believe that it would be more efficient if we chose whether or not we wanted to lose weight at the mypyramidtracker screen. We currently have to choose an option each time we want to check on our daily food intake, making the site a bit inefficient. Thank you again.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000535

Submission Date: 06/26/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Kathleen

Last Name: Shoemaker

Job Title: individual person who has lost and dept off 140 lbs using DASH

Key Topic: Eating Patterns

Sub Topic: DASH

Attachment: N

Comment: The DASH booklet costs about the same to buy on Amazon as it does from the US government and it arrives about 4 weeks sooner. After my 8 year slow but sure weight loss using DASH, I bought copies of the DASH booklet for my 3 brothers and my doctor. The common sense, easy to understand, and better yet very easy to gradually and increasingly apply over time DASH approach is very helpful and should be available as a free booklet, not just available on web or at \$8 to \$10 a pop for a booklet you can hold in your hand and refer to frequently.

Comment ID: 000563

Submission Date: 07/29/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Geoff

Last Name: Bond

Job Title: Nutritional Anthropologist

Key Topic: Eating Patterns

Sub Topic:

Attachment: N

Comment: I study the origins of the human species and the type of feeding pattern to which we are naturally adapted.

We now know that we are still living in bodies that our evolutionary history designed at that time: Our biochemistry, our digestive arrangements and even our mentalities are designed for life back then in the Pleistocene.

We now know that grass seeds (grains) ? which are of the monocot group - are not human food. They are glycemic, contain harmful antinutrients and are poor in micronutrients. We know that sugar in all its forms (including ?natural? honey and maple syrup) was never a significant part of our ancestral heritage. The rise in consumption of some 4lb per year 200 years ago to over 160 lb per year is a disaster for the health of the nation.

We know that milk (and dairy products in general) are only for the young of the species - they are a biochemical and digestive disaster for adult humans.

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Key Topic: eating patterns

We know that our biochemistries rely on a modest supply of omega-6 and omega-3 fatty acids in balance . Our bodies do not know how to handle transfats, hydrogenated fats and, (with the exception of stearic acid), saturated fats. A dysfunctional fatty acid profile plays havoc with our health.

We also know that dicot plant food which is low glycemic and rich in micronutrients should supply some 75% of the volume of what we eat; animal matter, with a low fat content and with the right fatty acid profile, some 25% of volume.

This is all thoroughly documented in the scientific literature, and summarized in my book *Deadly Harvest*.

But get that past the entrenched food lobbyists!

Comment ID: 000489

Submission Date: 05/05/2009

Organization Type: Individual/Professional

Organization Name: The Country Way

First Name: Tammy

Last Name: Watts

Job Title: Certified Nutritional Health Practitioner

Key Topic: Eating Patterns

Sub Topic:

Attachment: N

Comment: I truly would love to have an opportunity to talk about what the human body is bio organically made up of and how the foods we eat and combine together effect us from the moment we put them in our mouth. Food combining and teaching how to properly plate is where it all begins for individual. Each individual needs to know that they are different and that the food we choose to eat will effects us in a positive or negative way. Food pyramids are general and they should not in anyway misinform people to believe that they bring vitality. We need to stop and think about our digestive tract were life may or may not begin. Each person has a right to know about how the human body brings about vitality from alive foods and not dead foods. I would like to know what type of scientific and clinical studies to prove that dead food such as animals that does not match the bio organic makeup of humans bring about vitality?

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000470

Submission Date: 04/27/2009

Organization Type: Individual/Professional

Organization Name: Registered Dietitian

First Name: L

Last Name: Ramdon

Job Title: Dietetics and Nutrition Program Director

Key Topic: Eating Patterns

Sub Topic: Other

Attachment: N

Comment: The benefits of a vegetarian/vegan/whole foods plant based diet in preventing/slowing the process of certain diseases.

Comment ID: 000524

Submission Date: 06/07/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Jennifer

Last Name: Whitehead

Job Title:

Key Topic: Eating Patterns

Sub Topic: MyPyramid

Attachment: N

Comment: I really enjoy the 2005 guidelines. In particular, the vegetable subcategories are easy to understand and help make the "more vegetables" goal more specific, and therefore somehow easier to aim for.

One thing that I would really enjoy is an iphone app for the Dietary Guidelines. I would like to be able to enter my food intake throughout the day/week and see what I'm missing. (I sometimes do this on a scratch piece of paper, but would love a better way)

I do not like to calorie count, and am not dieting. I don't want something that turns eating into an obsessive game of measuring. But something that encourages me to reflect on my eating patterns would be very welcome. In addition to the food groups and subgroups, it could perhaps cover the key vitamins and minerals that Americans should make sure to consume: potassium, calcium, vitamin A, and so on.

Thanks.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000666

Submission Date: 10/08/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Marie

Last Name: Dolton

Job Title:

Key Topic: Eating Patterns

Sub Topic: Other

Attachment: N

Comment: Please publish a clear, easy to read guideline on nutrition for Seniors. My Mother-in-Law is 92 and she rarely eats more than once a day. We have urge her to eat more, but she says she is not hungry AND she says "I don't do anything all day. I don't need to eat much." She is always tired and gets sick easily. We try to tell her to eat and drink more but she won't listen. I found the NIA pub "Healthy Eating After 50." But that doesn't relate to people over 80. Having a Government publication would be much more influential. For those of us who care for the elderly, Please we need your help.

Comment ID: 000679

Submission Date: 10/21/2009

Organization Type: Individual/Professional

Organization Name: Carmichael Training Systems

First Name: Ryan

Last Name: Kohler

Job Title: Nutrition Services Manager

Key Topic: Eating Patterns, Energy Balance/Physical Activity

Sub Topic: Other

Attachment: N

Comment: This is a follow-up to ID# 000237. Donna Garren has provided a very good summary of what I believe to be the underlying issue - education. The DGA2005 addressed this by providing information for consumers in an easy to read fashion.

I regularly consult with athletes and fitness enthusiasts of all ages and ability levels, and deliver nutrition presentations to groups of people who are interested in good everyday nutrition practices. The DGA2005 is my #1 reference for these people because of the easy take-home effect of the information.

We can go on and on about paleo diets, low-carb diets, and everything else that is out there today, but my feeling is that continued education is the correct route...build from what was already developed in 2005. There is no reason to choose a specific diet or methodology by one doctor. The guidelines need to be applicable and accessible to every American, and as an educator we should put education at the bottom of the pyramid because that is our foundation.

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Key Topic: eating patterns

Just as we focus on education for our children, we need to continue this focus for adults. I know everyone wants the simple answer and the one diet that will work to alleviate ailments, inflammation, etc, but the knowledge is what will set these people on the path to success. It is the knowledge that will allow them to make the appropriate decisions, learn about their bodies, their nutritional needs, and understand WHY they are doing what they are doing.

So in conclusion, I encourage the panel to consider an evolution of the current educational process in the DGA2005. Continue to provide American consumers with the power to find their answers, not just the answers alone.

Thank you!

Comment ID: 000560

Submission Date: 07/27/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Angela

Last Name: M

Job Title: student

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fluid and Electrolytes

Sub Topic:

Attachment: N

Comment: Drink more water. Eat more raw vegetables. Get your heart rate up more. Sleep more. Read more. Try new things. Try hemp eating hemp hearts. Try to trust yourself. Try to not fear dying. // Done with coffee, done with sugar, done with alcohol, done with tv, done with smoking, done with drugs. This is health.

Comment ID: 000590

Submission Date: 08/21/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Juliette

Last Name: Howe, Ph.D.

Job Title:

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

Sub Topic: Saturated fatty acids

Attachment: Y

Comment: A survey conducted in 2006 to assess the external fat thickness of beef in US retail establishments found that external fat from beef cuts marketed today is less than 0.11 cm, which is practically devoid of external fat. To help better assess the content of the American diet, we spent several years updating the information on the fat content of meats. A comparison of data from Agriculture Handbook 8?10 in 1962 to SR 21 published in 2008 clearly demonstrates a reduction in total fat and saturated fat in most beef cuts, as illustrated in the accompanying table. Cuts denoted as ?separable lean only? in this table are trimmed of all visible fat prior to nutrient analyses; cuts denoted as ?separable lean

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Key Topic: eating patterns

and fat? represent the cuts as purchased in the market place. Between 1962 and 2008, total fat and saturated fat content decreased on average by 34% and 45%, respectively.

It is obvious from these data that beef is a significantly leaner product today than in 1962, as well as in 1980 when the first Dietary Guidelines were released. In fact, twenty-nine (29) cuts of beef meet government guidelines for lean according to the data published in SR. These facts underscore the importance of using the most recent SR data available. Use of older versions could result in overestimating population intake of fat as well as the fat content of nutrient-dense beef products.

Comment ID: 000526

Submission Date: 06/09/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

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

Sub Topic:

Attachment: N

Comment: Many Americans look to the guidelines set by the USDA and those who strictly follow these very guidelines will continue to suffer the ill health effects of poor nutritional choices.

Speaking from personal experience, I ate a diet based upon the food pyramid throughout my formative years. After years of battling weight gain, bad skin, and generally poor health, I chose to go against my family's wishes and try vegetarianism. I would have appreciated greater guidance in making that choice as an adolescent. After 15 years of being a vegetarian (with 5 of those as a vegan) , I cannot underscore enough the importance of the USDA giving due attention to the wealth of evidence of a lower calorie, plant-based diet.

I came to the nutrition.gov site today to check out the meal planner and was faced with the unimaginable: returning to a time of eating poorly (e.g., it recommended that I eat 2400 calories!).

As a layperson, I know that my experiences are not unique. The committee will again do a community disservice to publish similar recommendations to the 2005 standards.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000519

Submission Date: 06/01/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Jennifer

Last Name: Shu, MD

Job Title: Pediatrician

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

Sub Topic: B Vitamins, Iron, Magnesium, Meat, Beans, Eggs, Fish, and Nuts, Potassium, Zinc

Attachment: Y

Comment: As a pediatrician concerned about the health and well-being of children, I would like to share my thoughts regarding the role of animal protein products (meat, fish, eggs) in child health. There are not sufficient data to support a recommendation to replace animal protein with plant protein in the diet of children and adolescents. It is important for the DGAC to acknowledge that beef provides a unique mixture of highly bioavailable micronutrients, not readily available in plant-based diets, that support the cognitive development and function of children and adolescents. Caution should be taken to avoid the establishment of protein source recommendations that inappropriately restrict animal protein in the diets of children and adolescents.

Comment ID: 000555

Submission Date: 07/22/2009

Organization Type: Individual/Professional

Organization Name: Bush Brothers & Company

First Name: Sara

Last Name: Rose

Job Title: Vice President

Key Topic: Eating Patterns, Food Groups

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

Attachment: Y

Comment: Research shows that the current terminology used in Dietary Guidance to describe "beans" is confusing to consumers and excludes the forms that are most commonly consumed. An evaluation of 6 different descriptive terms for beans shows that consumer understanding of beans can be greatly improved, thus removing a barrier to greater bean, and vegetable consumption.

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Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000673

Submission Date: 10/15/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Jess

Last Name: B.

Job Title:

Key Topic: Eating Patterns, Food Groups

Sub Topic: MyPyramid

Attachment: N

Comment: As an American trying to balance my diet properly, I agree with the author of Comment ID: 000124, written by dietitian Melissa Baumann. The 2005 Food Pyramid is my current food plan, yet the equivalent ounces/cups is unmanageable because the equivalent measure information is confusing and incomplete. "Equivalent cups/ounces" confuses the user more than "portion/serving".

Also, I would like to see unprocessed food equivalents listed comprehensively. As a vegetarian, I use shelled edamame as a complete protein source to avoid using high-fat alternatives such as nuts and nut butters. Edamame is not in the food plan program (only soy nuts). The foodapedia page is broken, so if it's there, I cannot access it. I can find processed foods on the My Pyramid Meal Planner list, like dry, boxed Macaroni and Cheese. I don't understand why, when processed foods are vilified, any unprocessed food is overlooked.

I would like to see a relative calorie equivalent breakdown by food group, if possible, so I can use that if what I'm eating isn't on "the USDA list". Also, comprehensive lists of unprocessed foods from around the world by portion would be appreciated.

Also, I am disappointed legumes and starchy vegetables were reclassified as "vegetables". Legumes are a protein; starchy vegetables, a "grain". The vegetables that nutritionists want us to eat are high-fiber and low calorie. Putting legumes and starchy vegetables in there gives average Americans a free pass to avoid dark, leafy greens.

Comment ID: 000636

Submission Date: 09/22/2009

Organization Type: Individual/Professional

Organization Name: UNCA student in Food Politics and Nutrition Class

First Name: Danielle

Last Name: Earley

Job Title: Cashier

Key Topic: Eating Patterns, Food Groups

Sub Topic: Other

Attachment: Y

Comment: Why there is a need for clearer guidelines in order to assist individuals in choosing appropriate food choices.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000678

Submission Date: 10/20/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Erin

Last Name:

Job Title:

Key Topic: Eating Patterns, Food Groups, Food Safety

Sub Topic:

Attachment: N

Comment: The current daily recommendation to eat at least 6 servings of grains (including processed foods) encourages the consumption of genetically modified organisms (mostly in the form of corn or soy) which have not been sufficiently tested and are not required to be labeled. The focus of the food pyramid should be on encouraging consumption of fruits, vegetables, and whole grains; highly processed and refined grains (e.g. breakfast cereals, breads, cookies, crackers, etc.) should be consumed sparingly, if at all. The USDA recommendations should not be influenced by the special interest groups representing the corn/soy, meat, dairy, and fast food industries.

Comment ID: 000616

Submission Date: 09/09/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Victoria

Last Name: Kincaid

Job Title:

Key Topic: Eating Patterns, Food Safety

Sub Topic:

Attachment: Y

Comment: Suggestions regarding fresh sources of plant-based foods, the amount of mercury in sea-life, and limiting foods that contain pesticides, chemicals and genetically modified organisms.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000598

Submission Date: 08/28/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Lea

Last Name: Cox

Job Title: Home economic engineer

Key Topic: Eating Patterns, Food Safety, Other

Sub Topic: MyPyramid

Attachment: N

Comment: All studies can be ambivalent.

One corn syrup should not be subsidized, or used in every drink. People do not need this much sugar.

Sugar is the enemy of the body unless comes directly from fresh food you eat, as fruit and legumes.

First we grow food with pesticide, then it becomes genetically modified...then it is poison.

Eliminate sodas and all candy to limit obesity.

Cut down food intake to 2/3 of what is normally thought to be necessary.

Reduce salt, another obesity cause, in all can food.

Reduce the type and kind of soda available.

My diet is, no sodas, legumes, once a week organic chicken, eggs, fish, no red meat.

Plenty of pasta, less meat, no fried foods, use only olive oil and fresh vegetables.

Eliminate processed foods as much as you can.

Most of all reduce amount of intake.

As for the government, until you get rid of MONSANTO and pesticide there is no reason to believe we will survive as a species. We will continue to get sick and the health cost will rise.

FDA is not doing a good job neither in assessing the danger of genetic change in our food or recognizing and aiding the organic industry.

We can eat better, less and stay healthier only with organic grown food and get off the red meat as a staple. Growth hormone in our milk is not acceptable, I drink organic. It will cause changes in the human genes and then there will be hell to pay.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000631

Submission Date: 09/21/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Eating Patterns, Food Safety, Other

Sub Topic:

Attachment: Y

Comment: The three main things I would like to be considered in the process of revising the Dietary Guidelines are

1. A focus on buying locally/eating seasonally
2. Avoiding Genetically Modified Organisms
3. The benefits of vegetarian/vegan diets

Comment ID: 000587

Submission Date: 08/19/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Diana

Last Name: Wind

Job Title: Dietetic Intern-Student-Freelance Writer

Key Topic: Eating Patterns, Other

Sub Topic: DASH

Attachment: N

Comment: DASH has DIED. 65 million people or 1 in 3, as stated in the Dietary Guidelines 2005 are diagnosed with high blood pressure. Yet, a mere fraction of these people (a dash) know a thing about the DASH diet. A new face (name, logo, marketing materials, etc) to revitalize the DASH eating program seems eminent.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000569

Submission Date: 08/04/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Melissa

Last Name: Brechisci

Job Title:

Key Topic: Eating Patterns, Protein, Vitamins

Sub Topic:

Attachment: N

Comment: So far, the Food Pyramid has provided an unrealistic guide to the American People and I do hope that 2010 will be the year that changes everything! Hospitals and wellness centers are feeding sick patients the food that is making them sick to begin with while schools are raising our children on the risky foundation of processed foods and meals contributing to the outrage of childhood obesity and diabetes. The excess of Animal protein, particularly red meat, is clearly a root cause of disease and yet still it is recommended. Please consider alternative sources of protein, including vegetable protein, super foods, legumes, and high protein grains such as quinoa and millet. Poultry, eggs, and Fish are easier to digest and therefore less harmful. I think most would agree have great health benefits however if they are pumped up with hormones and fed chemical sprayed feed, then we are surely defeating the purpose. I urge you to make a strong emphasis on organic produce and food sources so we may educate the population on the dangers of these chemicals and mandate the farmers to find alternative ways to grow our food. The holistic movement teaches us a great deal about sustainable living, mind/body/spirit connection, raw foods and alternative methods to cooking and depleting enzymes, and thriving on plant and grain based diets. If we can combine the science of nutrition with the holistic approach to diet and lifestyle, we can find a balance and create a shift in the lives of Americans, and therefore the rest of the world.

Comment ID: 000477

Submission Date: 04/29/2009

Organization Type: Industry Association

Organization Name: Malaysian Palm Oil Council

First Name: Kalyana

Last Name: Sundram

Job Title: Deputy Chief Executive Officer & Director, Science and Environment

Key Topic: Carbohydrates, Eating Patterns, Fats

Sub Topic: Other

Attachment: Y

Comment: For your kind consideration, attached is one of four studies that I believe would be of interest in the guidelines selection process.

New England Journal of Medicine ? Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Summary: In this study, researchers compared the effects on body weight of energy-reduced diets that differed in their targets for intake of macronutrients ? low or high in fat, average or high in protein, or low or high in carbohydrates ? an otherwise followed recommendations for cardiovascular health. After two years it was determined that reduced-calories diets result in clinically meaningful weight loss regardless of which macronutrients they emphasize.

Comment ID: 000557

Submission Date: 07/24/2009

Organization Type: Industry Association

Organization Name: National Confectioners Association

First Name: Alison

Last Name: Bodor

Job Title: Vice President, Scientific and Regulatory Affairs

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

Sub Topic: Cholesterol, Other, Saturated fatty acids

Attachment: Y

Comment: NCA supports steps to improve Americans' ability to follow a healthy and active lifestyle and urges the DGAC to pursue guidelines that are realistic and accommodate all foods including occasional treats in moderation. NCA also recommends the Subcommittee on Fatty Acids recognize the neutral effect of stearic acid on blood lipid levels and distinguish between stearic acid and the other saturated fatty acids when making recommendations about saturated fat. While stearic acid, a significant fatty acid in cocoa butter, has a neutral effect on blood lipid profiles, the flavanols in cocoa and chocolate support cardiovascular health. Finally, we request that the DGAC recognize the contribution of sugar-free chewing gum to oral health and weight management in their recommendations.

Comment ID: 000520

Submission Date: 06/02/2009

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, Evidence-based Review Process, Fats, Food Groups, Protein

Sub Topic: Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

Attachment: Y

Comment: Given the unique fatty acid profile and rich micronutrient content of beef, the role of beef in health outcomes, independent from other animal proteins, warrants independent review. One of the attached documents highlights newly published data regarding the limited role of dietary saturated fat on chronic disease risk, expands the previously submitted EBR to include HDL-cholesterol outcomes, and offers rationale to support a sub-question regarding the effect of beef on cardiovascular risk factors for consideration by both Subcommittees. In brief summary, evidence from randomized-controlled trials indicates that lean beef can lower LDL-cholesterol 7-12%, with or without weight loss, when included in a diet consistent with the 2005 Dietary Guidelines. A brief review of the scientific evidence suggests that plant-proteins may do little to reduce the risk of chronic

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

disease, particularly cardiovascular disease. A second document outlining the rationale to support a sub-question regarding how a plant protein-based diet compares to that of an animal protein-based diet with regard to cardiovascular disease risk factors is provided for consideration by the Carbohydrate and Protein Subcommittee. In absence of compelling evidence to support recommendations for the substitution of plant proteins for animal proteins to reduce cardiovascular disease risk, the Subcommittees are asked to consider, at a minimum, maintaining 2005 Dietary Guidelines recommendations for lean beef in the 2010 Dietary Guidelines.

Comment ID: 000743

Submission Date: 10/28/2009

Organization Type: Industry Association

Organization Name: Salt Institute

First Name: Richard

Last Name: Hanneman

Job Title: President

Key Topic: Eating Patterns, Evidence-based Review Process, Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: The Dietary Guidelines Advisory Committee (DGAC) will be conducting its fourth meeting on November 4-5. We would like to supplement our earlier comments by re-emphasizing our earlier endorsement of a need to focus on overall dietary quality and calling to your attention recent research on dietary salt intake that questions the fundamental strategy of the Guideline on salt, namely that inducing persons to substitute low-sodium foods into their diet will achieve the policy objective of reducing overall dietary sodium intake.

We reiterate our view that evidence of the health outcomes of diets reduced in sodium show no benefit in terms of reduced mortality and remind you that the single controlled trial of this hypothesis found that subjects in the salt-reduced group of the cohort had a considerably greater incidence of mortality and more frequent re-hospitalization. These are crucial points, but suffice a short reminder at this point in your deliberations.

Our comments are appended

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000744

Submission Date: 10/28/2009

Organization Type: Industry Association

Organization Name: Salt Institute

First Name: Richard

Last Name: Hanneman

Job Title: President

Key Topic: Eating Patterns, Evidence-based Review Process, Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: Our comments were submitted in PDF; this was to be the enclosure to the comments themselves.

Comment ID: 000507

Submission Date: 05/27/2009

Organization Type: Industry Association

Organization Name: United Egg Producers

First Name: Gene

Last Name: Gregory

Job Title: President

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

Sub Topic:

Attachment: Y

Comment: The attached letter provides supplemental comments on choline.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000467

Submission Date: 04/24/2009

Organization Type: Industry Association

Organization Name: United Egg Producers

First Name: Gene

Last Name: Gregory

Job Title: President

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

Sub Topic: Cholesterol

Attachment: Y

Comment: These are the comments of the United Egg Producers regarding the Dietary Guidelines.

Comment ID: 000505

Submission Date: 05/26/2009

Organization Type: Industry Association

Organization Name: Paramount Farms, Inc.

First Name: Dominic

Last Name: Engels

Job Title: Vice President of Marketing

Key Topic: Eating Patterns, Fats, Protein

Sub Topic:

Attachment: Y

Comment: Comment is attached.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000651

Submission Date: 09/25/2009

Organization Type: Nonprofit/Voluntary

Organization Name: The Sugar Association, Inc.

First Name: Charles

Last Name: Baker

Job Title: Executive Vice President & Chief Science Officer

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

Sub Topic: Added sugars

Attachment: Y

Comment: The one-dimensional theory that the health of an entire population will be bettered by reducing the intake of a single food ingredient category is flawed. Not only does such a simplistic hypothesis disregard total diet, it has been advanced on subjective analysis of referenced datasets and indifference to the mandate of preponderance of evidence. Objective analysis readily reveals the superiority of establishing dietary policy on total nutrient intakes.

At best, the one-dimensional hypothesis that overall public health is enhanced by reducing the intake of a single food ingredient category is speculative. We trust the 2010 DGAC will remain true to the science when the food ingredient category designated as added sugars is addressed. The health of the American public is shaped by the total diet, not by a decreasing intake of added sugars?

Comment ID: 000474

Submission Date: 04/28/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Green Plate Club

First Name: Christine

Last Name: Hughes

Job Title: coordinator

Key Topic: Eating Patterns

Sub Topic: MyPyramid

Attachment: N

Comment: Please consider changing the visual representation from a 2-d pyramid to a shape that holds a specific volume. For example, a globe, half filled with vegetables, topped off with layers of whole grains, proteins, fruits, good fats; with no guesswork as to proportions and quantities, and no encouragement to eat and drink unhealthy things--fill up your globe with what your body needs, and you will be as healthy as you can be! Simple for kids to understand, with portion control built in according to the size of the globe (would vary according to age).

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000741

Submission Date: 10/28/2009

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, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

Sub Topic: B Vitamins, Calcium, DASH, Magnesium, Milk, MyPyramid, Potassium, Saturated fatty acids, Vitamin A and Carotenoids, Vitamin D, Weight maintenance

Attachment: Y

Comment: The National Dairy Council appreciates the opportunity to comment on these important issues in support of improving the health and well-being of all Americans. Please consider the attached science-based comments.

Comment ID: 000558

Submission Date: 07/27/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Hands Across the Lake

First Name: James

Last Name: Shelton

Job Title: Quality Control Engineer

Key Topic: Eating Patterns, Evidence-based Review Process

Sub Topic: MyPyramid

Attachment: N

Comment: This should be done in the Department of Health not Agriculture. The Department of Agriculture promotes more farmland which is mostly use to make beef because cows eat most of the corn grown in the U.S.. Eating More Red meat is counter to good health. The Surgeon General said to eat red meat only a few times a month but that was not reflected in the recommendation of this site which said that eating meat was equal to eating beans. Americans now eat red meat as much as twice a day which leads to heart attacks and obesity. Also omega threes from chick were measure but the most health omega threes from fish like sardines were not measured.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000493

Submission Date: 05/08/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Carolina Animal Action

First Name: Stewart

Last Name: David

Job Title: President

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

Sub Topic:

Attachment: N

Comment: The excessive consumption of animal products has been scientifically and conclusively linked to a myriad of human diseases. Encouraging people to eat plant-based diets would play a critical role in disease prevention. This simple change would greatly reduce the incidences of diabetes, many cancers, cardiovascular disease, obesity, etc. It's time to get the money and politics out of the dietary guidelines and follow the science.

Comment ID: 000628

Submission Date: 09/20/2009

Organization Type: Nonprofit/Voluntary

Organization Name: The Weston A. Price Foundation

First Name: Sally

Last Name: Fallon Morell

Job Title: President

Key Topic: Eating Patterns, Fats, Food Groups, Vitamins

Sub Topic: Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Saturated fatty acids, Trans fatty acids, Vegetables, Vitamin A and Carotenoids, Vitamin D

Attachment: N

Comment: Current USDA dietary guidelines are unrealistic, unworkable, unscientific and impractical; they have resulted in widespread nutrient deficiencies and contributed to a proliferation of obesity and degenerative disease, including problems with growth, behavior and learning in children.

The pyramid with its strictures on fat restriction does not recognize variations in human metabolism. Recommendations for fat restriction are predicated on the assumption that fat causes weight gain; several recent studies have shown that restriction of natural fats actually leads to obesity in both children and adults, while the trans fats that frequently replace natural saturated fats contribute to weight gain. Restriction of animal fats leads to deficiencies of vitamins A, D and K2, needed for growth, strong bones, immunity, neurological function, and protection from tooth decay.

RECOMMENDED NEW GUIDELINES:

Every day, eat high quality, whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

1. Animal foods: meat and organ meats, poultry, and eggs from pastured animals; fish and shellfish; whole raw cheese, milk and other dairy products from pastured animals; and broth made from animal bones.
2. Grains, legumes and nuts: whole-grain baked goods, breakfast porridges, whole grain rice, beans and lentils; peanuts and nuts, properly prepared to improve digestibility.
3. Fruits and Vegetables: preferably fresh or frozen, preferably locally grown, either raw, cooked or in soups and stews, and also as lacto-fermented condiments.
4. Fats and Oils: unrefined saturated and monounsaturated fats including butter, lard, tallow and other animal fats; palm oil and coconut oil; olive oil; cod liver oil for vitamins A and D.

Avoid: foods containing refined sweeteners such as candies, sodas, cookies, cakes; white flour products; processed foods; modern soy foods; polyunsaturated and partially hydrogenated vegetable oils.

Comment ID: 000559

Submission Date: 07/27/2009

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, Fluid and Electrolytes

Sub Topic: Sodium

Attachment: Y

Comment: The attachment is respectfully submitted by the National Dairy Council as comments to the 2010 Dietary Guidelines Advisory Committee related to food based approaches to reducing sodium intake in the U.S. diet.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000582

Submission Date: 08/17/2009

Organization Type: Other

Organization Name:

First Name: David

Last Name: Moak

Job Title:

Key Topic: Carbohydrates, Eating Patterns

Sub Topic: Low carbohydrate

Attachment: N

Comment: Ive been a Type 2 diabetic for 24 years. Currently off all diabetes medications (including insulin) as a result of altering my diet to a low carbohydrate diet

Comment ID: 000575

Submission Date: 08/12/2009

Organization Type: Other

Organization Name:

First Name: Victor

Last Name: Perez

Job Title:

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

Sub Topic:

Attachment: N

Comment: As a simple citizen I would like to request these guidelines to be driven by scientific fact and backed up by properly conducted scientific studies. I would like to see references to all these studies in the final document to be released.

There is a New York Times article from a few years ago where they reveal the government conducted studies to back the first food pyramid. The studies came back inconclusive but the guidelines where released regardless.

Since the first guidelines where released in the 70s putting carbs at the base of the pyramid, obesity in this country has exploded and I respectfully submit that the guidelines have something to do with it. This is propagating to the rest of the world (I grew up in South America and I was taught the same food pyramid)

Everybody from Doctors, Dietitians and School Teachers to the Food Industry trust these guidelines as you trust your doctor. Please make sure there is scientific backing to each assumption you are making.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000497

Submission Date: 05/20/2009

Organization Type: Other

Organization Name: Will

First Name: Aliaga

Last Name:

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Fats, Minerals, Protein

Sub Topic:

Attachment: N

Comment: Is there any possible way you can research more on the advantages of a high protein diet. High protein with an addition of "good carbs" such as those from whole wheat products, oatmeal, and fruits can become an advantageous meal. Though I am not a profession or doctor or anything, I have researched nutrition for a bit.

I have read that protein is a chain of amino acids. And one of these amino acids (can not recall which) is a stimulant in the brain. So, the more of this amino acid the better one feels neurologically, and this changes a person's overall mood throughout the day. A high protein diet is not only good in helping people keep muscle on, but it also makes them feel good. Speaking of muscle, one loses more weight when they have more muscle, because muscle burns more calories than fat. So, in order to maintain weight or lose weight, one must exercise and eat a good amount of protein and try to avoid carbs before bed.

Also, please do not exclude fat from the pyramid. Fats are essential to the human body, but they must be fatty acids such as Omega-3 fat that comes from salmon and other fish products.

Additionally, can you please review the milk standards. When milk is pasteurized it burns the bad germs from it, but at the same time it burns some of the good bacteria, so would raw milk be a good suggestion?

Calcium is extremely important because bones do not stop growing (in density) until the age of around 30. So, please emphasize calcium, which can be digested through supplements.

Please emphasize that a person's diet is extremely important. In order to reach a goal (whether it be it weight, body sculpting, athletic goals, or overall well being) a person must exercise AND watch what they eat. Their diet is 90% of their goals.

Thank you,
Will

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000570

Submission Date: 08/05/2009

Organization Type: Other

Organization Name:

First Name: Kristy

Last Name:

Job Title:

Key Topic: Eating Patterns

Sub Topic: MyPyramid

Attachment: N

Comment: Three things: people are starving all over the world, but we have an obesity problem...What is wrong with this picture? We need to start telling people very clearly to make better eating and life style choices, and stop being lazy.
Two: the food pyramid recommends far more grains than people ate in the past, I suspect because the cereal industry lobbied for the government food pyramid to be constructed this way. This needs to be reevaluated.
Third: The government tells people what to eat, but not when to eat certain foods. It is most beneficial to eat your carbohydrates in the morning and lunch time, and less so for dinner, because they provide long lasting energy. Please help people to utilize their food and nutrition to its best advantage.
thanks
Kristy

Comment ID: 000592

Submission Date: 08/24/2009

Organization Type: Other

Organization Name:

First Name: Chris

Last Name: Melilli

Job Title: student

Key Topic: Eating Patterns

Sub Topic: Other

Attachment: N

Comment: In our fast paced society we have become accustom to having food on the go so to speak. I don't think I ever thought about if I were getting all the required nutrition that I needed to be in a balance, which put my and my family's health in jeopardy

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000609

Submission Date: 09/08/2009

Organization Type: Other

Organization Name:

First Name: adrian

Last Name: rhodes

Job Title:

Key Topic: Eating Patterns

Sub Topic:

Attachment: N

Comment: I think that most of the population is obese simply because they do not exercise enough and also because they eat too much. I think that if we ate healthier and were more active that the majority of the population would be healthier. I think that if we ate healthy and exercised that people would live longer because they would better healthier. I think that people need to take this problem seriously.

Comment ID: 000610

Submission Date: 09/08/2009

Organization Type: Other

Organization Name:

First Name: Gates

Last Name: M. A.

Job Title:

Key Topic: Eating Patterns

Sub Topic:

Attachment: N

Comment: I think that people should stop thinking of calories as "bad". Calories are necessary to life. The new food pyramid should reflect this. Just because something has carbs or calories does not mean that it is bad for you. I also think that more fruits and vegetables would be a good addition. Cutting back on highly processed, sugary, or fatty foods is also a must. Appropriate portioning must be emphasized.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000496

Submission Date: 05/15/2009

Organization Type: Other

Organization Name:

First Name: Ardelia

Last Name: Johnson

Job Title: Secretary

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

Sub Topic: Fruits, Vegetables, Weight loss

Attachment: N

Comment: I had high blood pressure and have osteoarthritis. I was told to loose weight from my physicians. I tried all the fad diets- Atkins made me constipated and the grapefruit diet, it made me oversize with food after I had enough of grapefruits. I went to the food pyramid guide and followed its instructions to eat more fruits, vegetables, grains, and milk. It was easy and I never ate healthy all my life-- I am 47 years old. To my amazement, I lost 10 pounds in 3 weeks by following the food pyramid guide. Controlling ones weight loss is really simple - eat healthy. It is just that simple. Thank you all so, very, very much. With Love.

Comment ID: 000658

Submission Date: 09/28/2009

Organization Type: Other

Organization Name: ConAgra Foods

First Name: Mark

Last Name: Andon

Job Title: Vice President, Nutrition and Food Labeling

Key Topic: Eating Patterns, Food Groups

Sub Topic: MyPyramid

Attachment: Y

Comment: ConAgra Foods would like to encourage the Dietary Guidelines Advisory Committee (DGAC) to maintain the current USDA Food Guide and thus maintain the integrity of the current MyPyramid graphic. MyPyramid is not intended to replace the Nutrition Facts Panel. The Nutrition Facts Panel can provide the additional nutrition information consumers may need to meet their individual dietary needs. Maintaining the simplicity of MyPyramid as a food based system, not a nutrient based system, best supports progress toward more Americans adopting MyPyramid eating patterns. ConAgra Foods supports continuing private-public partnerships as an effective means of leveraging limited resources to increase awareness and use of the current MyPyramid, and ultimately, of improving American's diets.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

Comment ID: 000742

Submission Date: 10/28/2009

Organization Type: Other

Organization Name: The Kellogg Company

First Name: Nelson

Last Name: Nelson Almeida, PhD, FACN

Job Title: VP, US/Global Nutrition Science, Labeling & Marketing

Key Topic: Eating Patterns, Food Groups, Nutrient Density/Discretionary Calc

Sub Topic: Grains, Whole grains, MyPyramid

Attachment: Y

Comment: The Kellogg Company has a longstanding commitment to health and nutrition, dating back to its founding in 1906. The attached comments focus on the importance of both breakfast and snack time as two underutilized eating occasions that are associated with many health benefits. Included within the comments and as an appendix are summaries of research since 2005 that highlight benefits of breakfast and snacking as they relate to nutrient adequacy.

Based on this summary, we suggest that the 2010 Dietary Guidelines reinforce the importance of dietary meal patterns and eating nutrient-rich breakfasts and snacks in order to achieve one's daily MyPyramid goals for food groups and essential nutrients. Additionally and in light of more recent research, we reiterate comments submitted last June suggesting more of an emphasis on fiber in the 2010 Dietary Guidelines given its importance for public health.

We appreciate the DGAC's consideration of these comments as they deliberate their recommendations for the 2010 Dietary Guidelines for Americans.

Comment ID: 000662

Submission Date: 09/30/2009

Organization Type: Other

Organization Name:

First Name: Miles

Last Name: Glynn

Job Title:

Key Topic: Eating Patterns, Other

Sub Topic:

Attachment: N

Comment: I would like to see the new Dietary Guidelines go so far as to inform the public that they can in fact get all of the vital nutrients which are required through a plant based diet. I realize animal products are very dense in things such as proteins/amino acids, however, the public is generally unaware that they can attain the same proteins/amino acids through a balanced plant based diet. The main difference being that the plant based diet is void of cholesterol and has much, much harmful fat. However, I also realize that the enormous segment of the food industry which sells animal based products would be up in arms and would see this as detrimental to their profits. I am under the impression,

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: eating patterns

however naive an impression it is, that the federal government is supposed to be an unbiased source of information to serve the greater good of the overall population. Too often though the leaders of the cattle and dairy industry are too influential and the information delivered ends up being watered down at best. Please, this time, give the public the honest answers to solving the health crisis in this country. Many people are hurting and dying because of misinformation and misunderstanding of how certain foods affect their bodies. Thank you for reading this.

Comment ID: 000551

Submission Date: 07/10/2009

Organization Type: Professional Association

Organization Name: Guiding Stars Licensing Company

First Name: Betts

Last Name: Fitzgerald

Job Title: Managing Director

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

Sub Topic:

Attachment: Y

Comment: Nutrition navigation as a tool for making healthier food choices & the impact of nutrition navigation on Americans' eating habits