

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000849

**Submission Date:** 02/06/2010

**Organization Type:** Educational Institution

**Organization Name:** University of Washington

**First Name:** Adam

**Last Name:** Drewnowski

**Job Title:** Professor

**Key Topic:** Eating Patterns

**Sub Topic:** DASH

**Attachment:** N

**Comment:** I would like to draw the DGAC attention to a study recently published in Public Health Nutrition - a peer review journal. The study was designed to assess 1) the lowest cost of a nutritionally adequate food plan and 2) the lowest cost of a nutritionally adequate food plan that was also accepted by the consumer as a part of mainstream eating habits.

A mathematical optimisation model was used to develop the lowest-cost food plans to meet three levels of nutritional requirements and seven levels of consumption constraints. Study population was from the nationally representative INCA (National Individual Survey of Food Consumption) dietary survey study of 1332 French adults. Although nutritious diets could be cheap, socially acceptable nutritious diets were not. This is of interest because many nutritionists claim that nutrient rich foods (beans, rice, cabbage) can be obtained cheaply for the poor so that healthy diets need not be associated with higher costs. However, if such diets deviate from social norms they will be rejected by the consumer. The paper is the first to quantify the cost of adhering to a mainstream diet.

Food plans designed for low-income groups need to be socially acceptable as well as affordable and nutritious. (Maillot , Darmon, Drewnowski. PHN 2010 epub ahead of print).

**Comment ID:** 000851

**Submission Date:** 02/08/2010

**Organization Type:** Educational Institution

**Organization Name:** Prospect Mountain High School

**First Name:** Jane C.

**Last Name:** Smith

**Job Title:** Family & Consumer Sciences Teacher

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Students are surprised they eat so far above the recommended amt. of Carbs! Very effective. Need to stress good fats and as I call them trans "man made" fats. We are still confused in translating 48 grams of protein to what it should look like on a plate. The use of metric & conventional measurements are confusing, in fact I'm not sure I understand it myself. How do I teach it? On the positive side, the graphics are terrific... proportionality/ activity/ etc. Thank you. Jane Smith

# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 000866

**Submission Date:** 02/16/2010

**Organization Type:** Educational Institution

**Organization Name:** Cincinnati State College

**First Name:** Myra

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I am grateful for this website, it has helped me to make healthier decisions for myself. Keep saving lives!!!!

**Comment ID:** 000922

**Submission Date:** 04/07/2010

**Organization Type:** Educational Institution

**Organization Name:** Johns Hopkins Center for a Livable Future

**First Name:** Amanda

**Last Name:** Behrens

**Job Title:** Program Manager

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

**Sub Topic:** Oils, Unsaturated fatty acids, Saturated fatty acids

**Attachment:** Y

**Comment:** There are a large number of Americans who simply do not have adequate access to all of the foods recommended in the Dietary Guidelines. In addition, the manner in which food is produced, processed, transported and consumed in the US affects the nutrient quality and availability of the recommended foods. We propose that issues of geographic and financial access and agricultural sustainability be addressed in the Dietary Guidelines. The Guidelines should recommend seeking out local sources of foods, pastured meat and milk products, and offer suggestions for accessing the recommended, healthy foods when individual access is compromised. Specific suggestions are included in our attached letter.

We thank you for this opportunity to provide comments, The NESAWG Diet, Access and Geography Working Group  
<http://www.nefood.org/>

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000874

**Submission Date:** 02/25/2010

**Organization Type:** Federal Agency

**Organization Name:** U.S. ARMY

**First Name:** MAX

**Last Name:** FAMBRO

**Job Title:** SOLDIER

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

**Sub Topic:**

**Attachment:** N

**Comment:** I eat in the Dining Facilities on post here at FT Stewart, Ga. and I have to say that I am appalled by the amount of gravy laden, fried entrée choices offered everyday. The Army expects us to perform like athletes but feeds us like we're homeless! White rice, Fried potatoes, fried cabbage, fried chicken, fried meat, stir fried vegetables, ect. Its very frustrating to see FAT soldiers but there is NO accountability in the dining facility. Biscuits and gravy with fried eggs and sausage add in some fried hash browns. PATHETIC! They just don't do enough to promote a performance eating lifestyle. I tell my young soldiers that they should view food as fuel not a way to satisfy hunger. Most take heed after a good 5 miler @ 7 min/mi pace (most fall out) . Then I explain sound nutrition and the ones that apply it reap the rewards!

**Comment ID:** 000788

**Submission Date:** 01/10/2010

**Organization Type:** Individual/Professional

**Organization Name:** Be Well, Laura L-Health Counseling and Wellness

**First Name:** Laura

**Last Name:** Lehrhaupt

**Job Title:** Certified Holistic Health Counselor

**Key Topic:** Carbohydrates, Eating Patterns, Food Groups

**Sub Topic:** Added sugars, Vegetables

**Attachment:** N

**Comment:** I firmly believe we eat too much animal protein. It not only makes us unhealthy it makes the planet unhealthy. I am also hoping that the dairy recommendations will be greatly decreased. It is not necessary to drink consume another animals milk. Many Americans have adverse reactions to eat and don't even realize it.

Please address that vegetables (not including tomatoes or potatoes) need to be increased, fruit should stay at 1-2 serving a day. Processed sugar should be close to eliminated. Mention drinking clean water instead of carbonated, caffeine drinks and include the family dinner table. Thank you.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000759

**Submission Date:** 11/16/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jimmy

**Last Name:** Skovgard

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid, Other

**Attachment:** Y

**Comment:** Could you include training materials in the food pyramid to help teach how to make better choices. I am using a Canadian one to give a presentation about sugar in drinks. I have attached it. Thank you for the time and all the hard work. I look forward to seeing a great product.

Jim

**Comment ID:** 000766

**Submission Date:** 11/25/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Michael

**Last Name:** Coulter

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** You should be recommending a vegan diet.  
No dairy. No animal protein.

Please get a copy of The China Study by T. Colin Campbell.

You owe it to the American people who suffer from and the taxpayers who pay for diseases fostered by the Standard American Diet.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000771

**Submission Date:** 12/03/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Ryan

**Last Name:** Fisher

**Job Title:** Eater

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I ask in the new guidelines that serving sizes and portion sizes more accurately reflect what people tend to eat. As other commenters mentioned, the current standard serving sizes and daily intake recommendations have little correlation with typical eating preferences.

**Comment ID:** 000775

**Submission Date:** 12/15/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Coimbra

**Last Name:** Sirica

**Job Title:** science communications

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** In the last three months my husband and I have changed our evening meal to address his slightly elevated cholesterol level. We have each lost 15 pounds by upping the number of vegetables and whole grains and legumes we consume and decreasing the amount of meat, fish and chicken in our diets. Cooking with olive oil, garlic, herbs and onions has made the food delicious and we both feel terrific. This is not hard to do but does involve a change in mindset. I can't change the nation, but I have begun to discuss this success with friends in my village, something each of us can do as we begin to change our own lives.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000818

**Submission Date:** 01/26/2010

**Organization Type:** Individual/Professional

**Organization Name:** Creative Community Nursing

**First Name:** Helen

**Last Name:** Stucky Risdon

**Job Title:** sole proprietor health promotion nurse

**Key Topic:** Eating Patterns

**Sub Topic:** DASH

**Attachment:** N

**Comment:** To help control the cost of chronic conditions, schools and institutions need to be required to serve quality nutrition products. We need some incentive for food suppliers to make and stock quality, affordable products.

Please include the importance of healthy fats and fiber in the 2010 guidelines. Thanks!

**Comment ID:** 000879

**Submission Date:** 03/01/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Stacy

**Last Name:** Andres

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** First, I wish to affirm that the diet that works best for me is that of an omnivore---all the food groups, including dairy. I much appreciate the recommendations for all the food groups.

Second, let me "second" a comment made previously that cultural considerations and availability of foodstuffs must be taken into account.

Thirdly, I also agree with a previous comment that the measurements currently used are difficult to work with; it is easier to understand "1 serving is approximately a leg-and-thigh portion of chicken" than "1 serving = 3 ounces."

Finally, I wish to request that the Committee consider how to help me better manage the weight gained in muscle. Is there an easy way to determine if the weight gained is, in fact, muscle? Is there (or can there be) a chart that adjust goals when the gain is in muscle?

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

I thank you.

**Comment ID:** 000854

**Submission Date:** 02/09/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Robert

**Last Name:** Chubrich

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Conspicuously missing from the 2005 Dietary Guidelines is a clear statement on the role of processed foods in the diet. The vague allusions to choosing "nutrient dense" foods and avoiding added salt, fat, and sugar are plainly inadequate. The majority of people involved in this process doubtless realize that a healthy diet minimizes the consumption of processed foods and emphasizes fresh, whole foods, and the Guidelines should reflect that regardless of industry lobbying. If you really want to show some courage, acknowledge the overwhelming weight of scientific evidence and advise people to eat less.

**Comment ID:** 000907

**Submission Date:** 04/05/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Dave

**Last Name:** Bryant

**Job Title:** RN

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** My suggestions are as follows:

1. The Ancel Keys lipid hypothesis should be discarded as a reference. The original study had 22 countries. Dr. Keys threw out the countries that did not match his hypotheses (that eating saturated fats cause heart disease) and only kept the 7 that matched. It needs to be understood that saturated fats do not cause heart disease.
2. We need to reduce drastically our reliance on Industrial Vegetable oils (corn, canola, soy, margarine etc), refined flour, sugar, artificial sweeteners, gluten grains.
3. We need to increase fats from healthy sources such as animal fats and coconut oil. Cook with Gee, real butter or coconut oil.

Thanks for your time. I sincerely hope that the new guidelines will not be based on agricultural lobbies, but take us back to our heritage of eating properly raised meats and fats. For more information see "Nutrition and Physical Degeneration" by Dr. Weston Price and "Good Calories, Bad Calories" by Gary Taubes.

# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 000909

**Submission Date:** 04/05/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** caphuff

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** The new food pyramid will promote optimum health if it communicates the following:

1. Eliminate sugar (including fruit juices and sports drinks) and all foods that contain flour.
2. Start eating proper fats - Use healthy animal fats or coconut fat to substitute fat calories for carbohydrate calories that formerly came from sugar and flour. Drink whole cream or coconut milk.
3. Eliminate gluten grains. Limit grains like corn and rice, which are nutritionally poor.
4. Eliminate grain and seed derived oils (cooking oils) Cook with Ghee, butter, animal fats, or coconut oil.
5. Favor ruminants like beef, lamb and bison for your meat. Eat eggs and some fish.
6. Get daily midday sun or take 2-8000 iu vit D daily.
7. Try intermittent fasting or infrequent meals (2 meals a day is best). Don't graze like a herbivore.
8. Adjust your omega 6s and omega 3s. Pastured (grass fed) dairy and grass fed beef or bison has a more optimal 6:3 ratio, more vitamins and CLA. A teaspoon or two of Carlson's fish oil (1-2 g DHA/EPA) daily is good compensatory supplementation if you eat grain-fed beef or no fish.
9. Proper exercise - emphasizing resistance and interval training over long aerobic sessions.
10. Most modern fruit is just a candy bar from a tree. Go easy on bags of sugar like apples. Stick with berries and avoid watermelon which is pure fructose. Eat in moderation.
11. Eliminate legumes



# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

12. Eliminate all remaining dairy including cheese- (optional)

**Comment ID:** 000910

**Submission Date:** 04/05/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** The new food pyramid will promote optimum health if it promotes the following dietary habits:

1. Eliminate sugar (including fruit juices and sports drinks) and all foods that contain flour.
2. Start eating proper fats - Use healthy animal fats or coconut fat to substitute fat calories for carbohydrate calories that formerly came from sugar and flour. Drink whole cream or coconut milk.
3. Eliminate gluten grains. Limit grains like corn and rice, which are nutritionally poor.
4. Eliminate grain and seed derived oils (cooking oils) Cook with Ghee, butter, animal fats, or coconut oil.
5. Favor ruminants like beef, lamb and bison for your meat. Eat eggs and some fish.
6. Get daily midday sun or take 2-8000 iu vit D daily.
7. Try intermittent fasting or infrequent meals (2 meals a day is best). Don't graze like a herbivore.
8. Adjust your 6s and 3s. Pastured (grass fed) dairy and grass fed beef or bison has a more optimal 6:3 ratio, more vitamins and CLA. A teaspoon or two of fish oil (1-2 g DHA/EPA) daily is good compensatory supplementation if you eat grain-fed beef or no fish.
9. Proper exercise - emphasizing resistance and interval training over long aerobic sessions.
10. Most modern fruit is just a candy bar from a tree. Go easy on bags of sugar like apples. Stick with berries and avoid watermelon which is pure fructose. Eat in moderation.
11. Eliminate legumes

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

12. Eliminate all remaining dairy including cheese- (optional)

**Comment ID:** 000913

**Submission Date:** 04/06/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Dietary Guidelines for Americans p 64 A-2:

"nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk)." Can you publish the "nutrient-dense" nutrient and energy values for each group used in the calculation of these food intake patterns? This would go a long way in helping the RD to teach the client to identify the nutrient-dense form of each food, and to avoid the extra or discretionary calorie contribution, by using the Nutrition Facts label. for example: 1 oz Lean meat: 7 g protein, 3 g fat, 55 calories, or 1 cup Fat-Free milk: 12 g CHO, 8 g protein, 0 g fat, 80 calories represent the nutrient-dense forms of these food groups.

**Comment ID:** 000915

**Submission Date:** 04/06/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** This is version 3 of the 8" Dinner Plate template since I sent one revision prior.

I added "= 1/2 cup" under the DARK GREEN VEGETABLES on the 1 cup salad bowl. This makes it very clear that 1 cup of salad greens counts as 1/2 cup Vegetable towards the daily/weekly cups total.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000916

**Submission Date:** 04/06/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** This is version 2 of the 8" Lunch Plate template.

I added "= 1/2 cup" under DARK GREEN VEGETABLES on the 1 cup salad bowl.

It is now clear to the client that 1 cup salad greens counts as 1/2 cup Vegetable towards the daily/weekly cups total.

**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

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

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> 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.<p></p> 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.<p></p> 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:** 000780

**Submission Date:** 12/20/2009

**Organization Type:** Individual/Professional

**Organization Name:** N/A

**First Name:** Lisa

**Last Name:** M

**Job Title:** Veterinary Industry

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I first tried eating according to the food guide pyramid in a college Karate class when I was in my 30's. I lost 15lbs without trying. I am now in my 40's and have been doing the FGP for almost a year. I am the leanest I've been in my life and I no longer have to do a forced fitness routine. I can simply stay naturally active and the weight still continues to drop off..and I can come home from work and relax instead of doing an hour of exercise every day. The FGP works if you write down what you eat. I have a log book that I log each portion into each category every day. I am devoted. There are days when I can't eat all my portions because I'm just too stuffed. I've never felt or looked better and I have the Food Guide Pyramid to thank for that. Obesity involves other factors and the FGP should not be blamed for Americans not being able to control their eating habits. It's very, very, very easy. At 43, I am thinner than the 20 & 30-somethings that I work with. I've given away 5 bags of clothes to Good Will and still have a closetful of clothes that are too big for me. The FGP works.

# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 000764

**Submission Date:** 11/19/2009

**Organization Type:** Individual/Professional

**Organization Name:** Nutrition and wellness

**First Name:** Yolanta

**Last Name:** Roman

**Job Title:** Diabetic educator

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid, Vegetables

**Attachment:** N

**Comment:** Please check Japanese food pyramid spinning top  
vegetables are high on the Pyramid and fruits are on the bottom  
we need it in the USA  
Vegetables and fruits not fruits and vegetables

**Comment ID:** 000765

**Submission Date:** 11/23/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Andrew

**Last Name:** Milkowski

**Job Title:** Adjunct Professor, University of Wisconsin

**Key Topic:** Eating Patterns, Food Groups

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

**Attachment:** Y

**Comment:** Comment on underlying hypotheses for epidemiological associations between diet and cancer.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000858

**Submission Date:** 02/11/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Susan

**Last Name:** Zabriskie

**Job Title:** Registered Dietitian

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** The 2005 Guidelines were so helpful in supporting increased consumption of fruit and vegetables. When I can recommend this as backed up by "Government Policy" it usually has more impact! However, I recommend revision of the pyramid to something closer to the past incarnations. This may-pole configuration was useless to me in my work. I used it only as a jumping off point in training sessions to point out that its ok to seriously question government driven policy and tools at times, and that if it seems impossible to use that's because it is...the more complicated you make this the less functional it becomes. I have been instructing groups and individuals on nutrition for over 30 years and I really think you might consult those of us in practice as much as you do the research findings. Believe it or not we actually do know how to process that information to create user-friendly accessible teaching materials.

I also would like to comment that the findings of the Mediterranean studies and the China study merit more attention than you have given them. The increase in plant-based foods, along with the reduction of refined carbohydrates can be emboldened at this point in time.

Thank you for the opportunity to comment.

Sincerely,

Susan Stern Zabriskie MS, RD #437904

**Comment ID:** 000886

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** I want to submit 4 attached files unzipped. I will try and if only one attaches I will attach each as a separate submission:

# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Eating Patterns**

Comments for Plate.doc  
Dietary Guidelines Breakfast Plate.doc  
Dietary Guidelines Lunch Plate.doc  
Dietary Guidelines Dinner Plate.doc

**Comment ID:** 000887

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** Please combine with my Submission 000886

**Comment ID:** 000889

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** Please combine with my Submissions: 000886, 000887, 000888

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000890

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** I sent Dietary Guidelines Dinner Plate twice as Submissions: 000886 and 000888. I meant to send this attachment Dietary Guidelines Lunch Plate as well. Please combine with my Submissions: 000886 (Dinner), 000887 (Breakfast) and 000889 (Comments). Thank you very much for your patience. I'm insecure with the process used to zip files.

**Comment ID:** 000896

**Submission Date:** 03/26/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** N

**Comment:** This is the reference for the American Heart Association's criteria for the Heart-Check mark used for the AHA's on-line Grocery List Builder:

<http://www.americanheart.org/presenter.jhtml?identifier=4973>

I mentioned this in my Submission 000892.

In conjunction with the Nutrition Facts label this AHA Heart-Check mark is really quite helpful. I shop weekly in the 32nd St Naval Commissary (the largest and most modern in the world), a top of the line San Diego supermarket chain Ralph's, a budget supermarket Food-4-Less, and sometimes in Whole Foods or Trader Joe's. Sometimes it is difficult to find Lower Sodium canned dry beans (I suggested rinse/drain), and some of the brands listed in all AHA Grocery List Builder categories. As you know I have included:

Healthy/Light pasta sauce, Lean/Healthy frozen entrees/meals, Light/Healthy soups/broth, 95-97% Fat Free Healthy-Deli meat, Light salad dressing etc, on My Pyramid Shopping List Submission, with a blue asterisk ("Contains more than 300 mg sodium but okay"). The average sodium content for my 8" Plate models is >1500-2300 mg/day, but still w/in <3 -4000 mg or no added salt level. Light salad dressing contributes the most to this total. I do see sodium intake in the general population vs the 1500-2300 mg recommendation as kind of "an elephant in the living room". Most people consume 2-3 times the daily sodium recommendation. The Light/Healthy foods, endorsed by the AHA, are a step down in calories, saturated fat, cholesterol and sodium.



# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

I do realize that to "best practice" model dictates that the 3 sample Plates should total no more than 1500-2300 mg sodium/day (or weekly average). Of course these 3 sample Plates can be adjusted to lower the sodium content; for example replacing Light salad dressing with oil and vinegar etc. Having said this people still do need step down alternatives to commonly consumed higher sodium processed foods and convenience foods like: Healthy Choice, Healthy Request, Heart Smart, Light etc..

**Comment ID:** 000897

**Submission Date:** 03/26/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

**Sub Topic:** Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** N

**Comment:** <http://www.webmd.com/food-recipes/features/the-best-of-the-light-salad-dressings>

Link to excellent Web MD article on Light salad dressings.

"Although a variety of dressings is always welcome, oil-and-vinegar based dressings, for the most part, have the nutritional advantage. A study published in the American Journal of Clinical Nutrition in 2003 found that women who used oil-and-vinegar salad dressings frequently (at least five times a week) had a 50% lower risk of fatal coronary artery disease than those who rarely ate this type of dressing. This link persisted even after the researchers adjusted for heart disease risk factors and consumption of vegetables."

**Comment ID:** 000892

**Submission Date:** 03/21/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** Dietary Guidelines Dinner Plate2.doc

I changed the wording in the Dinner Plate's Vegetable quadrants to:

"fresh, frozen, or canned No Salt Added, cooked green beans (green peas)" Now it matches the My Pyramid Shopping List.

Another point: I have used the Analyze Your Food Intake feature of the MyPyramid Tracker to calculate the sodium in my sample Plates and snacks. I realize that my sample 2000 calorie: 3 Plates + 2 snacks are closer to 3800 mg Sodium (still w/in 3-4000 mg/day) rather than 2300 mg recommended. Light salad dressing can be replaced with an oil

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

and vinegar dressing, but in reality most people probably choose the bottled dressings. The My Pyramid Shopping List also contains other Healthy/Light foods that are over 300 mg sodium per Label Serving size (and reference amount) like: soups, frozen entrees. These items are also on the American Heart Association's Grocery List Builder. Perhaps my contribution of the visual idea of the Plates will help in meal planning and portion control.

**Comment ID:** 000885

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Pratibha

**Last Name:** Patel

**Job Title:** MS, RD

**Key Topic:** Eating Patterns, Food Groups, Other

**Sub Topic:** MyPyramid, Other

**Attachment:** N

**Comment:** So far, the "MY PYramid" model has failed in practical applicaiton because of the complexity of translation of colored "bands" and the EXTRA materials involved in teaching it. There are simpler easier models such as food plates, take-away containers and bowls (what people eat from!) to demonstrate portions and food groups. There is no food label teaching that would educate on energy intake versus physical activity.

More emphasis on specific energy usage in physical activity and equivalent examples of food group intake would provide a better educational tool since research shows the population overestimates their physical activity and underestimates their energy intake (portions and food choices).

Simple to implement behavior models are essential to increase awareness of how it affects intake and exercise as a new section of these guidelines.

**Comment ID:** 000899

**Submission Date:** 03/30/2010

**Organization Type:** Individual/Professional

**Organization Name:** Kelly Consulting

**First Name:**

**Last Name:**

**Job Title:**

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

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

**Attachment:** Y

**Comment:** Consumer research on protein usage patterns and understanding of plant-based protein terminology

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000860

**Submission Date:** 02/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Hillary

**Last Name:**

**Job Title:** MS Student - Nutrition and Dietetics

**Key Topic:** Eating Patterns, Other

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** As a recent graduate with a BS in clinical nutrition and currently pursuing my MS in Nutrition I feel that the current food guide pyramid is greatly flawed. I have yet to meet an RD who thinks it is better than the old pyramid or an average individual who understands what the new one is trying to teach/show them. I think great consideration should be taken to revamp it and that when doing so the influence of large corporations and lobbyists who are only interested in their own agendas should be ignored. It should speak the truth in a clear and simple way that is easy to understand, rather than trying to please the corporations and lobbyists. When it comes down to it isn't the food guide pyramid suppose to only have the interest of the people it is trying to educate and provide the best health to in mind?

**Comment ID:** 000845

**Submission Date:** 02/03/2010

**Organization Type:** Industry Association

**Organization Name:** USA Rice Federation

**First Name:** Anne

**Last Name:** Banville

**Job Title:** Vice President, Domestic Promotion

**Key Topic:** Carbohydrates, Eating Patterns

**Sub Topic:** Whole grains

**Attachment:** Y

**Comment:** Thank you for the opportunity to submit written comments to the 2010 Dietary Guidelines Advisory Committee (DGAC) prior to the 5th meeting. The first-ever study of U.S. rice consumption patterns, related food intake, and the nutritional contribution that rice provides in the diets of Americans was conducted by Iowa State University and published in the Journal of the American Dietetic Association in October 2009. I am pleased to provide a copy of the report. Based on USDA survey data, the study found that eating rice helps improve overall diet quality; rice consumers choose a diet that includes more vegetables, a smaller share of energy from fat and saturated fat, more dietary fiber, and more iron than those who do not consume rice. It is important to note that this benefit is associated with enriched white rice, since this is the primary rice U.S. consumers eat. The consumption of whole grain brown rice, while growing very quickly, is still less than 10% of the U.S. rice market. While USA Rice Federation is committed to helping consumers increase their daily whole grain intake, we believe it is important not to lose the many benefits of enriched white rice in a healthy diet. Therefore, in the interest of supporting healthier eating patterns, the USA Rice Federation strongly urges the DGAC to maintain the specific recommendation for daily servings of enriched grains, including enriched

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

white rice, in the 2010 Dietary Guidelines for Americans. Thank you.

**Comment ID:** 000827

**Submission Date:** 01/28/2010

**Organization Type:** Industry Association

**Organization Name:** National Cattlemen's Beef Association

**First Name:** Shalene

**Last Name:** McNeill, PhD, RD

**Job Title:** Executive Director, Human Nutrition Research

**Key Topic:** Eating Patterns, Fats

**Sub Topic:** Saturated fatty acids

**Attachment:** Y

**Comment:** During the November 2009 Dietary Guidelines Advisory Committee meeting, the Fatty Acids Subcommittee presented findings on the evaluation of:

"The effect of saturated fatty acid intake on the risk of cardiovascular disease (CVD), type 2 diabetes and intermediate markers such as lipid and lipoprotein levels, measures of insulin resistance and inflammation."

Upon review of 12 studies published since 1999, the Subcommittee concluded that saturated fat is positively associated with increased serum total and LDL cholesterol and increased risk for CVD. However, a recent meta-analysis published in the American Journal of Clinical Nutrition by Siri-Tarino, et al. found there is insufficient evidence to conclude saturated fat is associated with an increased risk of coronary heart disease, cardiovascular disease or stroke. This large meta-analysis of 21 well-designed prospective epidemiologic studies with 347,747 subjects also concluded that more data is needed to elucidate whether CVD risks are likely to be influenced by specific nutrients used to replace saturated fat.

In addition, the authors, Patty Siri-Tarino, Qi Sun, Frank Hu and Ron Krauss, state the results of this meta-analysis suggest publication bias, as studies with significant associations tend to be received more favorably for publication. They hypothesize if studies with null associations were included in the current analysis, the pooled RR estimate for CVD could be even closer to null.

We respectfully request that the Fatty Acids Subcommittee include this recent meta-analysis in its evidence-based review on this topic.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000789

**Submission Date:** 01/11/2010

**Organization Type:** Industry Association

**Organization Name:** National Cattlemen's Beef Association

**First Name:** Shalene

**Last Name:** McNeill, PhD, RD

**Job Title:** Executive Director, Human Nutrition Research

**Key Topic:** Eating Patterns, Fats

**Sub Topic:** MyPyramid, Saturated fatty acids

**Attachment:** Y

**Comment:** During the Fatty Acids Subcommittee's discussion in the recent Dietary Guidelines Advisory Committee meeting, it was stated that the lack of change in fat consumption since the mid-1990s, despite ongoing public health recommendations to decrease fat and saturated fat consumption is related to an increase in meat in the food supply and that the food supply is working against efforts people may make to improve their lifestyle. On behalf of America's farmers and ranchers, we would like to take this opportunity to clarify the inference that meat limits Americans' efforts to improve their diets. The Beef Industry has committed significant resources to help consumers meet public health recommendations to lower fat and saturated fat intake, through the provision of leaner beef cuts and a continued commitment to educate consumers about selecting, trimming and preparing beef to optimize its leanness, and how to enjoy beef as part of a balanced and varied diet.

The enclosed comments offer three key points essential for the Committee's consideration: 1.) lean beef is widely available, 2.) lean beef is popular with consumers, and 3.) consumption of beef as part of a healthful, balanced diet consistently results in favorable results in health outcomes.

Nutrient-rich beef remains popular among consumers. Given the dramatic reductions to beef's saturated fat profile and the availability and popularity of lean beef, it is essential to educate Americans about how to identify, prepare and incorporate lean beef in a healthy diet. Research indicates showing consumers "how to" improve their diet rather than avoidance messages is the best way to improve Americans' nutritional status and ultimately their health. We suggest educating the public about how to select and prepare lean cuts of beef is central to helping them build and adhere to healthy and enjoyable diets.

# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 000895

**Submission Date:** 03/26/2010

**Organization Type:** Industry Association

**Organization Name:** American Meat Institute

**First Name:** Betsy

**Last Name:** Booren

**Job Title:** Director of Scientific Affairs

**Key Topic:** Eating Patterns, Fluid and Electrolytes, Food Groups, Food Safety, Protein

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

**Attachment:** Y

**Comment:** Please see attached document for comments.

**Comment ID:** 000920

**Submission Date:** 04/07/2010

**Organization Type:** Industry Association

**Organization Name:** Grocery Manufacturers Association

**First Name:** Robert

**Last Name:** Brackett

**Job Title:** SVP and Chief Science and Regulatory Affairs Officer

**Key Topic:** Eating Patterns, Fluid and Electrolytes, Minerals, Other, Vitamins

**Sub Topic:**

**Attachment:** Y

**Comment:** GMA is pleased to take this opportunity to submit comments to the Dietary Guidelines Advisory Committee in regards to the 2010 Dietary Guidelines. Additional comments will be submitted ahead of the final meeting of the 2010 Dietary Guidelines Advisory Committee. Areas of focus contained in this letter include the importance of a total diet approach to healthy eating, food fortification, and sodium.

# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Eating Patterns**

**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.

**Comment ID:** 000832

**Submission Date:** 02/01/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Oldways

**First Name:** Sara

**Last Name:** Baer-Sinnott

**Job Title:** Executive Vice President

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Other, Vegetables

**Attachment:** Y

**Comment:** With this letter, we want to highlight:

(a) the importance of cooking and preparation methods for the overall health for Americans, (b) the importance of including all plant foods in the Guideline recommendations, without distinguishing one from another.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000850

**Submission Date:** 02/07/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Adeshewa

**Last Name:** Balogun

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Hello this letter is in regards to the food pyramid published on your page.

The pyramid logo does not convey information about nutrition.

If the purpose of the pyramid is to help Americans stay healthy and reduce obesity, its primary objective has failed due to insufficient images of what foods people should and should not eat on the main pyramid logo. On average people look at print advertisement for no more than 2 seconds (Rayner 2008). In addition, 27 million Americans are illiterate (Parker 2005). Forty percent of Americans don't have home computers and 20 percent have never uses the internet (Travis 2006). When all of the aforementioned factors are taken into consideration the new food pyramid will have a minimum effect on the American population and may actual confuse some people making it less effective than the old image. Therefore, the logo needs to be change if one hopes to reduce obesity and help Americans stay health.

Adeshewa Balogun

Work cited

R. Parker (1995)The test of functional health literacy in adults, journal of general international medician

K. Rayner (2008) Eye Movement when looking at print advertisement. Applied cognitive psychology

H. Travis (2006) Wi-Fi Everywhere: Universal Broadband Access as Antitrust and Telecommunications Policy,Villanova University School of Law

K. Rayner



# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 000802

**Submission Date:** 01/19/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Loraine

**Last Name:** McIntyre

**Job Title:** Owner/Grower

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** In regards to the new 2010 standard guidelines: I would urge the committees to move away from the use of calories as a measurement for nutritional intake. A person can consume 2000 calories daily and receive a virtually negative nutritional intake. Calories is also confusing to the average American and difficult to calculate. It would be prudent for future standards to simplify the focus to three distinctive categories. Protein intake, carbohydrate intake and non-starchy vegetable (fiber and mineral) intake. The balance of these three categories has a distinct impact on the nutritional intake gained as well as the balance of the body's three major hormones (insulin, adrenaline and cortisol). Imbalances among these major hormones have been shown to be building blocks for most of today's major illnesses. Maintaining a healthy digestive tract through the digestion of probiotic or cultured foods is also not mentioned in the food pyramid. Excessive intake of grains can be a major source of starchy carbohydrates and inflammation and should be limited. Examination of our intake of grains should be examined. Have you ever tried avoiding all grains for just one day, try it. Grains (a starch source) represent more than 50% of the American diet. Perhaps we need a food circle, not a triangle, identifying proteins, starches and non-starch food sources with a focus on nutrition not calories.

It is with great appreciation of the 2010 committee's efforts that this is submitted. I urge you to please focus on American health rather than American economics.

Please reference works by Dr. Diana Schwarzbiem (endocrinologist, "The Program"), Jordan Rubin (The Maker's Diet), Doug Kaufmann (The Fungus Link) and Sally Fallon (Nourishing Traditions) all noteworthy and nutrition focused.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000855

**Submission Date:** 02/10/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** D

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** The new pyramind is literally no better than the last one. In fact why is it a pyramind at all? What is the point?

**Comment ID:** 000906

**Submission Date:** 04/04/2010

**Organization Type:** Other

**Organization Name:** Private citizen

**First Name:** Dave

**Last Name:** Bryant

**Job Title:** RN

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** We need to take a close look at:

Eliminate sugar (including fruit juices and sports drinks) and all foods that contain flour.

Start eating proper fats - Use healthy animal fats or coconut fat to substitute fat calories for carbohydrate calories that formerly came from sugar and flour. Drink whole cream or coconut milk.

Eliminate gluten grains. Limit grains like corn and rice, which are nutritionally poor.

Eliminate grain and seed derived oils (cooking oils) Cook with Ghee, butter, animal fats, or coconut oil.

Take a look at Ancel Keys 7 countries study, the father of the Lipid Hypotheses. He removed all the countries that did not match his hypotheses, only keeping 7 of the 22 countries.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

Wake up everyone. The Lipid Hypothesis is wrong.

**Comment ID:** 000912

**Submission Date:** 04/05/2010

**Organization Type:** Other

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Meat, 16-32oz, non-lean. Contains healthy saturated fats and reduced levels of easily oxidizable polyunsaturates, and plenty of protein, minerals, and vitamins, especially from animals fed their natural diet. Examples include grass-fed beef, eggs from uncaged hens allowed to eat insects, and game meat.

Vegetables, non-starchy, as many servings as desired. Contains plenty of vitamins and minerals.

Fruit, 0-6oz, preferably berries. Contains anti-oxidants. Also contains vitamins and minerals, usually in lower quantities per amount of sugar than non-starchy vegetables.

Bread products, none. Contains anti-nutrients like gluten and wheat germ agglutinin, with no beneficial nutrients that can not be found in other food sources.

Dairy, minimal milk, some cheese, unlimited milkfat. Lactose and casein are noted to have undesirable side-effects, but milk-fat, especially from grass-fed cows, has a healthy ratio of omega 3 to omega 6, largely non-oxidizable saturated fats, and some monounsaturated fat.

Fats and oils: Again, mainly saturated fat sources such as milkfat and coconut oil. Monounsaturated fat is preferred after saturated. Polyunsaturated is easily oxidizable and excess omega 6 can cause metabolic derangement and along with bread products is a likely cause of most diseases of civilization. Vegetable oils have unhealthy levels of polyunsaturates, and especially omega 6.

Most calories should be consumed from animal products such as meat and dairy fat, with a low to moderate carbohydrate intake from non-starchy vegetables.

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000786

**Submission Date:** 01/05/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Shane

**Last Name:** Martinez

**Job Title:** Student

**Key Topic:** Eating Patterns, Food Groups, Food Safety, Minerals, Other, Vitamins

**Sub Topic:** Calcium, Iron, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Other, Vitamin D

**Attachment:** N

**Comment:** The milk group should not be MILK, but CALCIUM group since that is what that group pertains to. We should have the option and info to know different calcium food sources.

Olive oil should be given more credit in the oils group like the Mediterranean pyramid and limit other vegetable oils. I also think you should take steps to reduce meat consumption in the meat and beans group. Set a number of ounces of meat per week, not per day. Include a link to EPA fish advisories for mercury content of fish in their area. We must take into consideration environmental toxins because nutrition is evolving. Agriculture is evolving.

Fluoride should be further researched and provide data that it may be over-consumed in children because of tap water and brushing teeth with sodium fluoride. It is not essential in Europe which makes me wonder why. Emphasize sunlight for vitamin D and not fortified foods because I have noticed most fortified foods contain D2 and not D3. Emphasizing sunlight will also increase activity levels.

We need to understand mineral ratios such as iron, copper, and zinc; sodium and potassium; calcium and magnesium etc.

Thank you and looking forward to great changes!!!  
Shane Martinez

# Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Eating Patterns

**Comment ID:** 000833

**Submission Date:** 02/01/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Katherine

**Last Name:** Beals

**Job Title:** Professor/Nutrition Consultant

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

**Sub Topic:** Other

**Attachment:** Y

**Comment:** First cultivated in Peru around 200 B.C., potatoes have established a foundational role in diets of individuals throughout the world, because they provide nutrients needed to maintain good health. Potatoes are low in calories, fat- and sodium-free, and nutrient dense--a medium potato is an excellent source of vitamin C (45% of the Daily Value) and a good source of potassium (620 mg or 19% of the Daily Value). With 2 grams of fiber per serving, potatoes rival many vegetables and whole grains, plus they contain resistant starch, a non-digestible polysaccharide that is gaining increased attention for its potential health and weight management benefits. Finally, potatoes are economical, providing more nutrients per dollar than many other vegetables, which is paramount in today's economy.

**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

# Comments Summary Report

*Submission Date Between 10/29/2009 and 04/07/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 000891

**Submission Date:** 03/18/2010

**Organization Type:** Professional Association

**Organization Name:** Society for Nutrition Education

**First Name:** Jackie

**Last Name:** Williams

**Job Title:** Executive Director

**Key Topic:** Eating Patterns, Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Our comments are in the attached PDF file.

**Comment ID:** 000865

**Submission Date:** 02/16/2010

**Organization Type:** State/Local Government Agency

**Organization Name:** Alabama Cooperative Extension System

**First Name:** Kelley

**Last Name:** Dees

**Job Title:** Agent Assistant

**Key Topic:** Eating Patterns, Other

**Sub Topic:**

**Attachment:** N

**Comment:** Please include information about the dangers of artificial sweeteners and how these artificial sweeteners make you more hungry after you eat food items containing artificial sweeteners due to how artificial sweeteners trick the body.