

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000259

**Submission Date:** 01/31/2009

**Organization Type:** Educational Institution

**Organization Name:** Saint Louis University

**First Name:** Dawn

**Last Name:** Weber

**Job Title:** dietetic intern

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** More plant based nutrition and less animal products. We need to stop pandering the animal industry- animal products should be only a fraction of the diet. Whole grains, legumes and high protein meat substitutes, nuts, fruits and vegetables should be the top of the list. Healthy olive oil and other healthy fats like olives, avocados, and canola oil should be stressed. Trans fats should be banned - why are they even produced when we know how bad they are for us? We have more than enough research to support the plant-based diet. And more money should be used to support fruit, vegetable, and grain farmers; much less to dairy, cattle, and pork!

**Comment ID:** 000262

**Submission Date:** 02/01/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Allison

**Last Name:** Miner

**Job Title:** Associate Professor

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I would like to see the daily recommendations changed to an averaged amount over a three-day period. With the exception of small children, no one needs to eat all of these nutrients every day. Instead, the recommendations should encourage people to strive for an average nutrient goal over a week's period rather than every day. All of this food contributes to the obesity problem plaguing Americans.

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Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000296

**Submission Date:** 02/09/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Michelle

**Last Name:** White

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** DASH, MyPyramid

**Attachment:** N

**Comment:** The My Pyramid guideline seems to be tailored towards the average healthy individual who needs to maintain their weight. As an overweight individual, I would enjoy seeing a My Pyramid tailored for the individual who desires to lose weight. Although you give recommendations as to what foods to eat to lose weight, as a visual aid, it would be more helpful to see the recommendations on the pyramid. I recommend that you create two charts, one for the healthy individual who wants to maintain their weight, and one for the overweight/obese individual who desires to lose weight.

**Comment ID:** 000359

**Submission Date:** 03/04/2009

**Organization Type:** Educational Institution

**Organization Name:** Mendon Center Elementary School

**First Name:** Linda

**Last Name:** Khalil

**Job Title:** School Nurse Teacher

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** Y

**Comment:** I teach health to 5th grade students. My classes learned about the Dietary Guidelines and Pyramid as part of their nutrition unit. In an effort to help them practice their advocacy skills, I promised them that I would pass on their comments for the 2010 Guidelines. The students felt the Dietary Guidelines were useful and practical and would help them "be healthy growing up" They suggested these changes to the Food Pyramid-make the colors in each stripe gradually lighter as you move toward the top. This would help people to realize that within each food group you can have more of some foods than others. We use the Go, Slow, Whoa stoplight chart from the NHLBI-We Can and that fits perfectly over the Pyramid with Slow at the bottom, whoa in the middle and Slow at the top- my students think you should add those words vertically across the pyramid. Because we talked about kids not getting enough calcium... they suggested adding some kind of guideline for kids that would promote that. the other area that they felt was missing was sleep!

thank you,

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Key Topic: Eating Patterns

Linda Khalil, RN MS Ed.  
Pittsford Central School District  
Mendon Center Elementary School  
110 Mendon Center Rd.  
Pittsford, NY 14534

**Comment ID:** 000271

**Submission Date:** 02/04/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince Georges Community College

**First Name:** Teana

**Last Name:** C

**Job Title:**

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

**Sub Topic:**

**Attachment:** N

**Comment:** Increasing the consumptions of fruits and vegetables and eating less fatty foods or fast foods would definitely make for a life longevity. Advertising less fast foods could be a start to improve obesity. Also excersing more could prevent obesity. Maybe advertising more healthy promotions like gyms.

**Comment ID:** 000233

**Submission Date:** 01/27/2009

**Organization Type:** Educational Institution

**Organization Name:** Georgetown University

**First Name:** Douglas

**Last Name:** Eagles

**Job Title:** Assoc. Prof. and Chair, Department of Biology

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

**Sub Topic:** Other

**Attachment:** N

**Comment:** Lipogenesis is most easily induced by dietary carbohydrate, via insulin release. Low carbohydrate (usually high fat) diets result in elevated glucagon/insulin ratios and fat mobilization. Calorie restriction is the only demonstrated means of increasing longevity. One concept that does not seem to appear in food guidelines is that of physiological adaptation. The body adapts to whatever condition it faces. If "dieting" means calorie restriction, then at least two major factors come into play, if physical activity is kept constant. First, any substantial reduction in caloric intake results in a reduced metabolism and a slower weight loss. At some point, body mass may stabilize, because (a) the body is smaller and (b) the metabolic rate is lower. Second, virtually all cell surface receptors change, either in sub-type or in numbers per cell, as their activating factor changes

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**Key Topic: Eating Patterns**

concentration. In very general terms, high concentrations lead to low numbers of receptors, and vice-versa.

My point in all of this is that I think any guideline that is formulated should make known to the public that their bodies will adapt to any changes they make in diet, tending to reduce the impact of the changes they have initiated. One whose lean body mass is 150 lbs is not likely to get there, starting from 300 lbs, by cutting calories by 5%. S(he) may reach 250 (I am making these numbers up) but will then stabilize and need to reduce calories further. It is probably unwise (for many reasons) to simply start out by chopping caloric intake in half if that were the calculated amount to provide maintenance at 150 lbs.

In sum, my point is that energy balance is dynamic and I have not seen that expressed in the various guidelines that have been promulgated. It might reduce frustration in people trying to lose weight.

**Comment ID:** 000275

**Submission Date:** 02/05/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Subomi

**Last Name:** Johnson

**Job Title:** Student

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

**Sub Topic:** Other, Weight loss, Weight maintenance

**Attachment:** N

**Comment:** Most Americans never care about what goes in to their stomach, which is the major reason why nutritional problem is the number one problem faced by Americans today. But even if they care about what they eat and they are not physically active, it will eventually result to a similar problem. For a good and health living, Americans should be encouraged to eat more of greens, wheat, and intense physical exercise. It will be very important for more Americans to maintain about 60 to 90 minute or even more. I have never seen or heard that excessive regular exercise kill, however, it's even fun for humans to visit the road once a while by running, jogging, or even just working. The road is there just waiting for us to bear him a visit any time. And also most of these healthy foods are the less expensive ones, so why can't Americans save money, health and even live longer life by eating right and exercising more often. I have been there once in my life where I do not exercise but eat anything eatable except vegetables, or in general, nutrient dense foods. But after I renovate myself to I see the difference. Please Americans love your-self and take care of your-self know for a better old age.

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Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000453

**Submission Date:** 04/23/2009

**Organization Type:** Educational Institution

**Organization Name:** Creighton University, Osteoporosis Research Center

**First Name:** Karen

**Last Name:** Rafferty

**Job Title:** Senior Research Dietitian

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

**Sub Topic:** Calcium, Milk

**Attachment:** Y

**Comment:** Comments summarizing new research data and conclusions presented in attached letter.

**Comment ID:** 000338

**Submission Date:** 02/11/2009

**Organization Type:** Educational Institution

**Organization Name:** University of North Dakota

**First Name:** Nicholas

**Last Name:** Ralston

**Job Title:** Health Effects Research Program Leader

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

**Sub Topic:**

**Attachment:** Y

**Comment:** Your committee will be interested in recent advances in understanding the role of selenium in assessment of benefits and risks of seafood consumption. In addition to the previously submitted letter, the attached copy of a recent article published in Neurotoxicology provides important insights on seafood safety. Experimental animals in this study were exposed to otherwise lethal concentrations of methylmercury, but showed no signs of toxicity when their diets were supplemented with selenium at levels that are slightly less than the average amount present in ocean fish. Therefore, the amounts of selenium in ocean fish would be expected to be more than sufficient to prevent development of adverse effects from the relatively low amounts of methylmercury that they normally contain. Adverse effects from methylmercury exposure were not reliably predictable using the simple mercury dose-effect paradigm. Instead, methylmercury toxicity was directly related to dietary mercury:selenium molar ratios, with no adverse effects observed when selenium was present in molar excess of mercury. Since ocean fish selenium is normally present in 5-50 fold molar excess of mercury, no harmful effects would be expected to accompany methylmercury exposure from this source, and none has been seen in any of the major human studies. Instead, substantial beneficial effects of up to 10 IQ points have been seen in children of mothers that eat ocean fish during pregnancy.

Methylmercury is, by biochemical definition, a highly specific, irreversible inhibitor of selenium-dependent enzymes. Therefore, the findings reported in the attached article correspond with expectations that supplemental selenium overcomes methylmercury toxicity by maintaining normal activities of selenium-dependent enzymes that are required to prevent oxidative damage in brain tissues.

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Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000377

**Submission Date:** 03/18/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Petra

**Last Name:** Schulte

**Job Title:** Nutrition Educator

**Key Topic:** Eating Patterns, Protein

**Sub Topic:**

**Attachment:** N

**Comment:** Evidence suggests that the most healthful diets drastically reduce the use of animal products while including large amounts of vegetables and fruits. Eliminating meat and dairy products from your diet is a powerful step in disease prevention. These products are typically high in saturated fat and cholesterol and completely devoid of fiber. They have also been specifically linked to an increased risk of certain types of cancers, heart disease, and diabetes. Eating a mostly raw food plant-based diet rich in fruits, vegetables, whole grains, beans, nut and seeds is the best way to prevent disease.

Federal dietary guidelines need to reflect a health promoting diet to directly target the diet-related diseases that claim millions of American lives each year. T. Colin Campbell in his ground-breaking study "The China Study" recommends a whole food, plant-based diet containing fruits and vegetables, grains, beans, nuts and seeds. I also think that we need to create a separate category for leafy greens since they contain so much easily absorbable plant protein and vital minerals.

As we confront a future in which rising rates of obesity and chronic disease could cause the next generation of children to lead shorter lives than their parents, the need for fundamental changes to America's eating habits couldn't be clearer. Despite all the evidence backing the healthfulness of a plant-based diet, there are challenges in changing the guidelines. The USDA's primary purpose is to promote American agribusiness, which often conflicts with promoting health. Special interest groups, especially the powerful meat industry, make it difficult for the USDA to encourage healthful behavior. It is the duty of the USDA to protect the public from special interest groups and issue dietary guidelines that will promote people's health.

Science supports a plant-based diet for optimal health. Even the American Dietetic Association states that "well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle." Studies show that plant-based diets can reduce the risk of type 2 diabetes, cardiovascular disease, and some types of cancer.

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Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000324

**Submission Date:** 02/10/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Raini

**Last Name:** Haynes

**Job Title:** student

**Key Topic:** Eating Patterns, Protein

**Sub Topic:**

**Attachment:** N

**Comment:** I believe more information should be provided regarding vegetarian lifestyles to ensure proper protein consumption and the various methods of obtained protein.

**Comment ID:** 000260

**Submission Date:** 01/31/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Keith

**Last Name:** Herman

**Job Title:**

**Key Topic:** Alcoholic Beverages, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Food Groups, Nutrient Density/Discretionary Calc, Vitamins

**Sub Topic:**

**Attachment:** N

**Comment:** The first rule of research is to not recreate what someone else has already done. After five years of analyzing all of the relevant studies, in November of 2007 the World Cancer Research Fund published Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective . This 500 page report was the joint conclusion of committees from five countries. This is the most accurate, unbiased, scientifically rigorous, evaluation of diet, physical activity and health ever performed. The Report concludes with these ten summary recommendations that are designed to reduce the risk of all illnesses, not just cancer:

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
5. Eat mostly foods of plant origin (vegetables, fruits, whole grains, and legumes)
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).

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8. Don't use supplements to protect against cancer.

9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.

I encourage the US to officially adopt these guidelines and do away with the biased, inaccurate, Food Guide Pyramid and outdated "food groups" that are increasing our nation's health care problems.

Keith Herman

**Comment ID:** 000337

**Submission Date:** 02/11/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Glenn & Debbie

**Last Name:** Carson

**Job Title:**

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

**Sub Topic:** Fiber, Fruits, Glycemic index, Grains, Whole grains, MyPyramid, Vegetables, Weight loss, Weight maintenance, Whole grains

**Attachment:** N

**Comment:** We urge the USDA to emphasize a plant-based diet, including fruits, vegetables, whole grains, beans, nuts and legumes and to avoid processed foods. Such a diet will result in weight loss/maintenance and numerous health benefits.

**Comment ID:** 000254

**Submission Date:** 01/29/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Citizen Concerned About National Health

**Last Name:**

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups, Food Safety, Nutrient Density/Discretionary Calc

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

**Attachment:** N

**Comment:** I urge the committee and participants to consider the strategic importance of good health for our nation. I am shocked by how obese this nation is - from adults to children of all ages. When I was growing up in the 1970s and 1980s, one could count on one hand the number of obese people of one's acquaintance. Now that ratio is nearly inverse.

For too long the mass-production food lobbyists have had a stranglehold on national dialogue and public policy for subsidies, advertising and lobbying. As a result, our food contains unhealthy corn by-products, too much sugar, too many preservatives. Our food is shipped across vast distances, sometimes from other countries. The animals and

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produce we eat have been genetically modified to disturbing degrees that we still do not fully understand. Our methods of handling livestock are still grotesque and unsafe despite decades of advocacy by animal behaviorists, public health officials and activists.

As a citizen and taxpayer, I am disgusted by the poor lifestyle choices many of my fellow citizens are making - and am angry that I am perforce subsidizing their lousy choices by having my tax dollars allocated to their health problems and having to pay higher insurance premiums to protect their excessive health cost benefits.

Please fix this. I know it's a big problem, but it's hardly insurmountable.

**Comment ID:** 000389

**Submission Date:** 03/24/2009

**Organization Type:** Individual/Professional

**Organization Name:** Waterfront Fitness Center, Naval Base Bangor, WA

**First Name:** John

**Last Name:** Wood

**Job Title:** Fitness and Nutrition Program Coordinator

**Key Topic:** Carbohydrates, Eating Patterns, Fats

**Sub Topic:** Low carbohydrate

**Attachment:** N

**Comment:** Previous recommendations for macronutrient balances within caloric intake requirements were widely publicized as 55-60% carbohydrate, 20-30% fat and 15-20% protein. Based on the current Guidelines and My Pyramid, these numbers have shifted to lower carbohydrate intake and higher protein intake. While this is consistent with current research, the format of MyPyramid makes this balance is not readily seen. I personally came up with a 40% carbohydrate, 30% protein, 30% fat balance based on average foods within each category.

Due to this change in format, the old recommendation of approximately 55c/15p/30f is still found in many resources and is commonly recommended in the fitness and nutrition industry. For example, it is still the recommended intake ratio on the ACSM and ACE Resources for the Personal Trainer books which are used extensively by fitness professionals.

It would be very helpful to see both the graphical and serving recommendations currently seen in the MyPyramid format and the caloric ratios seen in the older Guidelines in order to promote the difference.

The current Guidelines also emphasizes the philosophy of caloric restriction to reduce weight. This recommendation needs to be revised since this theory disregards changes in metabolism in response to caloric restriction and muscle catabolism.

A heavier emphasis should be placed on proper macronutrient balance as excessive carbohydrate intake is the true controlling factor for body fat due to the role of insulin and glucose in the formation of glycerol and the esterification of trigacylglycerols. I typically find a 70-80% carbohydrate ratio in my obese clients. Careful tracking of diet and body fat calculations has shown that caloric restriction only results in muscle loss and energy depletion while balancing of macronutrient intake results in consistent weight loss without hunger, loss of energy, or muscle catabolism.

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Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000425

**Submission Date:** 04/17/2009

**Organization Type:** Individual/Professional

**Organization Name:** HEALTHYPEOPLE.COM

**First Name:** Helene

**Last Name:** Berk, M.Ed., R.D.

**Job Title:** Registered Dietitian, Health Reporter, Publisher of healthypeople.com

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins

**Sub Topic:** Added sugars, Fish oil, Omega 3 fatty acids, Fruits, Glycemic index

**Attachment:** Y

**Comment:** Please allow me to introduce myself. As a registered dietitian [Case Western Reserve University, Cleveland, OH, 1984], I have practiced medical nutrition therapy. I am also a health reporter and publisher of healthypeople.com

I do believe the predicament with The Pyramid is grains at the bottom. Thankfully the solution is simple: place VEGETABLES at the Base of The Pyramid, especially, the leafy green ones to help manage inflammation and pH Balance within the system. Simply shift this paradigm. It is quite easy.

We have medical visionaries amongst us. Pioneers in Integrative Medicine, such as Andrew Weil, M.D., Dean Ornish, M.D., Caldwell Esselstyn, Jr. M.D., T. Colin Campbell, M.D., Neal Barnard, M.D., all of whom would agree USA's health care dilemma stems from diseases of lifestyle. Since inflammation precipitates most medical conditions, it stands to reason if we manage inflammation we can manage any chronic condition. This includes heart disease, type 2 diabetes, metabolic syndrome, hypertension, cancers, immune disorders, depression, etc.

Thanks to these integrative medical pioneers, we now know the basic challenge for us all boils down to a condition coined by Andrew Weil, M.D. as low grade inflammation. And, we can measure our progress with hemoglobin A1C tests.

The question is: How do we manage inflammation?

Part of the answer is consuming alkaline foods [like green leafy vegetables] and alkaline beverages [like green drinks, phyto-plankton based beverages], or consuming foods which break down into an alkaline ash [e.g., like grapefruits].

Including Omega 3 fats or foods rich in Omega 3 fatty acids [unprocessed soy, salmon, walnuts, grass-fed meat and Omega-3 rich eggs, flax seeds, hemp seeds, hemp milk, grasses, etc.] is another method to manage inflammation.

Naturally occurring COX 2 inhibitors: Some foods, like black cherries, manage inflammation with COX 2 inhibitors. Antioxidants and phytonutrients help, too! See Attachment

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Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000251

**Submission Date:** 01/28/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Paul

**Last Name:** estrada

**Job Title:** personal trainer

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

**Sub Topic:** Added sugars, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** N

**Comment:** We need to get back to what our bodies evolved with. eating foods that have been around for millions of years. That being meats, vegetables, nuts, seeds, fruits. Eating balanced like The Zone Diet by Dr. Barry Sears. Sugar is a way bigger problem then fats are. People don't need to worry about nut, fish and plant based fats. But starches and refined carbs cause more bodily damage then anything else.

**Comment ID:** 000250

**Submission Date:** 01/28/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Tom

**Last Name:** E

**Job Title:** Student

**Key Topic:** Carbohydrates, Eating Patterns, Protein

**Sub Topic:** Added sugars, Glycemic index, Low carbohydrate

**Attachment:** N

**Comment:** The primary culprit in the litany of diseases afflicting Americans, and most of the Western world for that matter, is hyperinsulinemia resulting from overconsumption of processed carbohydrates. Google "hyperinsulinemia" and you will find it has been linked to varying degrees with diabetes, heart disease, obesity, cancer, and many more maladies. Human bodies have not changed, evolutionarily speaking, in response to the agricultural revolution. Evolution simply does not work fast enough. We are biologically designed to run on hunter-gatherer diet of meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. Unfortunately, the current food pyramid recommends a diet based mostly on processed grains and other carbohydrates, such as bread, pasta, and rice. These terrible dietary recommendations are a perfect recipe for insulin resistance, diabetes, obesity and death. The US dietary guidelines must be revised to emphasize reduced consumption of carbohydrates, especially processed and sugary carbohydrates. In their place, Americans must eat more healthy proteins such as lean meat and fish, as well as healthy fats from nuts, seeds, avocados, oils, etc.

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Key Topic: Eating Patterns

**Comment ID:** 000258

**Submission Date:** 01/31/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Judi

**Last Name:** Gustafson

**Job Title:** RN/ organic farmer

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I am concerned with school menus. I would like to see across the board emphasis on healthy eating, beginning with menus in which every item is healthy. Also, with a big promotion (to compete with tv & other advertising) for kids to choose healthy.

**Comment ID:** 000241

**Submission Date:** 01/28/2009

**Organization Type:** Individual/Professional

**Organization Name:** Hc2

**First Name:** Michael

**Last Name:** Manning

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar.

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Key Topic: Eating Patterns

**Comment ID:** 000266

**Submission Date:** 02/03/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Matt

**Last Name:** DeMinico

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I've been told the dietary guidelines are up for review in 2010. It's a very simple matter actually; look at what works. In the early 1900's, 30% of Americans were overweight. The dietary guidelines were changed to "low fat, high carb" in the thought that since fat was called "fat", it must make people fat. Today, nearly 70% of Americans are overweight or obese.

Fat is not the devil. Saturated fat does not kill you. And mono/polyunsaturated fats are not the only fats you should consume in quantity. And sufficient meat (yes, dead animals for the PETA crowd out there) is critical to living a long, healthy life the way our bodies are meant to live it. There are no natural sources that supply sufficient protein for our bodies needs, except meat. All other sources are either incomplete proteins, or when combined yield a high amount of carbohydrates relative to the amount of protein consumed, often with little or no fat.

In simple terms: Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar.

Do the right thing and tell Americans to quit downing all the "healthy" high fiber breads, pastas, and starchy foods.

**Comment ID:** 000366

**Submission Date:** 03/11/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Helen

**Last Name:** Gonzalez

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** In regards to the dietary recommendations made by the Committee, please place greater emphasis on a plant-based diet. This is much better for the individual, the environment,

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and the animals who suffer in the animal-farming industry. Also, an emphasis on whole foods rather than processed foods...better mentally, physically and it's very rewarding to spend time cooking your own meals from healthy grains, vegetables, nuts, etc.  
Thank you for considering my suggestion.

**Comment ID:** 000370

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

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Brent

**Last Name:** Sheldon

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I feel you should include a summary in simple terms, what the "average" person needs on a daily requirement to fulfill a healthy balanced diet. A simple instruction, so that when a person reads the label of any food product, they can determine how much of the daily requirement of that product fulfills. If I need 2000 calories a day, for an example, how much of this should come from fats,sodium,carbohydrates,proteins, sugars,etc.

**Comment ID:** 000432

**Submission Date:** 04/21/2009

**Organization Type:** Individual/Professional

**Organization Name:** ESA

**First Name:** Ellyn

**Last Name:** Satter

**Job Title:** Publisher and consultant

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** Given the complexity in our food supply, defining superiority in food selection is an impossible task, and a risky one. Particularly in these stressful economic times, endorsing one food or dietary philosophy over another can be tantamount to telling a parents they are giving their children inferior food. Instead of letting yourselves be bogged down by micro-managing food selection, think in broader and more inclusive terms. Support positive eating attitudes and behaviors.  
According to research published in the Fall 2007 supplement to the Journal of Nutrition Education and Behavior, the Satter Eating Competence Model (ecSatter) is being positive, comfortable and flexible with eating as well as matter-of-fact and reliable about getting enough to eat of enjoyable and nourishing food. ecSatter is predicated on the utility and effectiveness of biopsychosocial processes: hunger and the drive to survive, appetite and the need for pleasure, the social reward of sharing food, and the biological propensity to

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maintain preferred and stable body weight.

Adults who score high on the Satter Eating Competence Inventory (ecSI) have indicators of better diets and have weights that tend toward the average. They also show better health indicators: They have higher high-density lipoprotein, lower blood pressure (even when stress-tested), lower total cholesterol and low-density lipoprotein, and lower triglycerides.

To support eating competence, go back to supporting nutritional adequacy, and leave medical nutrition therapy to the clinical dietitians. Give basic information, then trust consumers, and the process, to bring themselves along.

**Comment ID:** 000379

**Submission Date:** 03/18/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Terry

**Last Name:** Nieves

**Job Title:** Project Director, Network For A Healthy California- Mendocino County Schools

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I would like to comment that dietary guidelines need to be improved by telling people they should eat more fruits and vegetables, plant based diets and less meat, sugar, fats and carbohydrates. The industry should not control our health, the guidelines should be from good science, not industry preferences.

**Comment ID:** 000420

**Submission Date:** 04/15/2009

**Organization Type:** Individual/Professional

**Organization Name:** The Church of Jesus Christ of Latter-day Saints

**First Name:** Gary

**Last Name:** Merrill

**Job Title:** Professor

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

**Sub Topic:** Weight maintenance

**Attachment:** N

**Comment:** According to the peer-reviewed, published research of Dr. James Enstrom, UCLA School of Public Health, in the U.S. those living a Mormon high priest-like lifestyle are the healthiest Americans, bar none. Mormon high priests who live this lifestyle follow a particular dietary code of conduct (as well as other unique lifestyle components). Why don't you investigate this lifestyle, especially the dietary component, to advise uninformed Americans about its benefits. You might consider beginning this investigation by querying me. I am a Mormon high priest who has lived this lifestyle my entire adult life.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

Thanks for your consideration.

**Comment ID:** 000388

**Submission Date:** 03/24/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Phillip

**Last Name:** Osborn

**Job Title:**

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Protein

**Sub Topic:** Weight loss

**Attachment:** N

**Comment:** Nutritional intake is generally based on the BMI, but with many athletic, or larger (even obese) individuals, the protein intake guidelines still remain obsessively low. Even larger obese individuals loose muscle mass/metabolism efficiency from muscular atrophy. Touch more on current issues like weight loss for extreme obesity (lowered carb with increased protein, not LOW carb of course). More info pertaining to metabolism "manipulation" through diet and nutrient timing (types of foods, when to ingest them during the day),

**Comment ID:** 000431

**Submission Date:** 04/21/2009

**Organization Type:** Individual/Professional

**Organization Name:** Exponent

**First Name:** Nga

**Last Name:** Tran

**Job Title:** Senior Managing Scientist

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

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

**Attachment:** Y

**Comment:** Dear Sir/Madam - our comments are provided in a letter to the DGAC and included in the zip file attached.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000436

**Submission Date:** 04/22/2009

**Organization Type:** Individual/Professional

**Organization Name:** Nutrition Communication Services

**First Name:** Robyn

**Last Name:** Flipse

**Job Title:** Registered Dietitian

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

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

**Attachment:** Y

**Comment:** Research was conducted to explore why vegetable consumption by Americans continues to fall short of recommendations, with particular attention to the subgroup of legumes (dry beans and peas). Given the unique nutrient profile of beans as a plant protein rich in fiber, vitamins and minerals and their many documented health benefits, learning how to help Americans increase their intake from this subgroup could greatly improve the health and well being of the population. My findings indicate consumers are confused by the terminology being used to describe beans in dietary guidance materials, unclear about their food group assignment and in need of more relevant meal preparation tools that are compatible with modern lifestyles. Suggestions that address these problems include using the word "beans" in all future dietary guidance materials, keeping them in both the Meat and Beans group and the Vegetable group to consistently reinforce their dual placement, and improving the quantity and quality of consumer meal preparation tools so that Americans can begin to include more of these great tasting, nutrient-rich and versatile vegetables in their diets.

**Comment ID:** 000416

**Submission Date:** 04/12/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Elizabeth M

**Last Name:** Ward, RD

**Job Title:** Registered Dietitian, Author

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

**Sub Topic:** MyPyramid, Vegetables

**Attachment:** Y

**Comment:** Increasing vegetable intake is one of our greatest challenges as health professionals. Beans are vegetables with exceptional levels of protein and fiber, as well as several other key nutrients found lacking in the American diet. They are a convenient, cost-effective, and delicious way to improve vegetable intake in children and adults. As part of a balanced eating plan, beans help promote health and prevent certain chronic conditions. I urge the 2010 Dietary Guidelines Advisory Committee to clearly communicate these facts to Americans.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000417

**Submission Date:** 04/14/2009

**Organization Type:** Individual/Professional

**Organization Name:** Arizona State University

**First Name:** Donna

**Last Name:** Winham

**Job Title:** Assistant Professor

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

**Sub Topic:** MyPyramid, Vegetables

**Attachment:** Y

**Comment:** Please see attached letter regarding the role beans and health in the Dietary Guidelines.

**Comment ID:** 000394

**Submission Date:** 03/26/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kathy

**Last Name:** Dempsey

**Job Title:** Regulatory Compliance Analyst

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

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

**Attachment:** N

**Comment:** Please give the public accurate information and recommendations about a healthful diet. Do not make a determination based upon what you think the American public will "accept". We desperately need honest information about balancing calorie intake with activity and healthful foods versus junk. There is no need to tell people how to fit junk into their diets. We know how to do that. Please provide guidance on whole grains, legumes, vegetables and fruits. Do not imply that meat (including poultry and fish), eggs and dairy are necessary in the human diet. They are optional like sweets and refined carbohydrates.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000397

**Submission Date:** 03/29/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Michel

**Last Name:** Matouk

**Job Title:** Physician

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

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** The American language of dietary values, while intelligent, has not significantly improved the national waistline. And while we have much respect for pyramids, a more basic approach is now necessary. We believe, in the tradition of hotel and restaurant ratings, that the population would better understand a simple rating of food classes in terms of, for example, skulls (5/5 skulls means dangerously unhealthy) and hearts (5/5 hearts would mean healthy and desirable). Therefore, a big Mac would be 5 skulls and no hearts while a vegetable soup with whole grain crackers would deserve 0 skulls and 5 hearts. These ratings, if on the front of grocery boxes, would actually make a difference for customers looking for a healthier choice. If placed on menus in restaurants, they can make a simple but real difference. The ratings could be voted upon by a group of physicians and nutritionists.

**Comment ID:** 000265

**Submission Date:** 02/02/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kevin

**Last Name:** Crupi

**Job Title:**

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

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

**Attachment:** N

**Comment:** I'm writing to encourage you to put a greater emphasis on the benefits of a whole foods, plant-based diet to improve the abysmal state of the overall health of our population. A number of medical studies have shown the typical American diet heavily laden with processed meat and dairy foods is harmful to human health.

Despite the wealth of our country, the average American is very unhealthy. With increasing affluence through the 20th Century, our average diet changed from one based primarily on whole plant-based foods to one that is heavy on processed meat and dairy. Now, the majority of Americans die from cancer, heart disease, stroke, or diabetes?-diseases which typically felled only the wealthy earlier in our country's history when the rich were the only ones who could afford to consume a diet that was mostly animal-based.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

In 2005, T. Colin Campbell, PhD, and his son Thomas Campbell II published The China Study, a landmark book which examined the results of a study of the relationship between the consumption of animal products in China and the incidence of numerous cancers, heart disease, obesity, autoimmune disease, osteoporosis, degenerative brain disease, and macular degeneration in the population there. The Campbells concluded diets high in animal protein are strongly linked to heart disease, cancer, and diabetes--those same diseases that now kill the majority of Americans. In the past before their population became more affluent, the Chinese diet consisted mainly of plant-based foods. With a more western meat and dairy diet now, the incidence of these diseases in China has exploded. The authors recommend that people eat a whole foods, plant-based diet and avoid consuming beef, poultry, and milk to minimize and/or reverse the development of chronic disease. The Campbells also criticized "low carb" diets--such as the Atkins Diet--because these fad diets include restrictions on the percentage of calories derived from the complex carbohydrates that

**Comment ID:** 000256

**Submission Date:** 01/30/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Aubrey

**Last Name:** Mast

**Job Title:** Health and Wellness Promoter

**Key Topic:** Eating Patterns, Other

**Sub Topic:**

**Attachment:** Y

**Comment:** Please review the evidence supporting a high vegetable/fruit diet that is low in processed foods, sugars, meat, dairy and salt.

**Comment ID:** 000237

**Submission Date:** 01/27/2009

**Organization Type:** Industry Association

**Organization Name:** National Restaurant Association

**First Name:** Donna

**Last Name:** Garren

**Job Title:** Vice President, Health and Safety Regulatory Affairs

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

**Sub Topic:**

**Attachment:** Y

**Comment:** We would like to thank you for this opportunity to provide comments pertinent to the review of the Dietary Guidelines for Americans.

While it is true that more Americans than in years past seem to express awareness of the importance of balance, moderation and physical activity in a healthy lifestyle, we as a nation still have a long way to go. Many consumers are demanding more nutritious options, but there is still a great deal of the public who do not have the foundation of

# Comments Summary Report

*Submission Date Between 01/24/2009 and 04/23/2009*

**Key Topic: Eating Patterns**

knowledge and education to use the nutrition information provided to them.

We believe that it is important that as the Dietary Guidelines Advisory Committee examines its role and responsibilities in addressing the major public health problems facing our nation, you keep in mind that our diverse population is much in need of recommendations that are understandable and relevant to how they live their lives. The clear need is for a consistent message that promotes healthier thinking and lifestyles.

The restaurant industry is committed to doing its part to make a positive difference in supporting the public's interests in healthful lifestyles. Indeed, restaurants across the country have voluntarily provided nutrition information, expanded menu offerings, reformulated existing offerings and undertaken various initiatives to encourage regular physical activity.

We are concerned about the alarming trend of local regulation of ingredients in restaurant foods. We believe that it establishes a regulatory framework most restaurants will not be able to satisfactorily achieve because of the nature of the industry's supply chain and distribution networks. We believe that the complex issue of American consumers' health calls for a multi-pronged, national solution, with each segment of both the public and the private sector engaging in actions appropriate to its roles and capacities.

**Comment ID:** 000435

**Submission Date:** 04/22/2009

**Organization Type:** International Organization

**Organization Name:** Cadbury USA LLC

**First Name:** Doris

**Last Name:** Tancredi

**Job Title:** Vice President, Regulatory Affairs & Emerging Science

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** Y

**Comment:** Significant advancement has been made regarding the role of diet and oral health since the 2005 Dietary Guidelines issued one recommendation related to oral care. Specifically, the importance of consuming sugar free chewing gum following meals, snacks and beverages in the prevention of dental caries has been validated through an evidence-based review published in the December, 2008 edition of the Journal of the American Dental Association (JADA).

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000441

**Submission Date:** 04/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Oldways

**First Name:** Sara

**Last Name:** Baer-Sinnott

**Job Title:** Executive Vice President

**Key Topic:** Carbohydrates, Eating Patterns

**Sub Topic:** Other, Whole grains

**Attachment:** Y

**Comment:** A pasta meal is a simple, delicious and effective way to increase consumption of vegetables and other healthy "pasta partners." The Dietary Guidelines have urged increased consumption of vegetables for many years. The Pasta Meal is a familiar, delicious, convenient, affordable, and healthy way to accomplish this for real people who face real time and budget pressures to realize this goal.

We urge you to (1) include a consumer section that is written in the familiar language of food and meals; (2) recognize the health benefits of pasta meals; and (3) include healthy pasta meals (made with both durum wheat pasta and whole wheat pasta) as part of the dietary guidance for American consumers.

**Comment ID:** 000332

**Submission Date:** 02/10/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Working Towards Wellness Together

**First Name:** Amy

**Last Name:** Johnson

**Job Title:** Wellness Coach

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** Y

**Comment:** The typical diet in North America does not meet the recommendations for a healthy diet and contributes to the high incidence of chronic diseases such as diabetes, obesity, and heart disease.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000261

**Submission Date:** 02/01/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Vegetarian Society of DC

**First Name:** Saurabh

**Last Name:** Dalal

**Job Title:** President

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

**Sub Topic:**

**Attachment:** Y

**Comment:** Vegetarian foods offer powerful advantages for humans. A large number and wide variety of scientific studies have shown that well-planned vegetarian diets support good health for all stages of the life cycle. Many nutritionists and other health professionals recognize that a well-planned, low-fat vegetarian diet ? and preferably a vegan diet, completely free of all animal products - is the best diet for humans.

A wide variety of plant foods consisting of whole grains, whole fruits, vegetables, legumes, nuts, seeds, and fortified cereals and fortified plant milks like soy milk can ensure a healthy, well-balanced diet. Naturally and strongly colorful vegetables and fruits should also be emphasized for their anti-oxidant and phyto-nutrient value.

For the 2010 Dietary Guidelines for Americans, we urge the advisory committee to:

1. clearly incorporate even more plant foods, specifically a well-planned, low-fat, vegan diet, with its health benefits and other benefits in all respects
2. clearly emphasize alternatives to meat, dairy, and eggs

Thank you for your time and consideration.

**Comment ID:** 000437

**Submission Date:** 04/22/2009

**Organization Type:** Other

**Organization Name:** National Starch & HealthFocus International

**First Name:** Barbara

**Last Name:** Davis

**Job Title:** Vice President, HealthFocus International

**Key Topic:** Carbohydrates, Eating Patterns

**Sub Topic:** Fiber

**Attachment:** Y

**Comment:** Please accept the attached comments summarizing the health benefits of resistant starch for your review and consideration.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000245

**Submission Date:** 01/28/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Angela

**Last Name:** Childress

**Job Title:** Server

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

**Sub Topic:** Fish oil, Omega 3 fatty acids, Glycemic index, Oils, Unsaturated fatty acids, Whole grains

**Attachment:** N

**Comment:** I really think that the current food pyramid is off base.

Our body really is not designed to ingest and utilize grains and process carbs. The american diet needs to focus on good carbs that are dense with nutrients, but low on calories and low on the glycemic index. These type of carbs also tend to be high in fiber which helps to contribute to a healthy colon and elimination system.

Also... america needs to take a look at the portions that are considered normal. An average male should eat 24-30 grams of protien in one sitting. Anything more, the body can not utilize and it gets passed out of the system as waste. If it's meat, the piece of meat that is not utilized sits in the colon, rots, and putrifies, and clogs up the elimination process.

Also, the subject of fats needs to be addressed. I know that you are getting a lot of comments regarding how we need less fat, or no fat in the american diet. Well, I'm sorry they are wrong.

Our bodies need fat. They need good fat that comes from nuts, advocados, olive oils, fish and or fish oil. Our brain is largely fat. It needs a supply of fat to renourish itself and function correctly. Without fat... our brains can not fully work to their fullest potential.

**Comment ID:** 000243

**Submission Date:** 01/28/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Andrew

**Last Name:** feldman

**Job Title:**

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

**Sub Topic:** Added sugars, Low carbohydrate, Whole grains

**Attachment:** N

**Comment:** Carbohydrates are what is causing america to go into a downward spirial of obesity. Vegetarians don't know anything about this. Vegetables are carbs thus vegetarians are on a

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

low protein high carb diet. People say it is fats and protein which is really not the case. Added sugars go into our blood and causes excess insulin. Protein is great to eat and should be on everyones diet along with fats such as seeds and nuts. Whole grains are just as bad as regular carbs. They do not benefit you at all. Low carb high protein high fat is how we should eat. I am the healthiest ive been in my life. My blood pressure dropped from 120/90 to 90/60 just by eating this way. i hope you consider this and save americans

**Comment ID:** 000462

**Submission Date:** 04/23/2009

**Organization Type:** Other

**Organization Name:** General Mills Inc.

**First Name:** Kathy

**Last Name:** Wiemer

**Job Title:** Director / Fellow, Bell Institute of Health & Nutrition

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

**Sub Topic:** Added sugars, DASH, Fiber, Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** Obesity and conditions linked to obesity have been the subject of particular public health concern. General Mills believes that:

?

The nutritional benefits of eating breakfast, particularly a breakfast with ready-to-eat cereal, should be included and recommended in the 2010 Dietary Guidelines Technical Report. The body of literature points to the protective role of consistently consuming  
James Ford Bell Technical Center ? 9000 Plymouth Avenue North ? Minneapolis, MN 55427

[1]

breakfast and cereal against obesity and for weight management, both in children and adults.

?

The Dietary Guidelines Advisory Committee should build upon the 2005 Dietary Guidelines whole grain recommendation and recommended increased intakes of whole grain foods for maintaining a healthy body weight and preventing future weight gain based on studies published since 2005 examining the consumption of whole grain and body mass index.

In addition, the Dietary Guidelines Advisory Committee should consider:

?

Added sugar in the context of a total diet and the nutrient-density of foods. Judging foods like cereal on the sole basis of added sugars misconstrues the nutritional value of cereal, particularly the importance of cereal in the diet. Consistently over the past three decades, research studies have indicated that ready-to-eat cereals, including those that are presweetened, improve intake of key vitamins and minerals.

?

Industry?s gradual and incremental sodium reductions over time along with educational efforts from government and health professionals to effectively address sodium intakes. In addition, consider Dietary Guidelines are targeted to the general public and not exclusively to Americans with or at risk of hypertension, and the importance of retraining the palate through gradual reductions over a period of time as taste, including consumer perception about taste, is still the number one driver for food purchase.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000440

**Submission Date:** 04/23/2009

**Organization Type:** Other

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Please provide information on how specifically how much food is in a serving size. I think the majority of the American public doesn't know how much 3oz. of grains actually is, limiting the effectiveness of the information altogether.

**Comment ID:** 000249

**Submission Date:** 01/28/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Sally

**Last Name:** Thomas

**Job Title:** C.P.A.

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I ask you to please consider the findings in the China Study and other dietary studies. I am truly appalled by the food served to my grandson in school -- heavy with hamburger, hot dogs, cheeses and chocolate milk. Please consider emphasizing nutrient-dense, plant-based alternatives to these fatty meats and high-fat dairy products. Our children's health depends on you.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000372

**Submission Date:** 03/15/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** dawn

**Last Name:** weber

**Job Title:** graduate student

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** our schools need more vegetarian options and LESS animal products- this includes dairy!

**Comment ID:** 000348

**Submission Date:** 02/25/2009

**Organization Type:** Other

**Organization Name:** Causal Centre for Natural Medicine

**First Name:** Dr. Charisse

**Last Name:** Barksdale

**Job Title:** Doctor of Natural Medicine

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Preventive care is the best care. In the USA there are many fast food junkies and quick fix meals. The public really needs to be educated on healthier eating habits and better nutrition. It has been document in many studies and books that the proper dietary changes can improve your health. Most people think dietary changes will take away the foods they like because most of them have not explored other food combinations. My practice specializes in natural therapies for chronic health conditions and a big part of our clients therapy is dietary changes. I make our clients aware that 75% of there immune system is in their intestines/stomach. Proper nutrition is important to every Americans health. It can certainly curve the diabetes, hypertension and arthritis medical bills. The human body is an amazing piece of art work. If you give it what it needs it will paint a magnificent portrait, of you. The public needs to be educated on the affects of poor eating habits.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000410

**Submission Date:** 04/08/2009

**Organization Type:** Other

**Organization Name:** University of Louisiana

**First Name:** Ashley

**Last Name:**

**Job Title:** R.D.

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

**Sub Topic:** MyPyramid, Weight loss, Weight maintenance

**Attachment:** N

**Comment:** This letter is more of just a suggestion that I really hope is taken into account. I have been thinking since most of the people are overweight and obese and most do not even realize, don't you think we should have more commercials warning them about what might happen if they do not eat right. I atleast believe (since most people do view TV) that we should play more commercials about healthy eating on more channels to allow people to be able to learn. My pyramid is amazing and yet I have never seen one commercial to show this. weight watchers has a ton of commercials, but yet that still is not a healthy way of eating. Since I am from Southwest Louisiana, I know all about eating unhealthy. Fried chicken, gumbo, cracklins, etc. We need to teach people about healthier living, so I was hoping that if I sent a message maybe someone over there might listen and understand. Thanks so much, Ashley

**Comment ID:** 000230

**Submission Date:** 01/26/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Jessica

**Last Name:** Rocheleau

**Job Title:**

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

**Sub Topic:** Cholesterol, Fruits, Grains, Whole grains, Saturated fatty acids, Vegetables

**Attachment:** N

**Comment:** I would like the committee to encourage hearth health by promoting the benefits of a plant based diet, with an emphasis on whole foods rather than processed.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000229

**Submission Date:** 01/26/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** JoAnn

**Last Name:** Joslin

**Job Title:** Computer Teacher

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

**Sub Topic:** Fruits, MyPyramid

**Attachment:** N

**Comment:** Why are there no guidelines for children under 2 years of age? Specifically, why is there not a warning on the WIC shelf or on the gerber juice bottle mentioning the hazards of too much juice.

**Comment ID:** 000360

**Submission Date:** 03/04/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** eleanor

**Last Name:** thomas

**Job Title:** substitute teacher

**Key Topic:** Eating Patterns, Protein

**Sub Topic:**

**Attachment:** N

**Comment:** Dietary Guidelines Advisory Committee - I would respectfully urge that a vegetarian and preferably a vegan diet be kept in mind when coming up with new guidelines as vegan eating is the healthiest way for our bodies, and for the planet. I see kids in school as young as 2nd grade who are obese eating junk, foods laced with sugar, with fat, way too much meat and fatty dairy foods. Our health care system can only support so many obese people and our health care payments continue to mount as we pay for all the problems of over consumption of meat and dairy. Thank you.

# Comments Summary Report

Submission Date Between 01/24/2009 and 04/23/2009

Key Topic: Eating Patterns

**Comment ID:** 000247

**Submission Date:** 01/28/2009

**Organization Type:** Professional Association

**Organization Name:** American Dietetic Association

**First Name:** Jennifer

**Last Name:** Weber

**Job Title:** Manager, National Nutrition Policy

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

**Sub Topic:**

**Attachment:** Y

**Comment:** The American Dietetic Association appreciates the opportunity to provide input to the 2010 Dietary Guidelines Advisory Committee. ADA is the world's largest organization of food and nutrition professionals and is committed to optimizing the nation's health through food and nutrition. ADA has three key recommendations it believes would benefit the scientific underpinning, implementation and communication of the Dietary Guidelines for Americans.

Interval for Issuance of the Dietary Guidelines -- Public trust in federal dietary guidance is premised on the Dietary Guidelines delivering credible recommendations, substantiated by sound science. Issuing the Dietary Guidelines every five years does not provide adequate time to conduct and review emerging nutrition and health research. Five years is not enough time to effectively roll out and communicate to consumers what the Dietary Guidelines entail. ADA recommends 10-year intervals instead, which would strengthen the research basis and allow follow through in the implementation and communication.

Focus on Foods and Meal Patterns -- The Dietary Guidelines should focus on food-based recommendations and meal patterns. While it is technically true that all foods can fit with careful planning -- some fit more often than others and some fit very infrequently. Research on meal patterns, nutrient density and physical activity must be reviewed and reflected in the recommendations, giving guidance on the types and amounts of foods people should, and should not consume as the basis of their dietary intake.

Inclusion of Consumer Research -- Consumer research should be considered as part of the committee's deliberations, along with scientific diet and nutrition studies. It is not enough to summarize the latest science on nutrient and disease relationships and to offer advice if there is no way to make a dent on consumer healthy. The committee should also consider the factors that influence what people eat and what barriers exist to the adoption of the Dietary Guidelines by consumers.

# Comments Summary Report

*Submission Date Between 01/24/2009 and 04/23/2009*

**Key Topic: Eating Patterns**

**Comment ID:** 000378

**Submission Date:** 03/18/2009

**Organization Type:** Professional Association

**Organization Name:** American Society for Nutrition

**First Name:** Mary Lee

**Last Name:** Watts

**Job Title:** Director of Science and Public Policy

**Key Topic:** Eating Patterns, Minerals, Protein, Vitamins

**Sub Topic:**

**Attachment:** Y

**Comment:** ASN is encouraged by the strong commitment of the DGAC to provide strategies for increased flexibility in food choices. The need to balance nutrients, foods, and behaviors to achieve a healthful eating pattern is evident in the questions you are addressing. In particular, we applaud your efforts in four key areas outlined in the attachment, along with recommendations for your consideration. In addition, the attached document includes the names of several experts who may be of assistance to the subcommittees. Thank you.