

Comments Summary Report

Submission Date Between null and null

Comment ID: 000031

Submission Date: 10/24/2008

Organization Type: Educational Institution

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

First Name: Amy

Last Name: Lanou

Job Title: Assistant Professor

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

Sub Topic: Weight loss, Weight maintenance

Attachment: Y

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

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

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

What are the relationships between vegetarian diets and health?

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

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

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

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

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

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Comment ID: 000002

Submission Date: 10/17/2008

Organization Type: Individual/Professional

Organization Name: The McDougall Program

First Name: John

Last Name: McDougall

Job Title:

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

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

Attachment: N

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

John McDougall, MD

Comment ID: 000032

Submission Date: 10/25/2008

Organization Type: Individual/Professional

Organization Name: Paleobiotics Lab

First Name: Jeff

Last Name: Leach

Job Title: Director

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

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

Attachment: N

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

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

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

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

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

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

Thank you, Jeff Leach

Comment ID: 000017

Submission Date: 10/23/2008

Organization Type: Individual/Professional

Organization Name: RD's for Healthcare

First Name: Uva

Last Name: Mason

Job Title: RD

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

Sub Topic: Weight loss

Attachment: N

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

Comment ID: 000023

Submission Date: 10/24/2008

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Gregory

Last Name: Miller

Job Title: Executive Vice President Research, Regulatory and Scientific Affairs

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

Sub Topic: Calcium, DASH, Magnesium, Milk, MyPyramid, Potassium

Attachment: Y

Comment: At time when the American population is overweight and undernourished, it is more important than ever to help consumers get more nutrition out of the food and beverages they consume. As the Dietary Guidelines Advisory Committee begins its work of drafting new guidelines for Americans, the NDC applauds the leadership of the Departments of Agriculture and Health and Human Services for their crucial efforts to help Americans live healthier lives and reduce the risk of chronic disease.