

Comments Summary Report

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

Key Topic: energy balance/physical activity

Comment ID: 000709

Submission Date: 10/27/2009

Organization Type: Educational Institution

Organization Name: Kansas State University

First Name: Laura

Last Name: Parente

Job Title: Undergraduate Student

Key Topic: Alcoholic Beverages, Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: N

Comment: Dear Committee Members,

For the 2010 Dietary Guidelines, there should still be a focus / discussion about being overweight and obese, however; I suggest an approach that focuses more on maintaining a healthy weight and lifestyle, instead of focusing so heavily on the prevention of weight gain and the promotion of weight loss Under the weight management chapter, simply replacing the phrase "prevention of weight gain" with the phrase "maintenance of a healthy weight" will help to achieve this.

With such a strong emphasis on the discussion of being overweight and obese, there was very little discussion about being underweight and the associated health risks. This topic is equally important as obesity. Furthermore, with too much focus on losing weight, the risk of eating disorders and /or malnutrition may increase, demonstrating a good reason not to neglect this topic

Under the weight management chapter, I'd also like to see a discussion about the role that proper hydration as well as water-dense foods can play in terms of controlling weight and eating behaviors.

I would also like to suggest that under the chapter related to alcoholic beverages that there is an increased discussion about binge drinking, especially important related to young adults, emphasizing the nutritional risks, health effects, and dangers of developing habits that could lead to more serious alcoholic consumption habits later in life.

Comments Summary Report

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Comment ID: 000715

Submission Date: 10/27/2009

Organization Type: Educational Institution

Organization Name:

First Name: Jake

Last Name:

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: Problems with referring to BMI charts and dietary recommendations in conjunction with energy balance.

Comment ID: 000705

Submission Date: 10/27/2009

Organization Type: Educational Institution

Organization Name: HN 600

First Name: Denise

Last Name: Baker

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: Dear Committee Members,
I have reviewed the dietary guidelines for Americans and I have found a couple of concerns. I feel that some points could be stated more clearly and with more detail. In chapter 2: Adequate Nutrients within Calorie needs, there is a lot of information on nutrients that certain people need. However, it does not always explain how or where to obtain the nutrients and why they are important. For some nutrients like synthetic folic acid, it says pregnant women should to obtain more from fortified foods. This is not very clear or descriptive because it does not give any examples of some fortified foods so women don't know what to look for. It also does not explain why this is important; giving a brief description on why this is important will give pregnant women more motivation to obtain the right amount of nutrients. Another example is in Chapter 4: Physical Activity; the chapter gives little definition to vigorous and moderate exercise. The paragraph says that jogging and aerobic exercises are considered vigorous exercise, and lifting is considered resistance training. I think this needs to be clearer, someone could be jogging very slowly thinking they are doing vigorous exercise however they could have a low heart rate.
A suggestion I have is to in more charts of examples for people to base their eating habits or exercise on. Putting a chart of nutrients with their benefits and food sources at the end of chapter 2 could help people eat healthier and motivate them more; it would also be a quick reference that a person could glance at when deciding on a meal instead of reading through a chapter. In chapter 3, there is a chart on calories burnt during certain exercises, this would be more helpful at the end of chapter 4 and it would be easy to say

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look at chapter 4 for reference on physical activity calorie burns. It would also be clearer to put target heart rates in the chart for age, gender and physical activity level. With simple clarifications and more detail the dietary guidelines will be more helpful, motivating and informative for the general population.

Denise Baker
Dietetics undergraduate
Kansas State University

Comment ID: 000591

Submission Date: 08/22/2009

Organization Type: Educational Institution

Organization Name: Super Fit Awesome Club

First Name: George

Last Name: Lovermilk

Job Title: CEO

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss, Weight maintenance

Attachment: N

Comment: Tax fast foods and use additional revenue for subsidies for healthy foods and community-based initiatives in low-income high-weight areas.

Comment ID: 000614

Submission Date: 09/08/2009

Organization Type: Educational Institution

Organization Name:

First Name: leldon

Last Name:

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other, Weight loss

Attachment: N

Comment: I think that the amount of calories you burn off should have an effect on your calorie-intake. If you were only supposed to eat around 3,000 calories a day, but then you had a soccer game and then ran around for a few hours and burned off all of those calories, then wouldn't you need a higher calorie intake. In other words, every day your exercise level probably changes and people have different metabolisms so wouldn't you need to account for all of these variables.

Comments Summary Report

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

Key Topic: energy balance/physical activity

Comment ID: 000624

Submission Date: 09/14/2009

Organization Type: Educational Institution

Organization Name: UNCA Asheville NC

First Name: Lara

Last Name: Siemens

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: Y

Comment: Please read the attached file.

Thank you,
Lara Siemens

Comment ID: 000692

Submission Date: 10/25/2009

Organization Type: Educational Institution

Organization Name:

First Name: C

Last Name: Armstrong

Job Title:

Key Topic: Energy Balance/Physical Activity, Other

Sub Topic:

Attachment: N

Comment: I think that it would be of great importance to consider including information on how to encourage children to eat better foods and find a physical activity they can ENJOY. It could be helpful to encourage parents to set the example for their children when it comes to eating better foods--by giving better foods and consuming healthier foods themselves. If a child sees their parent eating well, they could be more encouraged to do the same. As with physical activity, it would be important to encourage a child to find an activity that they ENJOY. Instead of telling a child that they have to go outside and "do thirty minutes of physical activity a day", encourage them to find a passion for some sort of game or sport. This could be something as simple as showing a child how fun it can be to take the dog out for a walk or to go play a game of a sport. Its much more likely that they will continue to be active throughout their lifetime if they have passion for doing something other than a sedentary activity. I think it would be helpful to provide information to parents to help them create this change in their child's life.

Comments Summary Report

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

Key Topic: energy balance/physical activity

Comment ID: 000679

Submission Date: 10/21/2009

Organization Type: Individual/Professional

Organization Name: Carmichael Training Systems

First Name: Ryan

Last Name: Kohler

Job Title: Nutrition Services Manager

Key Topic: Eating Patterns, Energy Balance/Physical Activity

Sub Topic: Other

Attachment: N

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

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

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

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

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

Thank you!

Comments Summary Report

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

Key Topic: energy balance/physical activity

Comment ID: 000560

Submission Date: 07/27/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Angela

Last Name: M

Job Title: student

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

Sub Topic:

Attachment: N

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

Comment ID: 000670

Submission Date: 10/12/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Puneet Kaur

Last Name: Chadha

Job Title:

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

Sub Topic: Sodium, Weight maintenance

Attachment: N

Comment: More and more people are trying to ape the stars to loose weight. Size zero is the preferred shapedesired not only by youngsters, but by middle aged females also. Educating these people is a major concern, apart from obseity we will have to face another problem of nutrient deficient individuals but the it will be disease of the urban.

Misconceptions regarding the use of different types of salts available in the market, should be propperly addressed. I agree with the statement " Rose is a Rose" , sameway Salt is a Salt. Another consumption of extra salt in tropical regions should aso be addressed.

Comments Summary Report

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

Key Topic: energy balance/physical activity

Comment ID: 000651

Submission Date: 09/25/2009

Organization Type: Nonprofit/Voluntary

Organization Name: The Sugar Association, Inc.

First Name: Charles

Last Name: Baker

Job Title: Executive Vice President & Chief Science Officer

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

Sub Topic: Added sugars

Attachment: Y

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

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

Comment ID: 000741

Submission Date: 10/28/2009

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Gregory

Last Name: Miller

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

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

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

Attachment: Y

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

Comments Summary Report

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

Key Topic: energy balance/physical activity

Comment ID: 000471

Submission Date: 04/27/2009

Organization Type: Nonprofit/Voluntary

Organization Name: International Food Information Council

First Name: Danielle

Last Name: Schor

Job Title: Senior Vice President

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other

Attachment: Y

Comment: IFIC recently convened a roundtable with many of the brightest minds in nutrition and physical activity communications, behavior, and policy to explore the successes and challenges of communicating energy balance to consumers. The experts have actual experience with program development and implementation, making them well-equipped to provide practical advice. The roundtable participants engaged in a critical analysis of what has gone right and what has gone wrong. More importantly, they explored what needs to happen today and tomorrow for consumers to realize the positive health effects of balancing energy intake and expenditure.

Notably, two key concepts were identified which have the potential to create unprecedented opportunities for impact on consumer eating and physical activity behaviors.

Concept 1: Healthier lifestyles will become the norm when consumers demand cultural changes toward that reality, and society responds to address those demands. It is essential that the public drive this movement in order for real change to occur. The current environment, where information on energy balance is passively received, is not working.

Concept 2: Creating a "surround-sound" approach (e.g., 360 degree communications), where consistent and coordinated messages on energy balance come from multiple sources at multiple touch points, will improve the breadth and depth of reach into the places where consumers live, work, and play.

Additional concepts were identified upon which best practices could be developed for use by various stakeholders in improving communication about energy balance. IFIC is developing a plan of action to build on the outcomes of the roundtable discussion.

Comments Summary Report

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

Key Topic: energy balance/physical activity

Comment ID: 000492

Submission Date: 05/07/2009

Organization Type: Other

Organization Name:

First Name: Starr

Last Name: Ertel

Job Title:

Key Topic: Carbohydrates, Energy Balance/Physical Activity

Sub Topic: Glycemic index, Weight loss

Attachment: N

Comment: I believe the Government should spend some money on promoting a low Glycemic Index diet. When my doctor suggested that I lose some weight, he suggested a low Glycemic index diet. I really didn't know much about it so I bought some books off of Amazon. I followed the guidelines and used the glycemic food index to choose the foods I wanted to eat. I did not exercise while following these guidelines. I ended up losing 20 pounds in two months. I'm eating more food and feeling fantastic. I don't have those afternoon energy drops like I used to. I really wish the US Government would look into this and offer up front information on Low Glycemic eating, Australia does. Thanks.

Comment ID: 000496

Submission Date: 05/15/2009

Organization Type: Other

Organization Name:

First Name: Ardelia

Last Name: Johnson

Job Title: Secretary

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

Sub Topic: Fruits, Vegetables, Weight loss

Attachment: N

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

Comments Summary Report

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

Key Topic: energy balance/physical activity

Comment ID: 000630

Submission Date: 09/21/2009

Organization Type: Other

Organization Name: UNC-Asheville Student

First Name: Heather

Last Name: McGaha

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: Y

Comment: Please see attachment

Comment ID: 000657

Submission Date: 09/28/2009

Organization Type: Other

Organization Name: ConAgra Foods

First Name: Mark

Last Name: Andon

Job Title: Vice President, Nutrition and Food Labeling

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

Sub Topic: Sodium, Weight loss

Attachment: Y

Comment: Caloric intake reductions, and to a lesser extent sodium reductions, would result in significant health, medical cost and productivity benefits for Americans. Recently published research supported by ConAgra Foods demonstrated the significant health benefits and cost savings of relatively small improvements in Americans' diets. The results show weight loss achieved by eating 100 calories less per day for each overweight and obese adult would lead to more than \$100 billion annually in savings based on today's costs. By comparison, the economic gain from medical cost savings and productivity gains from reducing dietary sodium intake by 400 milligrams would be about \$5 billion.
Dedicating resources toward caloric reduction offers the greater potential health and economic benefits for Americans.