

Comments Summary Report

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

Key Topic: Energy Balance/Physical Activity

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 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 know 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.

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

Key Topic: Energy Balance/Physical Activity

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 exercising more could prevent obesity. Maybe advertising more healthy promotions like gyms.

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 American 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 the 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 excise. It will be very important for more Americans to maintain about 60 to 90 minute or even more. I have never seen or hear that excessive regular excise kill, however, it?s even fun for human 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 once, so why can?t American save money, health and even live longer life by eating right and excising more often. I have been their once I my life where I do not excise but eat anything eatable except vegetable, or in general, nutrient condense 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: Energy Balance/Physical Activity

Comment ID: 000274

Submission Date: 02/05/2009

Organization Type: Educational Institution

Organization Name: Prince georges Community College

First Name: Udim

Last Name: Isang

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss, Weight maintenance

Attachment: N

Comment: The Key Recommendations in the Dietary Guidelines for Americans are overall, I think, very good. It's nice to finally see and hear consistency about the facts and recommendations about how to lose weight, and how to keep it off. For weight management it says, "To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity. " No more crazy fads and weight loss schemes but just real life and achievable recommendations and suggestions. As someone who has been struggling with weight all her life, as well as having diabetes running in the family, I feel that these recommendations are good ones and should be kept because when followed correctly, they actually do work.

Comment ID: 000340

Submission Date: 02/11/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Abisade

Last Name: Adepoju

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss, Weight maintenance

Attachment: N

Comment: Clearly physical activity, any bodily movement produced by skeletal muscles resulting in energy expenditure, is something that should be a requirement in the lives of millions for the reason being that it reduces risk of various forms of chronic disease. Forms of chronic disease are arteriosclerosis(the stiffening of arteries) which can be caused from hypertension, type 2 diabetes, certain types of cancer, etc. I think an increase in physical activity should really target adolescent to late teenagers because according to Dr. Oz from the Oprah Winfrey Show, ?overweight kids are 15x likely to become overweight adults?and will die from bad eating habits then drugs and tobacco?. Since physical activity assists those dealing with depression and anxiety, it serves as a healthy tool for those individuals who eat their feelings. Another thing to help maximize efforts in sustaining good physical fitness is to try to never EVER skip breakfast. By eating a high quality breakfast, Dr. Oz states that you burn about 65% of calories which helps to avoid becoming overweight. Physical activity whether it be moderate and/or vigorous ought to be a necessity in life as not only does it help meet the sometimes stressful demands of work but it

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Key Topic: Energy Balance/Physical Activity

also is a vital tool in the promotion of longevity.

Comment ID: 000263

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 of Nutrition

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other

Attachment: N

Comment: I teach students about the recommendations for exercise and this is one of the most confusing. The majority of Americans are doing no exercise much less trying to figure out if they should complete 30, 60 or 90 minutes. This recommendation should be changed from an amount of time to types of activities that they can do to promote health. For instance, classifying the levels of activity as lightly active, moderately active, or highly active as categories for Americans to choose from would make it easily understandable.

Comment ID: 000267

Submission Date: 02/03/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Darlene

Last Name:

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: N

Comment: Table 4. Calories/Hour Expended in Common Physical Activities. The chart is for a person that is 154 lbs. Could another example chart be added for those 200 lbs and/or over? The chart could be used as a tool for setting moderate to vigorous physical activity goals.

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000297

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Regina

Last Name: Leonard

Job Title: Teacher

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other, Weight loss, Weight maintenance

Attachment: N

Comment: I know that a healthy weight is something that all of us should try to maintain, and because of this I believe that the government should include in the health care reform a measure to promote physical activity. For example if you are a member of a gym and you "actually" go and workout for 45-60 minutes 4 time per week your health care coverage should cost a percentage less. Just like if you are a smoker it cost more.

Comment ID: 000298

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name:

Last Name:

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: N

Comment: Most Americans don't realize that is recommended to do regular physical activity to reduce sedentary activities to promote health, psychological well-being, and a healthy body weight. Americans have to do a least 30 minutes per day to reduce the risk of chronic disease in adulthood. To reduce unhealthy body weight gain in adulthood we have to do 60 minutes of rigorous exercise. And if Americans wants to sustain weight loss in adulthood they have to do 60 to 90 minutes of exercise. If we keep this standars of exercise we would have a long lasting life.

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000302

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Nefertiti

Last Name: Granville

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: Many Americans in today's society do not understand the importance of exercise. However, once informed many are unable to keep up with the amount of exercise suggested for various reasons. I don't think that there should be a specific time frame of how long an individual should exercise but they should be given a variety of exercises that they may complete that will satisfy timing and good health at the same time. Once given different choices of physical activity I think Americans today would commit themselves more.

Comment ID: 000305

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: John

Last Name: Teye

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other

Attachment: N

Comment: I used to think just eating the right amount of the right food is the only way to stay healthy. Exercising is also a very good way to stay healthy and keep fit. Telling how much exercise is needed a day is very helpful. Physical activity makes us feel healthy inside and look healthy outside.

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000309

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Lakeisha

Last Name: Malloy

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: I would like to see more young people between the ages 18-25 exercising an engaging in some sort of physical activities, especially college students. I feel that's its important for us to stay active and build strength because it will help us out in the future.

Comment ID: 000310

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Emoata

Last Name: Okosun

Job Title: student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss

Attachment: N

Comment: I feel schools should put more focus then ever on kids weight, we need to teach them about the pros and cons of the food they eat. I feel it should be more health choices in schools and not so many junk food and vending machines.

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000313

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Aaren

Last Name: Allen

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Other

Attachment: N

Comment: Obesity is most definitely a huge problem in this country and it has been that way for a while, it didn't just pop up when are economy went downhill its been here and we as a country need to address it. So for these physical activity guidelines to be focused mainly on those who are trying to prevent chronic disease, or those who are trying to keep off the weight is ridiculous. Not once do these guidelines mention anything about those who are obese. Yes being obese involves overeating and eating unhealthy and that in turn can become a chronic disease, but I think they need to focus on helping those in need. No I'm not saying that obese people are any more important then those who are trying to prevent diseases. I'm just saying those people are trying to prevent chronic disease while those who are obese are destined for chronic disease. Starting off they aren't going to be able to do 30 minutes of vigorous exercise for 6 to 7 days out the week. They need help and these guidelines offer no help at all.

Comment ID: 000315

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: Obesity which is one of the major issues the country is facing is majorly caused the population's complete disregard for dietary guidelines. The fact that this obese population would rather go to a fast food joint to buy foods especially, very high in cholesterol and sodium rather than prepare healthy meals in their homes is a major concern; moreover, most of them do not engage in no form of physical activity and as a result, they gradually become susceptible to chronic diseases such as high blood pressure, stroke e.t.c.

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000319

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name: PGCC

First Name: Kiara

Last Name: Hall

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss

Attachment: N

Comment: My major is dietetics. I want to help the super obese especially. I watch the Discovery Health Channel and see them suffering. They need someone to plan their diet as soon as they start to become overweight because most of the time when they get to the clinic it's too late. Maybe the Dietary Guidelines for America can set up a workshop for obese people to help them better understand the rules for being healthy. They need guidance.

Comment ID: 000334

Submission Date: 02/11/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Amber

Last Name: Frazier

Job Title: Student

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss

Attachment: N

Comment: Weight loss goals are made constantly by Americans, people with busy schedules, at times could or will be inconsistent with their goal for weight loss, if persons had more education on the workout regimens, or other activities that could be done this would help people like me maintain their weight loss goals.

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000281

Submission Date: 02/07/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Markeino

Last Name: S.

Job Title: Student

Key Topic: Energy Balance/Physical Activity, Other

Sub Topic: Weight maintenance

Attachment: N

Comment: When discussing weight management, I agree strongly with the recommendations set forth. I do feel that decreasing caloric intake and increasing physical activity is great, but if rephrased, I think it would be more effective in getting many individuals up and into managing what they eat and changing their lifestyles. Being a young adult, seeing words like ?managing calories? and ?decreasing calories? makes sense, but does not motivate me to really watch what I eat, or exercise. I think that saying things like ?increase fruit and vegetable consumption? and ?fill meals with more healthy food products such as whole wheat and grain products as opposed to foods high in fat? would be more motivating. I would also recommend that when giving these suggestions, elaborating on what?s healthy amounts and unhealthy amounts would give the readers a clearer understanding of what is ?good? from what is ?bad.?

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.

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Key Topic: Energy Balance/Physical Activity

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).
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.

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

Key Topic: Energy Balance/Physical Activity

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 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: 000244

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name: CrossFit CLE

First Name: Aaron

Last Name: Shaffer

Job Title: Owner, Trainer

Key Topic: Carbohydrates, Energy Balance/Physical Activity

Sub Topic: Added sugars, Low carbohydrate, Weight loss, Weight maintenance

Attachment: Y

Comment: We find in our clients that a combination of eliminating refined carbohydrates (sugar, flour, corn syrup, etc) and our high-intensity, functional fitness program results in dramatic

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Key Topic: Energy Balance/Physical Activity

body composition changes -- our clients become thinner and healthier by all medical definitions. I run my business with this as our model.

My recommendation is for a diet of lean meats, vegetables, nuts and seeds, some fruit, little starch, and no sugar -- because it has been tested and proven over the long term (2+ years) to be sustainable at keeping our clients healthy and optimally fit.

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.

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

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

Key Topic: Energy Balance/Physical Activity

day),

Comment ID: 000395

Submission Date: 03/27/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Kathryn

Last Name: Camden

Job Title: RN

Key Topic: Energy Balance/Physical Activity

Sub Topic:

Attachment: N

Comment: With the sedentary society of today, exercise is a major factor, in that it is absent from most children's lives. The exercise that the children of the 1940's, 1950's, 1960's acquired through play. Today's children define play as sitting in front of a video game, instead of running, jumping, and climbing. Children need to be involved in "play" activities that stimulate their imaginations and provide them with exercise.

Comment ID: 000433

Submission Date: 04/21/2009

Organization Type: Individual/Professional

Organization Name: Association for Size Diversity and Health (ASDAH)

First Name: Joanne

Last Name: Ikeda

Job Title: Secretary

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: Y

Comment: Mounting evidence supports the notion that stereotyping all obese individuals as unhealthy and as having increased risk of chronic disease is unwarranted and harmful. The Association for Size Diversity and Health (ASDAH) calls upon the U.S. Dietary Guidelines Committee to review this research and alter its recommendations accordingly.

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000252

Submission Date: 01/29/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Shirley

Last Name: Winslett

Job Title: RD

Key Topic: Energy Balance/Physical Activity, Food Groups

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

Attachment: N

Comment: Moderation, moderation, moderation! Even a plant-based diet can be unhealthy if not eaten in moderation. I believe the research will show that all food groups need to be represented on the pyramid.

Exercise also needs to continue to be part of the guidelines. Eating wisely (making healthy choices from the food groups and eating in moderation) are even more beneficial when combined with exercise.

Although a person may be in the appropriate weight range for their height does not mean they are healthy. A person's weight does not necessarily mean they are eating healthy.

Also should be sure the information shared with the people is of the appropriate level. Many of the clients I provide education on diets state that there is just too much information out there and they are not sure what is accurate/true and what is not so truthful because a food or drug company/organization is trying to sell a product.

Moderation emphasizing healthy food choices from the food groups and exercise all a part of a healthy lifestyle.

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.

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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 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: 000403

Submission Date: 04/01/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Calorie Control Council

First Name: Lyn

Last Name: Nabors

Job Title: President, Calorie Control Council

Key Topic: Carbohydrates, Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: Y

Comment: Using low-calorie foods and beverages is an important strategy for 80 percent of dieters. Low-calorie, reduced-sugar and sugar-free foods and beverages are extremely beneficial to American consumers and are an important tool in helping to combat the obesity epidemic.

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000344

Submission Date: 02/17/2009

Organization Type: Nonprofit/Voluntary

Organization Name: helping you in health!

First Name: jasmine

Last Name: floras

Job Title: voluntary

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight loss, Weight maintenance

Attachment: N

Comment: I would like to talk about how know the people are very over wieght . Also talk about how about 20% of kids and teenagers are over weight. How we can change our generation and our future genniration by taking little steps at a time.

Comment ID: 000268

Submission Date: 02/03/2009

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: N

Comment: I believe that under the key recommendations for the dietary guidelines of weight management it should have the range of calories a person should eat per day based on age gender race etc. rather than just suggesting to watch the amount of calories. how are we supposed to know what's a good amount and what's a good amount?

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

Key Topic: Energy Balance/Physical Activity

Comment ID: 000371

Submission Date: 03/12/2009

Organization Type: Other

Organization Name: Wm Wrigley Jr Company

First Name: Kathleen

Last Name: McMahan

Job Title: Director, Nutrition and Scientific Affairs

Key Topic: Carbohydrates, Energy Balance/Physical Activity, Nutrient Density/Discretionary Calc

Sub Topic: Weight maintenance

Attachment: Y

Comment: There are two areas where chewing gum could be considered for inclusion in dietary guidance:

First, in the reduction and prevention of dental caries where there is an extensive body of scientific evidence demonstrating that chewing sugar-free gum neutralizes plaque acids, reduces cavities and strengthens teeth. In this area, we request the committee review the body of evidence and consider the addition of "chew sugar free gum after eating when you can't brush" in the key recommendation and under optimizing oral hygiene practices in the carbohydrates section of the Dietary Guidelines focused on dental caries prevention.

And second, in energy balance and weight management, where chewing gum is very low in calories and can fit well within the context of the Dietary Guidelines for Americans as a strategy to help individuals manage calorie intake and stay within discretionary calorie guidance.

In addition, in the attached summary of our written and oral comments, we would like to bring to the Committee's attention potential oral care/health experts and three recent systematic review articles on sugar free chewing gum and dental caries prevention and one supplement from the Journal of the American Dental Association devoted to "saliva" that could provide a basis for literature searches and evidence review of chewing gum and oral health:

Thank you for the opportunity to submit these comments for consideration by the Committee

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Key Topic: Energy Balance/Physical Activity

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