

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.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000008

Submission Date: 10/21/2008

Organization Type: Educational Institution

Organization Name:

First Name: Caldwell B.

Last Name: Esselstyn, Jr., M.D.

Job Title: Preventive Cardiology Consultant

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Other

Sub Topic:

Attachment: N

Comment: Evidence based research and epidemiological studies leave no doubt that the epidemic of cardiovascular disease results from consuming the typical Western diet of processed oils, dairy, meat, sugar and processed flour. Recent research indicates that within minutes of ingestion of oil, dairy and meat products there is measurable injury to the endothelial cell compromising its ability to produce nitric oxide. This gas is the life jacket which protects our blood vessels from developing cardiovascular disease.

Furthermore patients with severe coronary artery disease have been able to halt and reverse the disease when eliminating these products from their nutrition.

The western diet as presently outlined in our food pyramid is responsible for carotid artery thickening in 12 years olds, a call for statin drugs in children, type II diabetes in adolescents, the need fro coronary artery byapss surgery in adolescents and the finding that coronary artery disease is ubiquitous in those between the ages of 16 and 34 years who have died from accidents, homicides and suicides. This epidemic of cardiovascular disease is totally preventable, but presently the foods which produce this disease are touted as healthy in the food pyramid. Science of the 21st century clearly refutes the health claims of the present food pyramid.

Public awareness of the necessity to optimally preserve endothial function will be a revolution in our national health.

Comment ID: 000007

Submission Date: 10/21/2008

Organization Type: Educational Institution

Organization Name: Lifestyle Medicine Institute

First Name: Hans

Last Name: Diehl

Job Title: Director

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups

Sub Topic:

Attachment: N

Comment: In harmony with the Cancer Guidelines issues by the World Cancer Reserach Fund and the work done by Neal Barnard, (Reversing Diabetes) T. Colin Campbell (The China Study) and Caldwell Esselstyn (Clevelandclinic on Reversing CHD) and in view of ecological consideration, would it not be wise to take another and more serious look at the advantages of a more plant-food centered low fat diet diet high in vegetables, fruits and legumes? Many of us in the field of epidemiology view the scientific evidence as rather compelling. Dr. Hans Diehl

Comments Summary Report

Submission Date Between null and null

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: 000021

Submission Date: 10/24/2008

Organization Type: Industry Association

Organization Name: National Fisheries Institute

First Name:

Last Name:

Job Title:

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Food Safety, Other

Sub Topic: Fish oil, Omega 3 fatty acids, Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids

Attachment: Y

Comment: Please see attached comments submitted by National Fisheries Institute

Comments Summary Report

Submission Date Between null and null

Comment ID: 000030

Submission Date: 10/24/2008

Organization Type: Industry Association

Organization Name: Soyfoods Association of North America

First Name: Nancy

Last Name: Chapman

Job Title: Executive Director

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Nutrient Density/Discretionary Calc, Protein

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

Attachment: Y

Comment: Please see attached document.

Comment ID: 000010

Submission Date: 10/21/2008

Organization Type: Industry Association

Organization Name: Salt Institute

First Name: Morton

Last Name: Satin

Job Title: Director, Technical and Regulatory Affairs

Key Topic: Evidence-based Review Process, Fluid and Electrolytes, Minerals

Sub Topic: Sodium, Sodium

Attachment: Y

Comment: It is essential that the 2010 Guidelines be the product of a rigorous scientific review anchored upon evidence-based methodology as developed by the Cochrane Collaboration and promoted by the U.S. Preventive Services Task Force. We reiterate our recommendations for the preparation of the 2005 Dietary Guidelines and remind the Advisory Committee of the Institute of Medicine's 2007 assessment of the development of the DRIs that were the basis of the last Guidelines, an assessment that confirmed our warnings.

In that meeting, Dr. P. Greenwald stated: "It is important to note that the most definitive studies are randomized controlled clinical trials (buttressed by basic nutritional science), followed by non-randomized controlled trials. The studies become weaker from that point... At the very bottom of the list are the opinions of respected authorities?. Little research of the most useful type (randomized clinical trials) is available, whereas there is an enormous amount of information that is not very meaningful."

Many conclusions that found their way into previous versions of the Dietary Guidelines were not based upon high quality evidence, but on expert opinion. For example, both the recommended level of 1500 mg sodium/day and the upper limit of 2300 mg/day for sodium were based upon expert opinion, rather than experimentally derived data. This opinion was almost exclusively driven by concerns for a single CVD risk factor - hypertension - to the exclusion of all other risk factors and biomarkers.

While the 2005 Dietary Guideline recommendations may provide a minor reduction in blood pressure for less than 1/3 of the population, the negative consequences of stimulating the renin-angiotensin-aldosterone system far outweigh any possible benefits for the general population.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000014

Submission Date: 10/22/2008

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Eating Patterns, Evidence-based Review Process

Sub Topic:

Attachment: N

Comment: Please consider a review of the health effects of vegetarian and vegan diets.

Comment ID: 000009

Submission Date: 10/21/2008

Organization Type: Nonprofit/Voluntary

Organization Name: Physicians Committee for Responsible Medicine

First Name: Neal

Last Name: Barnard

Job Title: Founder and President

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Other

Sub Topic:

Attachment: Y

Comment: It is essential that the Dietary Guidelines address Americans as they are. That is, most Americans are overweight, the vast majority have the beginnings of atherosclerosis, if not fully developed cardiovascular disease, and many have other diet-related health problems, such as hypertension or diabetes. It is a mistake to draft Guidelines as if Americans are healthy and trim.

By way of introduction, I am a physician and clinical researcher who studies the clinical effects of nutritional interventions. More and more research shows that low-fat, plant-based diets are most effective for prevention and treatment of chronic diseases that plague our nation.

In light of recent publications highlighting the benefits of low-fat vegetarian and vegan diets (see attached), I think that a critically important question in need of an Evidence-based Review by this esteemed committee is, "What role can low-fat vegetarian and vegan diets play in the prevention and treatment of chronic diseases, particularly obesity, cardiovascular disease, type 2 diabetes, and cancer?"

Thank you,

Neal Barnard, M.D.

Comments Summary Report

Submission Date Between null and null

Comment ID: 000019

Submission Date: 10/23/2008

Organization Type: Nonprofit/Voluntary

Organization Name: American Vegan Society

First Name: Freya

Last Name: Dinshah

Job Title: President

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups, Food Safety

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

Attachment: N

Comment: Kindly do an Evidence-based Review on the benefits of a whole-food based vegan diet for health, nutrition value, weight control, food safety, and economy of resources. Review and expand upon alternatives to meat, fish, and milk.

Comment ID: 000033

Submission Date: 10/27/2008

Organization Type: Other

Organization Name: National Council on Folic Acid

First Name: Adriane

Last Name: Griffen

Job Title: Chair

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups, Vitamins

Sub Topic: B Vitamins, Folate

Attachment: Y

Comment: The Dietary Guidelines for Americans recommendations need to include consuming 400 micrograms of synthetic folic acid daily, either from a multivitamin that contains 400 micrograms of folic acid or from fortified foods.