

# 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 for coronary artery bypass 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 endothelial function will be a revolution in our national health.

**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

# Comments Summary Report

*Submission Date Between null and null*

**Comment ID:** 000011

**Submission Date:** 10/21/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** John

**Last Name:** Kelly

**Job Title:** Assistant Professor

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

**Sub Topic:** Cholesterol, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

**Attachment:** N

**Comment:** I am a physician/researcher specializing in Lifestyle Medicine. I specialize in the treatment of patients with chronic disease, and my research in the Marshall Islands focuses on treating type 2 diabetes with diet and physical activity.

The WHI and other recent studies have shown that %E from fat must be less than the current guideline of 30%. There was little difference in the WHI between the treatment group with just under 30% of caloric intake from fat and the control group with 37% fat. Study after study indicates that fat intake needs to be under 20% to reduce risk of chronic disease, and may need to be lower than 15%E to arrest or reverse chronic disease. My subjects, and clinical patients, do very well on a largely ?as grown? plant diet low in %E from fat. Every measure improves?weight/BMI, blood pressure, blood sugar, cholesterol, LDL, triglycerides, hs-CRP, HOMA-IR.

Please consider the evidence for the need to reduce %E from fat in the diet. Consider studies such as the WHI and others that have shown the present guidelines are ineffective.

Thank you.

**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:** 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:** 000013

**Submission Date:** 10/22/2008

**Organization Type:** Other

**Organization Name:**

**First Name:** Susan

**Last Name:** Burrows

**Job Title:**

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

**Sub Topic:** Cholesterol, Fiber, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Oils, Unsaturated fatty acids, Other, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

**Attachment:** Y

**Comment:** The current standard of nutritional standards are not enough to maintain good health. Dramatic consumption increases must be made in high nutrient low calorie foods. The pyramid caloric intake is too high for most people, especially for those in need of weight reduction. Considering the a vegetable (plant) based diet would be extremely beneficial to the public. Please view attachment for my personal experience and recommendations.