

Comments Summary Report

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

Key Topic: Fats

Comment ID: 000349

Submission Date: 02/25/2009

Organization Type: Educational Institution

Organization Name: University of Maryland

First Name: Linda

Last Name: Aldoory

Job Title: Associate Professor

Key Topic: Fats, Food Safety

Sub Topic: Fish oil, Omega 3 fatty acids, Saturated fatty acids

Attachment: Y

Comment: I recommend the Dietary Guidelines Advisory Committee consider the climate of confusion among women regarding seafood consumption. We conducted in-depth focus groups with 59 women of childbearing age, 8 of whom were pregnant. The women lived in a mix of urban, suburban, and fishing communities. After reading media clips that captured the contradictory reporting about fish, researchers report that the women had difficulty negotiating the accurate meanings about fish safety.

Comment ID: 000413

Submission Date: 04/10/2009

Organization Type: Educational Institution

Organization Name: University of Delaware, Sea Grant College Program

First Name: Doris

Last Name: Hicks

Job Title: Seafood Technology Specialist

Key Topic: Fats, Food Safety

Sub Topic: Fish oil, Omega 3 fatty acids

Attachment: Y

Comment: It is our recommendation that Americans are encouraged to eat more fish, of a variety of species and sources.

Comments Summary Report

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

Key Topic: Fats

Comment ID: 000459

Submission Date: 04/23/2009

Organization Type: Federal Agency

Organization Name: Section of Nutritional Neurosciences, DIBCR, NIAAA, NIH

First Name: Joseph

Last Name: Hibbeln

Job Title: Acting Chief, Section of Nutritional Neuroscience

Key Topic: Fats

Sub Topic: Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids

Attachment: Y

Comment: These enclosed manuscript (1) regarding putative estimations for dietary requirements of long chain omega-3 fatty acids are solely those of the authors and do not represent positions of NIAAA or NIH.

Comment ID: 000460

Submission Date: 04/23/2009

Organization Type: Federal Agency

Organization Name: Section on Nutritional Neuroscience, DICBR, NIAAA, NIH

First Name: Joseph

Last Name: Hibbeln

Job Title: Acting Chief, Section on Nutritional Neuroscience

Key Topic: Fats

Sub Topic: Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids

Attachment: Y

Comment: The enclosed manuscript (2) regarding consideration of required daily intakes of long chain omega-3 fatty acids is solely the opinion of the authors and does not represent any policy or position of NIAAA or NIH.

Comments Summary Report

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

Key Topic: Fats

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.
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

Comments Summary Report

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

Key Topic: Fats

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: 000389

Submission Date: 03/24/2009

Organization Type: Individual/Professional

Organization Name: Waterfront Fitness Center, Naval Base Bangor, WA

First Name: John

Last Name: Wood

Job Title: Fitness and Nutrition Program Coordinator

Key Topic: Carbohydrates, Eating Patterns, Fats

Sub Topic: Low carbohydrate

Attachment: N

Comment: Previous recommendations for macronutrient balances within caloric intake requirements were widely publicized as 55-60% carbohydrate, 20-30% fat and 15-20% protein. Based

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

Key Topic: Fats

on the current Guidelines and My Pyramid, these numbers have shifted to lower carbohydrate intake and higher protein intake. While this is consistent with current research, the format of MyPyramid makes this balance is not readily seen. I personally came up with a 40% carbohydrate, 30% protein, 30% fat balance based on average foods within each category.

Due to this change in format, the old recommendation of approximately 55c/15p/30f is still found in many resources and is commonly recommended in the fitness and nutrition industry. For example, it is still the recommended intake ratio on the ACSM and ACE Resources for the Personal Trainer books which are used extensively by fitness professionals.

It would be very helpful to see both the graphical and serving recommendations currently seen in the MyPyramid format and the caloric ratios seen in the older Guidelines in order to promote the difference.

The current Guidelines also emphasizes the philosophy of caloric restriction to reduce weight. This recommendation needs to be revised since this theory disregards changes in metabolism in response to caloric restriction and muscle catabolism.

A heavier emphasis should be placed on proper macronutrient balance as excessive carbohydrate intake is the true controlling factor for body fat due to the role of insulin and glucose in the formation of glycerol and the esterification of trigacylglycerols. I typically find a 70-80% carbohydrate ratio in my obese clients. Careful tracking of diet and body fat calculations has shown that caloric restriction only results in muscle loss and energy depletion while balancing of macronutrient intake results in consistent weight loss without hunger, loss of energy, or muscle catabolism.

Comment ID: 000425

Submission Date: 04/17/2009

Organization Type: Individual/Professional

Organization Name: HEALTHYPEOPLE.COM

First Name: Helene

Last Name: Berk, M.Ed., R.D.

Job Title: Registered Dietitian, Health Reporter, Publisher of healthypeople.com

Key Topic: Carbohydrates, Eating Patterns, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins

Sub Topic: Added sugars, Fish oil, Omega 3 fatty acids, Fruits, Glycemic index

Attachment: Y

Comment: Please allow me to introduce myself. As a registered dietitian [Case Western Reserve University, Cleveland, OH, 1984], I have practiced medical nutrition therapy. I am also a health reporter and publisher of healthypeople.com

I do believe the predicament with The Pyramid is grains at the bottom. Thankfully the solution is simple: place VEGETABLES at the Base of The Pyramid, especially, the leafy green ones to help manage inflammation and pH Balance within the system. Simply shift this paradigm. It is quite easy.

We have medical visionaries amongst us. Pioneers in Integrative Medicine, such as Andrew Weil, M.D., Dean Ornish, M.D., Caldwell Esselstyn, Jr. M.D., T. Colin Campbell, M.D., Neal Barnard, M.D., all of whom would agree USA's health care dilemma stems from diseases of lifestyle. Since inflammation precipitates most medical conditions, it stands to reason if we manage inflammation we can manage any chronic condition. This includes heart disease, type 2 diabetes, metabolic syndrome, hypertension, cancers, immune disorders, depression, etc.

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

Key Topic: Fats

Thanks to these integrative medical pioneers, we now know the basic challenge for us all boils down to a condition coined by Andrew Weil, M.D. as low grade inflammation. And, we can measure our progress with hemoglobin A1C tests.

The question is: How do we manage inflammation?

Part of the answer is consuming alkaline foods [like green leafy vegetables] and alkaline beverages [like green drinks, phyto-plankton based beverages], or consuming foods which break down into an alkaline ash [e.g., like grapefruits].

Including Omega 3 fats or foods rich in Omega 3 fatty acids [unprocessed soy, salmon, walnuts, grass-fed meat and Omega-3 rich eggs, flax seeds, hemp seeds, hemp milk, grasses, etc.] is another method to manage inflammation.

Naturally occurring COX 2 inhibitors: Some foods, like black cherries, manage inflammation with COX 2 inhibitors. Antioxidants and phytonutrients help, too! See Attachment

Comment ID: 000251

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Paul

Last Name: estrada

Job Title: personal trainer

Key Topic: Carbohydrates, Eating Patterns, Fats, Food Groups, Protein

Sub Topic: Added sugars, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

Attachment: N

Comment: We need to get back to what our bodies evolved with. eating foods that have been around for millions of years. That being meats, vegetables, nuts, seeds, fruits. Eating balanced like The Zone Diet by Dr. Barry Sears. Sugar is a way bigger problem then fats are. People don't need to worry about nut, fish and plant based fats. But starches and refined carbs cause more bodily damage then anything else.

Comments Summary Report

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

Key Topic: Fats

Comment ID: 000238

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

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

Sub Topic: Cholesterol, Fiber, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Whole grains

Attachment: N

Comment: Please read "Good Calories, Bad Calories" by Gary Taubes before proceeding with new dietary recommendations. It's a practical, down-to-earth look at the dietary research of the past hundred years, and it proves, with no doubts whatsoever, that a high-protein, high-fat diet is the surest way to a healthy, balanced body.

Anyone who's pushing a high-carb, low-fat diet has obviously not seen the true facts. And honestly, there's no way any of us can say anything truly significant in 2000 characters or less... but Taubes has done the years of medical research?it's what he does?and he lays out the common fallacies and misconceptions, and shows how and why things have gotten so far off track.

Please read it; if you're in a position of influencing anyone else's eating patterns, you owe it to yourself to get the clear facts, and you owe it to those who are looking to you for them as well.

Comment ID: 000398

Submission Date: 03/30/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Matt

Last Name: Brody

Job Title:

Key Topic: Carbohydrates, Fats

Sub Topic: Cholesterol, Saturated fatty acids

Attachment: N

Comment: Please review the article at the following address, which considers some of the literature on the lack of proof in the lipid hypothesis. Apologies for the lengthy URL.

http://www.menshealth.com/cda/article.do?site=MensHealth&channel=health&category=heart.disease&conitem=a03ddd2eaab85110VgnVCM10000013281eac____&page=0&print=true&url=http%3A%2F%2Fwww.menshealth.com%2Fcda%2Farticle.do%3Fsite%

Comments Summary Report

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

Key Topic: Fats

3DMensHealth%26channel%3Dhealth%26category%3Dheart.disease%26conitem%3Da03ddd2eaab85110VgnVCM10000013281eac____%26page%3D0

Comment ID: 000253

Submission Date: 01/29/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Alex

Last Name: Europa

Job Title:

Key Topic: Carbohydrates, Fats, Food Groups, Protein

Sub Topic: Added sugars, Grains, Whole grains, Low carbohydrate, Oils, Unsaturated fatty acids, Trans fatty acids

Attachment: N

Comment: Please review and consider the research done by Dr. Loren Cordain on Paleolithic Diets (www.thepaleodiet.com). Grains have only been a part of Homo diets for the last 10,000 years, or 0.4% of bipedal history. Our bodies are not genetically predisposed to eating high-carbohydrate/low-fat diets.

A look at modern hunter-gatherer cultures such as the Inuit and Ainu will show that they had and continue to have virtually zero incidence of modern diseases such as cancer, diabetes, or heart disease.

Lastly, note that the Paleo diet does NOT call for fatty meats, such as those found in domesticated live stock, but instead for gamey or free-range animals.

Comment ID: 000464

Submission Date: 04/23/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Don

Last Name: Glickstein

Job Title: Health care system communications

Key Topic: Carbohydrates, Fats, Other

Sub Topic: Added sugars, Low carbohydrate, Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: I urge you to base the new guidelines on peer-reviewed research that's not sponsored by food companies---not on political considerations, as was so common during the past administration.

The current guidelines for total fats with a maximum of 35% from calories isn't supported by outcomes. Trans fats should simply be banned, or least placed at the less than 0.5 g level.

Comments Summary Report

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

Key Topic: Fats

As a professional health care communicator, I can tell you that the food pyramid is way too complex and confusing for most people. The slivers of the pyramids aren't based on graphic research---they require readers to go back and forth between the key, and that reduces learning. You might want to ask Edward Tufte of Yale University to design a new pyramid (author of the Visual Display of Quantitative Information). As it is now, it's more ignored than used.

Comment ID: 000431

Submission Date: 04/21/2009

Organization Type: Individual/Professional

Organization Name: Exponent

First Name: Nga

Last Name: Tran

Job Title: Senior Managing Scientist

Key Topic: Eating Patterns, Fats, Food Groups

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

Attachment: Y

Comment: Dear Sir/Madam - our comments are provided in a letter to the DGAC and included in the zip file attached.

Comment ID: 000429

Submission Date: 04/20/2009

Organization Type: Individual/Professional

Organization Name:

First Name: J. Edward

Last Name: Hunter

Job Title: Adjunct Professor of Chemistry

Key Topic: Fats

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

Attachment: Y

Comment: The attached letter and manuscript share new information about the cardiovascular health effects of dietary stearic acid, which may be worthy of incorporating into the dietary fats section of the Dietary Guidelines for Americans 2010. We conclude that stearic acid would be an excellent substitute for trans fatty acids and cholesterol-raising saturated fatty acids in solid fat food applications.

Comments Summary Report

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

Key Topic: Fats

Comment ID: 000421

Submission Date: 04/16/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Catherine

Last Name: Klein

Job Title:

Key Topic: Fats

Sub Topic: Cholesterol

Attachment: Y

Comment: the comments made in the attachments are our own, and do not represent the position of our respective organizations. A cover letter and full report is provided.

Comment ID: 000422

Submission Date: 04/16/2009

Organization Type: Individual/Professional

Organization Name:

First Name: catherine

Last Name: klein

Job Title:

Key Topic: Fats

Sub Topic: Cholesterol

Attachment: Y

Comment: the comments made in the attachments are our own, and do not represent the position of our respective organizations. A cover letter is provided also in a separate transmission.

Comments Summary Report

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

Key Topic: Fats

Comment ID: 000444

Submission Date: 04/23/2009

Organization Type: Industry Association

Organization Name: National Cattlemen's Beef Association

First Name: Kristina

Last Name: Butts

Job Title: Manager, Legislative Affairs

Key Topic: Evidence-based Review Process, Fats

Sub Topic: Cholesterol, Saturated fatty acids

Attachment: Y

Comment: Cardiovascular disease is the number one cause of disease-related death among Americans. As the 2010 Dietary Guidelines strives to recommend eating patterns consistent with the reduction of cardiovascular disease and other chronic diseases, the beef industry feels it is pertinent to provide the DGAC with a comprehensive review of the role of beef in cardiovascular health outcomes. To accomplish this goal, a systematic review of the literature regarding the role of beef consumption, independent of other red and processed meats, in cardiovascular health outcomes with an emphasis on LDL cholesterol and blood pressure has been conducted. The results of this evidence-based review provide strong evidence that lean beef, similar to skinless poultry, lowers LDL cholesterol between 7-12% when included in diets meeting the fat and cholesterol advice of the 2005 Dietary Guidelines and has little or no effect on blood pressure. With lean beef making up 66% of fresh beef in the meat case today, these data suggest Americans should be encouraged to continue consumption of lean beef as part of a heart healthy diet.

Comment ID: 000245

Submission Date: 01/28/2009

Organization Type: Other

Organization Name:

First Name: Angela

Last Name: Childress

Job Title: Server

Key Topic: Carbohydrates, Eating Patterns, Fats, Food Groups, Protein

Sub Topic: Fish oil, Omega 3 fatty acids, Glycemic index, Oils, Unsaturated fatty acids, Whole grains

Attachment: N

Comment: I really think that the current food pyramid is off base. Our body really is not designed to ingest and utilize grains and process carbs. The american diet needs to focus on good carbs that are dense with nutrients, but low on calories and low on the glycemic index. These type of carbs also tend to be high in fiber which helps to contribute to a healthy colon and elimination system. Also... america needs to take a look at the portions that are considered normal. An average male should eat 24-30 grams of protien in one sitting. Anything more, the body can not utilize and it gets passed out of the system as waste. If it's meat, the piece of meat that is not utilized sits in the colon, rots, and putrifies, and clogs up the elimination process.

Comments Summary Report

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

Key Topic: Fats

Also, the subject of fats needs to be addressed. I know that you are getting a lot of comments regarding how we need less fat, or no fat in the american diet. Well, I'm sorry they are wrong.

Our bodies need fat. They need good fat that comes from nuts, advocados, olive oils, fish and or fish oil. Our brain is largely fat. It needs a supply of fat to renourish itself and function correctly. Without fat... our brains can not fully work to their fullest potential.

Comment ID: 000243

Submission Date: 01/28/2009

Organization Type: Other

Organization Name:

First Name: Andrew

Last Name: feldman

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Fats, Protein

Sub Topic: Added sugars, Low carbohydrate, Whole grains

Attachment: N

Comment: Carbohydrates are what is causing america to go into a downward spirial of obesity. Vegetarians don't know anything about this. Vegetables are carbs thus vegetarians are on a low protein high carb diet. People say it is fats and protein which is really not the case. Added sugars go into our blood and causes excess insulin. Protein is great to eat and should be on everyones diet along with fats such as seeds and nuts. Whole grains are just as bad as regular carbs. They do not benefit you at all. Low carb high protein high fat is how we should eat. I am the healthiest ive been in my life. My blood pressure dropped from 120/90 to 90/60 just by eating this way. i hope you consider this and save americans

Comment ID: 000230

Submission Date: 01/26/2009

Organization Type: Other

Organization Name:

First Name: Jessica

Last Name: Rocheleau

Job Title:

Key Topic: Eating Patterns, Fats, Food Groups, Protein

Sub Topic: Cholesterol, Fruits, Grains, Whole grains, Saturated fatty acids, Vegetables

Attachment: N

Comment: I would like the committee to encourage hearth health by promoting the benefits of a plant based diet, with an emphasis on whole foods rather than processed.

