

Comments Summary Report

Submission Date Between 01/25/2009 and 04/23/2009

Key Topic: fluid and electrolytes

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.

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

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Submission Date Between 01/25/2009 and 04/23/2009

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Comment ID: 000376

Submission Date: 03/17/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: Please provide more specific guidance on the amount of water needed daily under normal circumstances. Preferably, this guidance would be broken down by activity level, age, gender, etc.

Comment ID: 000383

Submission Date: 03/19/2009

Organization Type: Individual/Professional

Organization Name: Our Lady of Peace Hospital

First Name: Sandra

Last Name: Bailey, R.D.,L.D.,M.Ed.

Job Title: Registered Dietitian

Key Topic: Fluid and Electrolytes

Sub Topic:

Attachment: N

Comment: Importance of water in daily intake always has been left out of pyramid. In my mind, it is the true supporting element for all of the rest. The Univ. of Michigan School of Medicine includes it as the pyramid base in its Healing Foods Pyramid. I always have to add it to the US Pyramid when I'm instructing patients. Let's do better!

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Submission Date Between 01/25/2009 and 04/23/2009

Key Topic: fluid and electrolytes

Comment ID: 000354

Submission Date: 03/02/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Fluid and Electrolytes, Minerals

Sub Topic: Calcium, Iron, Magnesium, Potassium, Potassium, Sodium, Sodium, Water, Zinc

Attachment: N

Comment: I am wondering if there a chart of what water, major minerals and trace minerals an average healthy body needs to continue to function and grow.

Comment ID: 000248

Submission Date: 01/28/2009

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

Sub Topic:

Attachment: Y

Comment: The Dietary Guidelines Advisory Committee has repeatedly stated that it will pursue an evidence-based process to review the available science in the development of its recommendations for 2010. Unfortunately, adherence to a strict evidence-based process has not been the case in the development of past guidelines. Recommendations confidently portrayed as evidence-based were forced to be withdrawn as was the case for fat consumption.

We fear a similar situation will occur with the coming iteration of the 2010 Guidelines. The process for the development of recommendations on electrolytes is being driven by the preconceived notion that the overwhelming issue to be addressed with electrolytes is the reduction of blood pressure uniquely through a lowering of salt intakes. This view appears to be held so tightly that many of the principles developed to pursue an acceptable evidence-based review may be abandoned.

While there is little doubt that a reduction in blood pressure would benefit a significant proportion of the population, the means and effectiveness of the dietary intervention recommended to accomplish this is critical - it cannot be the result of expert opinion. It can only result from scientific data of the highest quality. Blood pressure reduction can be accomplished in a great many ways, but the preferred means should not result in negative consequences for certain segments of the population. While it is bad enough to have an intervention lead to unintended health consequences, if such consequences were suspected or known beforehand, then proceeding with such recommendations would be

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scandalous.

Because of the mistaken understanding that a reduction in salt intake will reduce cardiovascular events, the gold standard for dietary interventions for post-heart failure patients is a low sodium diet. Recent evidence indicates that those patients placed on low-sodium diets die or are readmitted to hospital in far greater numbers than those that are not.

Comment ID: 000447

Submission Date: 04/23/2009

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

Sub Topic: Sodium

Attachment: Y

Comment: We are distressed at the continued retreat from public engagement and transparency with conversion of the Committee's April 29-30 meeting into a webinar. This runs directly counter to the Administration's encouragement of greater transparency. We earlier registered our continued disappointment that the Committee has turned its back on another Administration commitment - to improve the process in considering science. By not pre-defining quality standards for inclusion in the evidence-based review process being utilized, the Committee invites the same kind of selective, expert opinion criticisms leveled at earlier panels.

Our full commentary is contained in the accompanying attachment.

Comment ID: 000428

Submission Date: 04/20/2009

Organization Type: Professional Association

Organization Name: Institute of Food Technologists

First Name: William

Last Name: Fisher

Job Title: Vice President

Key Topic: Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Safety, Other

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

Attachment: Y

Comment: The Institute of Food Technologists (IFT) appreciates the opportunity to provide comments to the Dietary Guidelines Advisory Committee. IFT is a not-for-profit professional, scientific society committed to advancing the science of food. Our 20,000+ members work in food science, technology, and related professions in industry, academia, and

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government. IFT's long-range vision is to ensure a safe and abundant food supply contributing to healthier people everywhere. IFT appreciates the opportunity to provide comments pertinent to the development of the 2010 Dietary Guidelines for Americans.

Please contact Mr. William Fisher, IFT's Vice President of Science and Policy Initiatives, if IFT may provide further assistance. Mr. Fisher may be reached at 202-330-4977 or via email at wfisher@ift.org.