

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Fluid and Electrolytes

Comment ID: 000817

Submission Date: 01/25/2010

Organization Type: Educational Institution

Organization Name: Meredith College

First Name: Ashley

Last Name: Acornley

Job Title: Dietetic Intern

Key Topic: Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: I think that the new Dietary Guidelines for Americans should focus on hydration, and mention fluid and electrolyte recommendations for physically active people. Since dietitians are recommending for each of their patients to become more physically active, it is important to make sure they stay well hydrated. I would recommend to include one cup of water for every 20 minutes of exercise, and to consider 6-8 oz of an electrolyte replacement beverage for any strenuous activity that is greater than an hour in duration.

Comment ID: 000794

Submission Date: 01/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nancy

Last Name: Daigle

Job Title: RD 00289146

Key Topic: Fluid and Electrolytes, Food Groups, Nutrient Density/Discretionary Calc

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

Attachment: Y

Comment: I will attach my resume on a separate comment e-mail

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Fluid and Electrolytes

Comment ID: 000919

Submission Date: 04/07/2010

Organization Type: Individual/Professional

Organization Name: Owen Clinic

First Name: Stuart

Last Name: Katsh

Job Title: Registered Dietitian

Key Topic: Fluid and Electrolytes, Food Groups, Protein

Sub Topic:

Attachment: N

Comment: First I appreciate this enormous task this committee has taken on. Thank you.

I reviewed some of the comments posted and agree with most of what I read. I believe the base of the pyramid/healthful eating should be exercise and water. That is, regular activity and plain unsweetened, non-caloric old fashioned water. I add this not to due the "old" adage of 8 glasses a day, because so many people have little or no water and instead have sweetened water, and other sugar rich beverages. We have enough evidence to show that these drinks are unhealthy. In addition if there were a way to relegate red meats, animal fats, additional/added sugars/refined foods to the top of pyramid that would be awesome. In sum: An emphasis on whole grains, plant based foods (including legumes, whole vegetables, whole fruits, etc) coupled with the modified intake of (smaller realistic servings) of animal based proteins.

Also all educational material should be in Spanish as well as English These are just a few of my suggestions. Thank you.

Comment ID: 000829

Submission Date: 02/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nancy

Last Name: Daigle

Job Title: RD

Key Topic: Fluid and Electrolytes, Other

Sub Topic: Sodium

Attachment: N

Comment: 1. In my submissions: 1/15/10 and 1/26/10 I used the label term: No Added Salt. This label term is not permitted. The terms in this category that are permitted are: No Salt Added, Unsalted, Without Added Salt.
2. Since I have been using the on-line Menu Planner tool I have been able to visualize the concept of Extras (or Discretionary Calories) better. Previously I felt that these Extras

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Key Topic: Fluid and Electrolytes

were added to My Pyramid Plan up front because it was assumed that I would be at least that "bad". Ah ha.. my 1800 calorie plan has some padding over and above the Nutrient Dense foods. I can now see very clearly how I tend to exceed my Nutrient Dense intension from time to time.

3. IDEA: Could you create an Application for cell phones (smart or not so smart phones, connected to the Internet or not) using the Menu Planner? Through marketing this "APP" could become the "it" method to achieve health and fitness. Hopefully it would go viral. This App could be downloaded from the Internet or used as is on the Mypyramid.gov site or "free" as a separate APP that doesn't require Internet connection.

This APP along with the APP: My Pyramid Plan goals would be available to all who have a cell phone; thereby reaching so many that currently do not understand how to fit the Dietary Guidelines into their lives. We could reach so many that probably would not go on-line on a PC or laptop but would use the cell phone. Today it seems that everyone has a cell phone, even the less advantaged. Obesity and Type 2 Diabetes, and cardiovascular disease are so prevalent in those less advantaged people that probably have not had access to Dietary Guidelines education for many barrier reasons. The cell phone might be the answer. My daughter has a iPhone and she showed me a Fiber APP

Comment ID: 000844

Submission Date: 02/03/2010

Organization Type: Individual/Professional

Organization Name: Roman Meal Company

First Name: Patrick

Last Name: Finney

Job Title: Vice President Thought & Product Innovation

Key Topic: Fluid and Electrolytes, Vitamins

Sub Topic: Potassium, Sodium, Vitamin D

Attachment: N

Comment: We, at Roman Meal Company, strongly urge that Vitamin D daily requirements be increased to reflect the huge amount of scientific literature that documents Vitamin D's importance in our diets.

Also, please consider reviewing and making recommendations on the balance of sodium:potassium, rather than concentrating solely on the amount of sodium consumed by americans daily. Even major nutrition textbooks now recognize that the ratio is equally, if not more, important that the total amount of sodium. Vitrually all mammals appear to require a ratio of about 3:2, 2:3, 1:1, or thereabouts, of Na to K in order to have the proper ratio in our bodily parts.

Thanks,

Best wishes

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Fluid and Electrolytes

Comment ID: 000895

Submission Date: 03/26/2010

Organization Type: Industry Association

Organization Name: American Meat Institute

First Name: Betsy

Last Name: Booren

Job Title: Director of Scientific Affairs

Key Topic: Eating Patterns, Fluid and Electrolytes, Food Groups, Food Safety, Protein

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

Attachment: Y

Comment: Please see attached document for comments.

Comment ID: 000920

Submission Date: 04/07/2010

Organization Type: Industry Association

Organization Name: Grocery Manufacturers Association

First Name: Robert

Last Name: Brackett

Job Title: SVP and Chief Science and Regulatory Affairs Officer

Key Topic: Eating Patterns, Fluid and Electrolytes, Minerals, Other, Vitamins

Sub Topic:

Attachment: Y

Comment: GMA is pleased to take this opportunity to submit comments to the Dietary Guidelines Advisory Committee in regards to the 2010 Dietary Guidelines. Additional comments will be submitted ahead of the final meeting of the 2010 Dietary Guidelines Advisory Committee. Areas of focus contained in this letter include the importance of a total diet approach to healthy eating, food fortification, and sodium.

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Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Fluid and Electrolytes

Comment ID: 000902

Submission Date: 03/31/2010

Organization Type: Industry Association

Organization Name: American Meat Institute

First Name: Betsy

Last Name: Booren

Job Title: Director, Scientific Affairs

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

Sub Topic: Sodium

Attachment: Y

Comment: See attached document for comments.

Comment ID: 000752

Submission Date: 11/05/2009

Organization Type: Industry Association

Organization Name: Salt Institute

First Name: Richard

Last Name: Hanneman

Job Title: President

Key Topic: Fluid and Electrolytes

Sub Topic:

Attachment: Y

Comment: Comments regarding the discussion this morning, attached

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Fluid and Electrolytes

Comment ID: 000755

Submission Date: 11/10/2009

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: Taryn

Last Name: Glidewell

Job Title: Nutrition Educator

Key Topic: Fluid and Electrolytes

Sub Topic: Water

Attachment: N

Comment: I am not a scientist, but I am wondering if there will be any mention of the value of water in the next pyramid?

Comment ID: 000836

Submission Date: 02/02/2010

Organization Type: Professional Association

Organization Name: American Society for Nutrition

First Name: Mary Lee

Last Name: Watts

Job Title: Director of Science and Public Affairs

Key Topic: Carbohydrates, Eating Patterns, Evidence-based Review Process, Fluid and Electrolytes, Food Groups, Food Safety, Protein

Sub Topic: Added sugars, MyPyramid, Sodium

Attachment: Y

Comment: The American Society for Nutrition (ASN) appreciates this opportunity to submit comments to the 2010 Dietary Guidelines Advisory Committee (DGAC) in advance of the fifth meeting on Feb 9-10, 2010. We are pleased that the DGAC has taken on numerous challenging questions in a rigorous, thoughtful manner. As the Committee engages in final deliberations on the topics and questions, we offer a few final points (see attachment). We hope these comments are useful as the Committee moves forward with its work.

Sincerely,
Robert M. Russell, MD
ASN President 2010-2011

Comments Summary Report

Submission Date Between 10/29/2009 and 04/07/2010

Key Topic: Fluid and Electrolytes

Comment ID: 000763

Submission Date: 11/18/2009

Organization Type: State/Local Government Agency

Organization Name: New York City Department of Health and Mental Hygiene

First Name:

Last Name:

Job Title:

Key Topic: Fluid and Electrolytes, Minerals

Sub Topic: Sodium

Attachment: Y

Comment: Sodium