Comments Summary Report

Submission Date Between null and null

Comment ID: 000032

Submission Date: 10/25/2008

Organization Type: Individual/Professional

Organization Name: Paleobiotics Lab

First Name: Jeff

Last Name: Leach

Job Title: Director

Key Topic: Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Food Groups, Food Safety

Sub Topic: Fruits, Grains, Whole grains, Low carbohydrate, Vegetables, Weight loss, Whole grains

Attachment: N

Comment: As you are aware, 90% of the cells in the human body are microbial - with only 10% human. This reality means that humans are "superorganisms" - a human hybrid if you will.

Significant advances in molecular techniques in the last few years have opened an interesting door into the role of our intestinal flora and disease development. Importantly, dietary inputs can significantly impact the health of our microbiome and thus the host.

The symbiotic relationship humans share with our commensal flora is critical to maintaining optimal health - however, our so-called modern diet is literally starving our intestinal flora. From an evolutionary perspective, and aside from our significant increase in highly processed carbohydrates, our chronic low intake of dietary fiber has probably been the most significant change in our "superorganism" diet in recent history.

It would be interesting to see dietary guidelines that not only addressed "our" nutritional needs but also those of our microbial friends. As you may know, dietary fiber and some resistant starches have a significant impact on the health of our gut bugs as they serve as fermentable substrates for their growth and maintenance. Americans currently consume less than 15 grams a day of dietary fiber from a "very" limited number of sources. Looking over the committee members, its clear whole grains will get their attention - but this misses the point just a bit. The symbiotic relationship we evolved with our intestinal flora was selected on a nutritional landscape that delivered an "extraordinary diversity" of fiber sources. The diversity - as well as the qty - is what is missing from our national discussion.

Suggesting in the 2010 guidelines that we address the intestinal flora by recommending a few more probiotics and a few more whole grains to boost fiber intake will not result in any significant improvement in health. Fiber intake should be set at 35 to 50 grams a day - and not "just" from grains.

Thank you, Jeff Leach

Comments Summary Report

Submission Date Between null and null

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

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.