

Comments Summary Report

Submission Date Between 04/08/2010 and 04/29/2010

Key Topic: Food Groups

Comment ID: 000929

Submission Date: 04/13/2010

Organization Type: Educational Institution

Organization Name:

First Name: Tami

Last Name: Minnieweather

Job Title: Teacher

Key Topic: Food Groups

Sub Topic: Grains, Whole grains

Attachment: N

Comment: In your discussion you mentioned that "children are encouraged to consume greater amounts of varieties of high fiber foods in order to increase nutrition density." I work for a Head Start program in Oregon; I feel that the previous statement contradicts what is stated in the CACFP meal pattern guidelines. Under the components of reimbursable child meals it states "Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified." Enriched meals and flours lack approximately 80% of fiber nutrients; I don't feel that enriched products are a sufficient source of dietary fiber or nutrients and they should not be considered as a dietary replacement.

Comment ID: 000932

Submission Date: 04/14/2010

Organization Type: Educational Institution

Organization Name:

First Name: Tami

Last Name: Minnieweather

Job Title: Teacher

Key Topic: Food Groups

Sub Topic: Other

Attachment: N

Comment: I have a difficult time understanding how foods such as potato chips are considered to be a starch substitute. I propose that a junk category be added to the food pyramid. We have oil on the pyramid to indicate that consumers should only be consuming 10% of total daily calorie intake in the form of healthy fats. I think that if we did the same for junk such as potato chips, candy, pastries, refined cereals, and other processed foods that do not constitute adequate nutritional value, consumers will have a better understanding and reference guide.

Comments Summary Report

Submission Date Between 04/08/2010 and 04/29/2010

Key Topic: Food Groups

Comment ID: 000931

Submission Date: 04/14/2010

Organization Type: Educational Institution

Organization Name:

First Name: Tami

Last Name: Minnieweather

Job Title: Teacher

Key Topic: Food Groups, Minerals

Sub Topic: Calcium, Grains, Whole grains

Attachment: N

Comment: I agree with Miriam; since we are encouraging people to eat more green leafy vegetables and are encouraging more fiber content, then it only makes sense that the recommendation should be to increase servings of vegetables and beans. Encourage 100% orange juice can be an excellent source of calcium for a milk substitute and increase foliate consumption. The fear that I have is that if we encourage the population, especially the school population, to consume 1/2 whole grain and 1/2 fortified grain, we will continue to have the problem that we have now in regard to high consumption of refined grains which lack the fiber content and leads to overeating. Many consumers are not educated in the difference between refined and whole grain, and schools tend to purchase the products that cost less. When given the option to choose whole grain versus refined, most consumers purchase the refined.

Comment ID: 000950

Submission Date: 04/23/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sue

Last Name: Mischke

Job Title: Geneticist, PhD

Key Topic: Eating Patterns, Food Groups, Other

Sub Topic: DASH, MyPyramid

Attachment: N

Comment: The 2005 Dietary Guidelines was a wonderful publication, and its particular strength was the inclusion of the many comparisons (of diets, nutrients, foods, etc.) in table form. Please continue presenting this information (and more) in such a convenient and understandable format. Please continue to include the NIH DASH eating plan and the comparisons with the USDA pyramid in the 2012 publication. They are very similar plans, but the new presentation of the USDA "My Pyramid" is confusing and misleading. It implies that dairy products should be consumed in greater amounts than fruits or vegetables. As a life-long (and previously unsuccessful) follower of various diets, I have found the DASH plan to be easier to follow since the 3 pages of guidelines in the NIH booklet are more specific (e.g. "6 servings of grains daily") than the vague recommendations by the Pyramid (e.g. "eat more," "eat a variety," "go easy"). I attribute my loss of 100 lbs over the past 2 years (and my newfound ability to control both diabetes and hypertension without medication) to the strong emphasis on whole grains and other plant-based foods that the DASH plan successfully and strongly communicated to me. I hope you will

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encourage the re-design of the USDA Pyramid (which is actually very similar to DASH) so that it will both convey the correct information and be more user-friendly and intuitive. It is very difficult to use the Pyramid in its online form; it requires too much mouse-clicking and web surfing to get any information. I had to go through 5 subsites to find out how much milk was recommended, and then it didn't relate the amount of milk per day to a different caloric intake.

Comment ID: 000930

Submission Date: 04/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nancy

Last Name: Daigle

Job Title: RD

Key Topic: Food Groups

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

Attachment: Y

Comment: re: My Pyramid Shopping List:

Under left, or nutrient-dense, side of Milk Group I added:

Sugar Free-Fat Free Cook & Serve pudding & pie filling (prepared with Fat Free milk)

Sugar Free- fat Free Instant pudding & pie filling* (prepared with Fat Free milk)

under right, or Higher: fat and/or added sugar or sodium, side of Meat & Beans Group I added:

Canned Entree like: spaghetti, ravioli or stew

I put a blue asterisk on the Instant pudding and pie filling because it is right at 300 mg sodium/1/2 cup prepared.

The No Sugar Added/Sugar Free pudding (snack pack) is equal to only 1/3 cup milk - 10% DV for Calcium - whereas 1/2 cup of the pudding & pie fillings (prepared with Fat Free milk) are equal to 1/2 cup milk -15% DV for Calcium. The snack packs are very convenient and safe. If you decide the use the snack packs on the My Pyramid Shopping List could you add to the "What counts as 1 cup in the milk group?" print page the following "1 snack pack is equivalent to 1/3 cup milk." exactly as 1 scoop ice cream.

I renamed the attachment as My Pyramid Shopping List3 since this is the 3rd version that I have sent you. Thank you

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Submission Date Between 04/08/2010 and 04/29/2010

Key Topic: Food Groups

Comment ID: 000936

Submission Date: 04/14/2010

Organization Type: Individual/Professional

Organization Name: R&D Systems

First Name: Eric

Last Name: Chapman

Job Title:

Key Topic: Food Groups

Sub Topic: Fruits, Grains, Whole grains, Vegetables

Attachment: N

Comment: Stop giving into meat and dairy special interest! Make dietary guidelines plain and simple: fruits/ veggies/ whole grains!

Comment ID: 000947

Submission Date: 04/19/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Jeanette

Last Name: Keith

Job Title: MD

Key Topic: Food Groups, Other

Sub Topic:

Attachment: Y

Comment: Please see the attached letter addressing lactose intolerance in follow-up to this past week's fifth meeting of the Dietary Guidelines Advisory Committee (DGAC).

Comments Summary Report

Submission Date Between 04/08/2010 and 04/29/2010

Key Topic: Food Groups

Comment ID: 000960

Submission Date: 04/29/2010

Organization Type: Industry Association

Organization Name: US Potato Board

First Name: Katherine

Last Name: Beals

Job Title: Nutrition Scientist

Key Topic: Eating Patterns, Food Groups

Sub Topic: Vegetables

Attachment: Y

Comment: Potatoes are economical, low in calories (110 calories for a medium 5.3 oz-- potato), contain no fat and are rich in a number of key nutrients of concern identified by both the 2005 and current Dietary Guidelines Advisory Committees (including, potassium, vitamin C, fiber and magnesium). Most importantly, their botanical origins (a member of the Solanaceae. family) as well as their nutrient profile dictate that potatoes maintain their rightful place in the vegetable category. Indeed, there is no valid scientific or nutritional rationale for repositioning potatoes to the grain group and doing so will not only cause Americans to fall further short of their total daily vegetable requirements but increase their risk of micronutrient inadequacies and deficiencies.

Comment ID: 000928

Submission Date: 04/13/2010

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: Adriana

Last Name: Gutierrez

Job Title: Concerned Citizen and Lay Health Educator

Key Topic: Carbohydrates, Energy Balance/Physical Activity, Fats, Food Groups, Protein

Sub Topic: Added sugars, Cholesterol, Fiber, Grains, Whole grains, Low carbohydrate, Weight loss, Weight maintenance

Attachment: N

Comment: There are two main problems with the current Dietary Guidelines:
1. They do not work. Despite a documented shift in eating habits in the US population toward eating less fat, more chicken and fish, less red meat and low fat dairy products, we have epidemics of obesity and diabetes in adults and children. The current dietary recommendations are so high in carbohydrates that the population is required to be a slave to a treadmill to overcome the fat that the body puts on when carbohydrates are metabolized and stored in the body. It is not practical for the majority of our population to maintain the necessary level of exercise to compensate for the high carbohydrate intake. Revised guidelines must recommend significantly lower levels of carbohydrates and higher levels of protein and dietary fat to reverse the drastic negative health effects of the past 20 years of misguided "guidelines." I recommend two levels of guidelines:
- Maintenance Guidelines - for people with healthy weight and healthy health indicators - cholesterol and triglycerides
- Corrective Guidelines - for people who need to lose weight or improve their health markers. With 70% of the population overweight or obese we cannot overlook the critical

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nature of giving sound guidance based on research.

2. As a lay health educator I can attest firsthand to the difficulty of using the current pyramid with it's "pie slice" format, as a teaching tool. It does not communicate intuitively recommended volumes of the different food groups or the relative importance. I find the "dinner plate" format much more effective as a communication tool. If you must stick with the pyramid the horizontal slices are much easier to use as a teaching tool.

Comment ID: 000939

Submission Date: 04/15/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Medical Association

First Name: Ivonne

Last Name: Fuller

Job Title: Associate Executive Director

Key Topic: Eating Patterns, Food Groups, Minerals, Protein, Vitamins

Sub Topic: DASH

Attachment: Y

Comment: Statement of the Problem

An increasing body of research now documents the intricate and expansive linkages between nutritional deficits and the etiology of selected health conditions. While a multiplicity of nutrients is present in a range of food product, dairy products embody and exceptionally large pool of those vitamins, minerals, and other nutritional elements required for the optimization of health.

Purpose

The purpose of this paper is that of addressing several key questions regarding African Americans and lactose intolerance.

These questions are:

- What is lactose intolerance and how prevalent is it among African Americans?
- Is the under-consumption of dairy products by African American associated with dietary deficits in nutrients such as calcium, vitamin D, protein, magnesium, potassium phosphorus?
- If so, what health risks may be associated with dairy nutrients deficits among African American?
- What strategies can be recommended to African-American physicians to address ongoing and/or anticipated dairy nutrients deficits in this population?

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Submission Date Between 04/08/2010 and 04/29/2010

Key Topic: Food Groups

Comment ID: 000957

Submission Date: 04/29/2010

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Jill

Last Name: Nicholls

Job Title: VP Nutrition Affairs

Key Topic: Food Groups

Sub Topic: Milk

Attachment: Y

Comment: Role of dairy foods in the diet

Comment ID: 000941

Submission Date: 04/15/2010

Organization Type: Other

Organization Name: Kraft Foods

First Name: Carol

Last Name: Kellar

Job Title: Sr. Director, Quality, Scientific & Regulatory Affairs

Key Topic: Fats, Fluid and Electrolytes, Food Groups, Vitamins

Sub Topic: Fish oil, Omega 3 fatty acids, Folate, Grains, Whole grains, Saturated fatty acids, Sodium, Vitamin D, Vitamin E

Attachment: Y

Comment: See attached document with references.

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Submission Date Between 04/08/2010 and 04/29/2010

Key Topic: Food Groups

Comment ID: 000944

Submission Date: 04/15/2010

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Food Groups

Sub Topic: Milk

Attachment: N

Comment: Please change this group to the calcium group, and add more VEGAN possibilities for people. (eg. soy and rice and almond and oat and hazelnut and hemp milks)