

# Comments Summary Report

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

Key Topic: Food Groups

**Comment ID:** 000242

**Submission Date:** 01/28/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Laila

**Last Name:**

**Job Title:** Dietetics Student

**Key Topic:** Carbohydrates, Food Groups

**Sub Topic:** Fiber, Fruits, Vegetables, Whole grains

**Attachment:** N

**Comment:** It may be helpful to advise intake of fruits and vegetables to reach recommended fiber consumption. Whole grains alone may not be adequate.

**Comment ID:** 000275

**Submission Date:** 02/05/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Subomi

**Last Name:** Johnson

**Job Title:** Student

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

**Sub Topic:** Other, Weight loss, Weight maintenance

**Attachment:** N

**Comment:** Most American never care about what goes in to their stomach, which is the major reason why nutritional problem is the number one problem faced by Americans today. But even if the care about what they eat and they are not physically active, it will eventually result to a similar problem. For a good and health living, Americans should be encouraged to eat more of greens, wheat, and intense physical excise. It will be very important for more Americans to maintain about 60 to 90 minute or even more. I have never seen or hear that excessive regular excise kill, however, it?s even fun for human to visit the road once a while by running, jogging, or even just working. The road is there just waiting for us to bear him a visit any time. And also most of these healthy foods are the less expensive once, so why can?t American save money, health and even live longer life by eating right and excising more often. I have been their once I my life where I do not excise but eat anything eatable except vegetable, or in general, nutrient condense foods. But after I renovate myself to I see the difference. Please Americans love your-self and take care of your-self know for a better old age.

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

Key Topic: Food Groups

**Comment ID:** 000453

**Submission Date:** 04/23/2009

**Organization Type:** Educational Institution

**Organization Name:** Creighton University, Osteoporosis Research Center

**First Name:** Karen

**Last Name:** Rafferty

**Job Title:** Senior Research Dietitian

**Key Topic:** Eating Patterns, Food Groups, Minerals, Nutrient Density/Discretionary Calc

**Sub Topic:** Calcium, Milk

**Attachment:** Y

**Comment:** Comments summarizing new research data and conclusions presented in attached letter.

**Comment ID:** 000457

**Submission Date:** 04/23/2009

**Organization Type:** Educational Institution

**Organization Name:** The Pennsylvania State University

**First Name:** Penny

**Last Name:** Kris-Etherton

**Job Title:** Distinguished Professor of Nutrition

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** Y

**Comment:** Attached is a zip folder with articles (galley proofs) that report health benefits of dairy products. These papers were presented at the American College of Nutrition annual meeting in 2008 at a mini-symposium, "Scientific Evidence for the Role of Dairy Foods and Nutrient Adequacy and Chronic Disease." Also enclosed is an original research paper (Hilpert, et al) that is in press in Journal of the American College of Nutrition showing specific blood pressure lowering effects of dairy products in a cohort of the population with Stage I hypertension.

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

Key Topic: Food Groups

**Comment ID:** 000292

**Submission Date:** 02/08/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Terri

**Last Name:** Kellaher

**Job Title:** Student

**Key Topic:** Food Groups

**Sub Topic:** Grains, Whole grains

**Attachment:** N

**Comment:** The recommended serving size for grains and whole grains is 6-11 servings. I feel like this is a little too much for someone to eat in one day. I also do not see why there is such a big range between the serving size from 6-11. I think, at the most, 6 servings a day would be sufficient.

**Comment ID:** 000304

**Submission Date:** 02/09/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Anisha

**Last Name:** Smallwood

**Job Title:** Student

**Key Topic:** Food Groups

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

**Attachment:** N

**Comment:** There are my Americans that listen to ?Nutritious Quackery? and don?t really understand the layout of the food groups. Meat, poultry, fish, dry beans, eggs, and nuts are important sources of protein, iron, zinc, and B vitamins. These food products allow you to get the nutrients you need and assists you in staying healthy once the food routine is instilled.

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

Key Topic: Food Groups

**Comment ID:** 000318

**Submission Date:** 02/10/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince Georges Community College

**First Name:** Tiffani

**Last Name:** Jennings

**Job Title:** Teacher

**Key Topic:** Food Groups

**Sub Topic:** Other

**Attachment:** N

**Comment:** One thing I would like them to change is to find other categories to put in the food groups to help us maintain a healthy diet. Yes we all know the foods they want us to eat but those foods are kinda hard for us to stick to. I would like them to try to find foods most people like to eat that can make them maintain a healthy well-balance diet. Like me alot of the recommended food they want you to eat is hard for me to eat because I really don't like them but try my hardest to have a good intake of. But if they found more foods people like to eat it would be easier.

**Comment ID:** 000356

**Submission Date:** 03/03/2009

**Organization Type:** Educational Institution

**Organization Name:** University of the Sciences in Philadelphia

**First Name:** Grace

**Last Name:** Earl

**Job Title:** Assistant Professor

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I have been involved in educating patients with heart disease in an interprofessional setting for a number of years. The approach to managing many diseases including heart disease and diabetes includes lifestyle changes. My comment relates to the need for educational materials that are accurate and accessible. In addition, I would like the committee to be aware that the internet is not available to all people. Therefore, tools that can be downloaded and printed should also be included on the websites. I have been pleased to see that there are many new tools on the internet that are available to assist patients in understanding nutrition. However, I would ask that you consider going back to using tools such as the pre-2005 Food Pyramid that provides a clear depiction of the food groups and daily servings. In addition, since the prevalence of diabetes is increasing, there is a need for designing a specific Food Pyramid for patients with diabetes mellitus.

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

Key Topic: Food Groups

**Comment ID:** 000407

**Submission Date:** 04/06/2009

**Organization Type:** Educational Institution

**Organization Name:** University of Connecticut

**First Name:** Maria Luz

**Last Name:** Fernandez

**Job Title:** Professor

**Key Topic:** Food Groups

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

**Attachment:** Y

**Comment:** My comments on eggs and cardiovascular disease risk are found in the attachment."

**Comment ID:** 000411

**Submission Date:** 04/08/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I think the new food pyramid or food model should call the Meat/Beans/Fish/Nuts/Eggs/Poultry/Seeds group the Protein group (that is, if it is kept as one group). I think my elementary students would have an easier time grasping why those foods are grouped together if named accordingly.

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

Key Topic: Food Groups

**Comment ID:** 000386

**Submission Date:** 03/23/2009

**Organization Type:** Educational Institution

**Organization Name:** COS Nutrition Class FCS 11

**First Name:** Elaine

**Last Name:** Patterson

**Job Title:** Instructor and Registered Dietitian

**Key Topic:** Food Groups, Other

**Sub Topic:** Other

**Attachment:** N

**Comment:** We would like to see more emphasis on healthy food preparation and choosing more organic, local and fresh foods when possible. Thank you.

**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).

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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

**Comment ID:** 000337

**Submission Date:** 02/11/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Glenn & Debbie

**Last Name:** Carson

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Food Groups, Nutrient Density/Discretionary Calc, Protein

**Sub Topic:** Fiber, Fruits, Glycemic index, Grains, Whole grains, MyPyramid, Vegetables, Weight loss, Weight maintenance, Whole grains

**Attachment:** N

**Comment:** We urge the USDA to emphasize a plant-based diet, including fruits, vegetables, whole grains, beans, nuts and legumes and to avoid processed foods. Such a diet will result in weight loss/maintenance and numerous health benefits.

**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

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**Key Topic: Food Groups**

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:** 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.



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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.

**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

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them as well.

**Comment ID:** 000240

**Submission Date:** 01/28/2009

**Organization Type:** Individual/Professional

**Organization Name:** YMCA, certified degreed trainer and nutritionist

**First Name:** Joshua

**Last Name:** Hunnicutt

**Job Title:** Fitness Director

**Key Topic:** Carbohydrates, Evidence-based Review Process, Food Groups, Protein

**Sub Topic:** Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Milk, Whole grains

**Attachment:** N

**Comment:** It seems absurd that the hormonal responses to food are ignored. It is scientifically accepted and evident both carbohydrates and protein produce a significant hormonal response which can dramatically affect health. Protein has been "kicked to the curb" and is now not even factored as a percentage, just a body weight formula which is in no way the "balanced" diet which has been preached for decades. It is blatantly obvious to an out-of-the-box thinking/researching professional that there has to be some sort of lobby influence on the new pyramid. Our society continues to dramatically decline in health, while our pyramid preaches 3 cups of dairy whether you are on a 1400 or 3000 calorie eating plan. Rather than classifying refined grains as discretionary, we are told they are okay, as long as we get mostly whole grains. The pyramid ignores food's inflammatory factor and hyperinsulinemia, which so much evidence points to as the bane of modern man and why we are so diseased. The closed-mindedness of our USDA is crushing our health and one can hope for some sort of correction. I will be happy to attach plenty of evidence if needed.

**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](http://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.

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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:** 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:** 000436

**Submission Date:** 04/22/2009

**Organization Type:** Individual/Professional

**Organization Name:** Nutrition Communication Services

**First Name:** Robyn

**Last Name:** Flipse

**Job Title:** Registered Dietitian

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, MyPyramid, Vegetables

**Attachment:** Y

**Comment:** Research was conducted to explore why vegetable consumption by Americans continues to fall short of recommendations, with particular attention to the subgroup of legumes (dry beans and peas). Given the unique nutrient profile of beans as a plant protein rich in fiber, vitamins and minerals and their many documented health benefits, learning how to help Americans increase their intake from this subgroup could greatly improve the health and well being of the population. My findings indicate consumers are confused by the terminology being used to describe beans in dietary guidance materials, unclear about their food group assignment and in need of more relevant meal preparation tools that are compatible with modern lifestyles. Suggestions that address these problems include using the word "beans" in all future dietary guidance materials, keeping them in both the Meat and Beans group and the Vegetable group to consistently reinforce their dual placement, and improving the quantity and quality of consumer meal preparation tools so that Americans can begin to include more of these great tasting, nutrient-rich and versatile vegetables in their diets.

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

Key Topic: Food Groups

**Comment ID:** 000265

**Submission Date:** 02/02/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kevin

**Last Name:** Crupi

**Job Title:**

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** I'm writing to encourage you to put a greater emphasis on the benefits of a whole foods, plant-based diet to improve the abysmal state of the overall health of our population. A number of medical studies have shown the typical American diet heavily laden with processed meat and dairy foods is harmful to human health.

Despite the wealth of our country, the average American is very unhealthy. With increasing affluence through the 20th Century, our average diet changed from one based primarily on whole plant-based foods to one that is heavy on processed meat and dairy. Now, the majority of Americans die from cancer, heart disease, stroke, or diabetes?-diseases which typically felled only the wealthy earlier in our country's history when the rich were the only ones who could afford to consume a diet that was mostly animal-based.

In 2005, T. Colin Campbell, PhD, and his son Thomas Campbell II published *The China Study*, a landmark book which examined the results of a study of the relationship between the consumption of animal products in China and the incidence of numerous cancers, heart disease, obesity, autoimmune disease, osteoporosis, degenerative brain disease, and macular degeneration in the population there. The Campbells concluded diets high in animal protein are strongly linked to heart disease, cancer, and diabetes?-those same diseases that now kill the majority of Americans. In the past before their population became more affluent, the Chinese diet consisted mainly of plant-based foods. With a more western meat and dairy diet now, the incidence of these diseases in China has exploded. The authors recommend that people eat a whole foods, plant-based diet and avoid consuming beef, poultry, and milk to minimize and/or reverse the development of chronic disease. The Campbells also criticized "low carb" diets--such as the Atkins Diet?-because these fad diets include restrictions on the percentage of calories derived from the complex carbohydrates tha

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

Key Topic: Food Groups

**Comment ID:** 000394

**Submission Date:** 03/26/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kathy

**Last Name:** Dempsey

**Job Title:** Regulatory Compliance Analyst

**Key Topic:** Eating Patterns, Food Groups

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

**Attachment:** N

**Comment:** Please give the public accurate information and recommendations about a healthful diet. Do not make a determination based upon what you think the American public will "accept". We desperately need honest information about balancing calorie intake with activity and healthful foods versus junk. There is no need to tell people how to fit junk into their diets. We know how to do that. Please provide guidance on whole grains, legumes, vegetables and fruits. Do not imply that meat (including poultry and fish), eggs and dairy are necessary in the human diet. They are optional like sweets and refined carbohydrates.

**Comment ID:** 000397

**Submission Date:** 03/29/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Michel

**Last Name:** Matouk

**Job Title:** Physician

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** The American language of dietary values, while intelligent, has not significantly improved the national waistline. And while we have much respect for pyramids, a more basic approach is now necessary. We believe, in the tradition of hotel and restaurant ratings, that the population would better understand a simple rating of food classes in terms of, for example, skulls (5/5 skulls means dangerously unhealthy) and hearts (5/5 hearts would mean healthy and desirable). Therefore, a big Mac would be 5 skulls and no hearts while a vegetable soup with whole grain crackers would deserve 0 skulls and 5 hearts. These ratings, if on the front of grocery boxes, would actually make a difference for customers looking for a healthier choice. If placed on menus at restaurants, they can make a simple but real difference. The ratings could be voted upon by a group of physicians and nutritionists.

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

**Key Topic: Food Groups**

**Comment ID:** 000416

**Submission Date:** 04/12/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Elizabeth M

**Last Name:** Ward, RD

**Job Title:** Registered Dietitian, Author

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid, Vegetables

**Attachment:** Y

**Comment:** Increasing vegetable intake is one of our greatest challenges as health professionals. Beans are vegetables with exceptional levels of protein and fiber, as well as several other key nutrients found lacking in the American diet. They are a convenient, cost-effective, and delicious way to improve vegetable intake in children and adults. As part of a balanced eating plan, beans help promote health and prevent certain chronic conditions. I urge the 2010 Dietary Guidelines Advisory Committee to clearly communicate these facts to Americans.

**Comment ID:** 000417

**Submission Date:** 04/14/2009

**Organization Type:** Individual/Professional

**Organization Name:** Arizona State University

**First Name:** Donna

**Last Name:** Winham

**Job Title:** Assistant Professor

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid, Vegetables

**Attachment:** Y

**Comment:** Please see attached letter regarding the role beans and health in the Dietary Guidelines.

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

Key Topic: Food Groups

**Comment ID:** 000252

**Submission Date:** 01/29/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Shirley

**Last Name:** Winslett

**Job Title:** RD

**Key Topic:** Energy Balance/Physical Activity, Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables, Weight loss, Weight maintenance

**Attachment:** N

**Comment:** Moderation, moderation, moderation! Even a plant-based diet can be unhealthy if not eaten in moderation. I believe the research will show that all food groups need to be represented on the pyramid.

Exercise also needs to continue to be part of the guidelines. Eating wisely (making healthy choices from the food groups and eating in moderation) are even more beneficial when combined with exercise.

Although a person may be in the appropriate weight range for their height does not mean they are healthy. A person's weight does not necessarily mean they are eating healthy.

Also should be sure the information shared with the people is of the appropriate level. Many of the clients I provide education on diets state that there is just too much information out there and they are not sure what is accurate/true and what is not so truthful because a food or drug company/organization is trying to sell a product.

Moderation emphasizing healthy food choices from the food groups and exercise all a part of a healthy lifestyle.

**Comment ID:** 000239

**Submission Date:** 01/28/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Colleen

**Last Name:** Cornette

**Job Title:** executive sales rep

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** We need to put wholesome foods back into our children's diets. Stop having processed foods every day of the week like hot dogs, chicken tenders, cheese sticks. Our cafeteria

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no longer cooks a meal. they simply heat up items from processed food boxes. the quality and tastiness is gone. When I was in school 25+ years ago they actually cooked a meal and it was hot not served on plastic plates. Also we need to look at recycling those plastic containers they are using to serve food on. Eliminate the junk available like fruit roll ups and put real desserts there at least. There is no wonder our children are over weight. they eat to much sodium and processed food. Often this is the only meal some children get and it is out of a box and full of chemicals and sodium. Surely the richest nation in the world can feed out children better.

**Comment ID:** 000257

**Submission Date:** 01/30/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nicholas

**Last Name:** McCulloch

**Job Title:** U.S. Marine

**Key Topic:** Food Groups

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

**Attachment:** N

**Comment:** Please re-evaluate the number and type of categories that the government is currently recommending to Americans. I think that there should be three categories: Protein, Carbohydrates, and Fats. If we can teach Americans to eat correctly portioned meals on a macro nutrient level, we can begin to control the obesity problem in our country.

**Comment ID:** 000404

**Submission Date:** 04/01/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** I would like the "milk" category to be given a different name. Is not the intention of this category to ensure a proper amount of calcium, or is it to ensure a proper amount of milk? There are not "peach" or "carrot" categories; rather fruit and vegetable categories. Having a category simply called "milk" implies that the milk lobbyists were successfully persuasive. Calling this category "Dairy" is not accurate either. What about someone who is lactose intolerant? Or those who drink soy milk? The former "meat" category has been updated to the "meat, beans, eggs, fish and nuts category"; why leave milk so outdated? Please call it "calcium", if there should be a category like this.



# Comments Summary Report

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

Key Topic: Food Groups

**Comment ID:** 000339

**Submission Date:** 02/11/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Lorna

**Last Name:** Power

**Job Title:** Registered Dietitian

**Key Topic:** Food Groups, Other

**Sub Topic:** Fruits, Vegetables

**Attachment:** Y

**Comment:** Proposal to include the following language in conjunction with the recommendation for fruit and vegetable consumption:  
?Choose Organic fruits and vegetables most often and when possible followed by conventionally produced fruits and vegetables?  
Scientific evidence is provided in support of the above recommendation.

**Comment ID:** 000364

**Submission Date:** 03/07/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Brenda

**Last Name:** Gabriele

**Job Title:**

**Key Topic:** Food Groups, Other

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

**Attachment:** N

**Comment:** Most people know that once a person is diagnosed as having diabetes, the individual "SHOULD" change their habits and their lifestyle, and their food consumption should change, as well. Diabetics' diets are also very different than average healthy persons' recommended diets, so the current USDA Recommended Food Pyramid really does not apply to us. I would very much like to see the USDA publish a RECOMMENDED FOOD PYRAMID for the DIABETIC, both a type 1 and type 2. I have searched for this on the AMERICAN DIABETES ASSOCIATION website, to no avail, also.

Thank you for your consideration.

# Comments Summary Report

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

**Key Topic: Food Groups**

**Comment ID:** 000458

**Submission Date:** 04/23/2009

**Organization Type:** Industry Association

**Organization Name:** American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, National Association of Wheat Growers

**First Name:** Lee

**Last Name:** Sanders

**Job Title:** Vice President, Government Relations & Public Affairs

**Key Topic:** Carbohydrates, Evidence-based Review Process, Food Groups, Vitamins

**Sub Topic:** B Vitamins, Fiber, Folate, Glycemic index, Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** Please see attached comments from the American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, and National Association of Wheat Growers

**Comment ID:** 000363

**Submission Date:** 03/07/2009

**Organization Type:** Industry Association

**Organization Name:** US Dry Bean Council

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** Y

**Comment:** Attached comments- beans are a vegetable as well as protein...

# Comments Summary Report

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

Key Topic: Food Groups

**Comment ID:** 000392

**Submission Date:** 03/25/2009

**Organization Type:** Industry Association

**Organization Name:** Juice Products Association

**First Name:** Sarah

**Last Name:** Wally

**Job Title:** Manager, Nutrition Communications

**Key Topic:** Food Groups

**Sub Topic:** Fruits

**Attachment:** Y

**Comment:** Please see attached documents.

**Comment ID:** 000424

**Submission Date:** 04/16/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Whole Grains Council and Oldways

**First Name:** Cynthia

**Last Name:** Harriman

**Job Title:** Director of Food and Nutrition Strategies

**Key Topic:** Carbohydrates, Food Groups

**Sub Topic:** Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** The Whole Grains Council and its parent organization, Oldways, recommend that the 2010 Dietary Guidelines pave the way for breaking through the whole grain consumption barrier by:

\*\* clearly defining 16g of whole grain ingredients as a MyPyramid serving of mixed-grain foods, and

\*\* dropping the confusing term "ounce-equivalents" in relation to whole grains.

Our comments are detailed in full in the attached document.

# Comments Summary Report

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

Key Topic: Food Groups

**Comment ID:** 000261

**Submission Date:** 02/01/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Vegetarian Society of DC

**First Name:** Saurabh

**Last Name:** Dalal

**Job Title:** President

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** Vegetarian foods offer powerful advantages for humans. A large number and wide variety of scientific studies have shown that well-planned vegetarian diets support good health for all stages of the life cycle. Many nutritionists and other health professionals recognize that a well-planned, low-fat vegetarian diet ? and preferably a vegan diet, completely free of all animal products - is the best diet for humans.

A wide variety of plant foods consisting of whole grains, whole fruits, vegetables, legumes, nuts, seeds, and fortified cereals and fortified plant milks like soy milk can ensure a healthy, well-balanced diet. Naturally and strongly colorful vegetables and fruits should also be emphasized for their anti-oxidant and phyto-nutrient value.

For the 2010 Dietary Guidelines for Americans, we urge the advisory committee to:

1. clearly incorporate even more plant foods, specifically a well-planned, low-fat, vegan diet, with its health benefits and other benefits in all respects
2. clearly emphasize alternatives to meat, dairy, and eggs

Thank you for your time and consideration.

**Comment ID:** 000448

**Submission Date:** 04/23/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Farm Sanctuary

**First Name:** Delcianna

**Last Name:** Winders

**Job Title:** Legal Director of Campaigns

**Key Topic:** Evidence-based Review Process, Food Groups, Other

**Sub Topic:** Milk

**Attachment:** Y

**Comment:** Farm Sanctuary, the nation?s largest farm animal protection organization, respectfully requests that the Dietary Guidelines Advisory Committee, in revising the 2005 Dietary

# Comments Summary Report

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

**Key Topic: Food Groups**

Guidelines for Americans, reduce the emphasis placed on dairy products. The Dietary Guidelines are statutorily required to be science-based, and science simply does not support the emphasis placed on dairy products as part of a healthful diet in the 2005 Dietary Guidelines. To the contrary, scientific studies have shown that dairy products contribute to the very same chronic diseases that the Guidelines aim to reduce, such as prostate cancer and breast cancer. To truly promote the health of Americans and reduce the risk of chronic diseases, the Guidelines should tell the truth about dairy and its role in chronic disease. President Obama has promised to "restore science to its rightful place," and if this commitment is to be a reality the Dietary Guidelines for Americans must be revised based on sound scientific evidence.

**Comment ID:** 000426

**Submission Date:** 04/18/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Whole Grain Connection

**First Name:** Monica

**Last Name:** Spiller

**Job Title:** Writer / researcher

**Key Topic:** Food Groups

**Sub Topic:** Grains, Whole grains

**Attachment:** Y

**Comment:** Whole grain food availability

What is the current status of whole grain food availability? Does the supply match the requirements of the USDA nutrition guidelines? Does the supply of whole wheat flour equal or surpass the supply of refined wheat flour, i.e. is it at least 50% of the total supply including hard and soft wheat, as well as durum wheat? Similarly do the supplies of whole corn meals and brown rice, equal or surpass the supplies of refined corn and white rice respectively? If not, what can be done to increase the whole grain production capacity in the USA, so that everyone can expect to eat most grain foods in the whole form? Do we need a stimulus package and regulation, for the milling and baking industries, to make sure that enough truly whole grain foods are produced and made available in every region?

Currently most restaurants have zero or minimal offerings of whole grain breads, whole grain pasta and brown rice. Popular magazines and newspaper food sections still provide most of their recipes without the mention of a whole grain option. Where is the effort to encourage and educate restaurateurs and food writers in the need to provide and select whole grain foods? USDA nutrition guidelines for whole grains become redundant if supplies do not match up to the recommendations. Making whole grain foods widely available and attractive would be key to improving the national health and so would reduce health care costs for such chronic conditions as obesity, diabetes, some cancers and heart disease. Children especially need to grow up eating whole grain foods enjoyably, in order to be healthy. Refined grains even after enrichment cannot supply the full range of nutrients available from whole grains. Nutritional research since the 1970s at least, leaves no doubt as to the truth of this statement, and is surely why the USDA guidelines promote whole grain foods as an essential part of a healthful diet.

# Comments Summary Report

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

**Key Topic: Food Groups**

**Comment ID:** 000373

**Submission Date:** 03/16/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** International Tree Nut Council Nutrition Research & Education Foundation

**First Name:** Maureen

**Last Name:** Ternus

**Job Title:** Executive Director

**Key Topic:** Food Groups

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

**Attachment:** Y

**Comment:** The International Tree Nut Council Nutrition Research & Education Foundation has submitted comments to the DGAC--see attached.

**Comment ID:** 000399

**Submission Date:** 03/30/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** PCRM

**First Name:** Susan

**Last Name:** Levin

**Job Title:** Dietitian

**Key Topic:** Food Groups

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

**Attachment:** Y

**Comment:** We ask that any text recommending intake of meats, including any specific meat subtypes, be deleted from the Dietary Guidelines for Americans, and that the Dietary Guidelines specifically recommend that meal plans for children, particularly foods served in schools, include nonmeat options daily.

The Dietary Guidelines are, of course, to be evidence-based. There is insufficient evidence to suggest that the well-documented risks of meat intake are outweighed by benefits. The reverse is true. In addition to the multiple prior studies of which the committee is no doubt aware, two recent publications deserve emphasis.

# Comments Summary Report

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

Key Topic: Food Groups

**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.

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:** 000462

**Submission Date:** 04/23/2009

**Organization Type:** Other

**Organization Name:** General Mills Inc.

**First Name:** Kathy

**Last Name:** Wiemer

**Job Title:** Director / Fellow, Bell Institute of Health & Nutrition

**Key Topic:** Carbohydrates, Eating Patterns, Food Groups, Nutrient Density/Discretionary Calc

**Sub Topic:** Added sugars, DASH, Fiber, Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** Obesity and conditions linked to obesity have been the subject of particular public health concern. General Mills believes that:

# Comments Summary Report

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

Key Topic: Food Groups

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The nutritional benefits of eating breakfast, particularly a breakfast with ready-to-eat cereal, should be included and recommended in the 2010 Dietary Guidelines Technical Report. The body of literature points to the protective role of consistently consuming  
James Ford Bell Technical Center ? 9000 Plymouth Avenue North ? Minneapolis, MN 55427

[1]

breakfast and cereal against obesity and for weight management, both in children and adults.

?

The Dietary Guidelines Advisory Committee should build upon the 2005 Dietary Guidelines whole grain recommendation and recommended increased intakes of whole grain foods for maintaining a healthy body weight and preventing future weight gain based on studies published since 2005 examining the consumption of whole grain and body mass index.

In addition, the Dietary Guidelines Advisory Committee should consider:

?

Added sugar in the context of a total diet and the nutrient-density of foods. Judging foods like cereal on the sole basis of added sugars misconstrues the nutritional value of cereal, particularly the importance of cereal in the diet. Consistently over the past three decades, research studies have indicated that ready-to-eat cereals, including those that are presweetened, improve intake of key vitamins and minerals.

?

Industry?s gradual and incremental sodium reductions over time along with educational efforts from government and health professionals to effectively address sodium intakes. In addition, consider Dietary Guidelines are targeted to the general public and not exclusively to Americans with or at risk of hypertension, and the importance of retraining the palate through gradual reductions over a period of time as taste, including consumer perception about taste, is still the number one driver for food purchase.

**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.



# Comments Summary Report

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

Key Topic: Food Groups

**Comment ID:** 000229

**Submission Date:** 01/26/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** JoAnn

**Last Name:** Joslin

**Job Title:** Computer Teacher

**Key Topic:** Eating Patterns, Food Groups, Food Safety

**Sub Topic:** Fruits, MyPyramid

**Attachment:** N

**Comment:** Why are there no guidelines for children under 2 years of age? Specifically, why is there not a warning on the WIC shelf or on the gerber juice bottle mentioning the hazards of too much juice.

**Comment ID:** 000369

**Submission Date:** 03/12/2009

**Organization Type:** Other

**Organization Name:** Voices for Animals at Saginaw Valley State University

**First Name:** Sondra

**Last Name:** Shillair

**Job Title:** President

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** The benefits of cutting out meat is being oppressed so much and needs to be addressed to put our society in better health.

# Comments Summary Report

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

**Key Topic: Food Groups**

**Comment ID:** 000418

**Submission Date:** 04/14/2009

**Organization Type:** State/Local Government Agency

**Organization Name:** Northern Illinois University

**First Name:** Sandy

**Last Name:** Flood

**Job Title:** Faculty

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I use the pyramid in my college classes. The equivalent serving sizes need to be clearer for each category. For example, meat is only 1 ounce or how many nuts? One slice bread is 1/2 bagel?  
Oils--is there a serving size in tablespoons?  
A list of the item and amount of it in each food group would be helpful.