

Comments Summary Report

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

Key Topic: Minerals

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: 000316

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Neo

Last Name: Moneri

Job Title: Student

Key Topic: Minerals

Sub Topic: Sodium

Attachment: N

Comment: A person without the financial means to buy healthier foods will likely resolve to buying canned and processed foods that are relatively cheaper to buy. These foods are known to have high contents of sodium. Though the sodium is preservative, it poses risk to the health of the consumer. Because of this, it would be best for there to be low-sodium alternatives that nonetheless notify the consumer that the dates of expiry are different from the original foods.

Comments Summary Report

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

Key Topic: Minerals

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

Comments Summary Report

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

Key Topic: Minerals

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: 000378

Submission Date: 03/18/2009

Organization Type: Professional Association

Organization Name: American Society for Nutrition

First Name: Mary Lee

Last Name: Watts

Job Title: Director of Science and Public Policy

Key Topic: Eating Patterns, Minerals, Protein, Vitamins

Sub Topic:

Attachment: Y

Comment: ASN is encouraged by the strong commitment of the DGAC to provide strategies for increased flexibility in food choices. The need to balance nutrients, foods, and behaviors to achieve a healthful eating pattern is evident in the questions you are addressing. In particular, we applaud your efforts in four key areas outlined in the attachment, along with recommendations for your consideration. In addition, the attached document includes the names of several experts who may be of assistance to the subcommittees. Thank you.