

# Comments Summary Report

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

Key Topic: Nutrient Density

**Comment ID:** 000922

**Submission Date:** 04/07/2010

**Organization Type:** Educational Institution

**Organization Name:** Johns Hopkins Center for a Livable Future

**First Name:** Amanda

**Last Name:** Behrens

**Job Title:** Program Manager

**Key Topic:** Eating Patterns, Fats, Nutrient Density/Discretionary Calc, Protein

**Sub Topic:** Oils, Unsaturated fatty acids, Saturated fatty acids

**Attachment:** Y

**Comment:** There are a large number of Americans who simply do not have adequate access to all of the foods recommended in the Dietary Guidelines. In addition, the manner in which food is produced, processed, transported and consumed in the US affects the nutrient quality and availability of the recommended foods. We propose that issues of geographic and financial access and agricultural sustainability be addressed in the Dietary Guidelines. The Guidelines should recommend seeking out local sources of foods, pastured meat and milk products, and offer suggestions for accessing the recommended, healthy foods when individual access is compromised. Specific suggestions are included in our attached letter.

We thank you for this opportunity to provide comments, The NESAWG Diet, Access and Geography Working Group  
<http://www.nefood.org/>

**Comment ID:** 000886

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** I want to submit 4 attached files unzipped. I will try and if only one attaches I will attach each as a separate submission:

Comments for Plate.doc  
Dietary Guidelines Breakfast Plate.doc  
Dietary Guidelines Lunch Plate.doc  
Dietary Guidelines Dinner Plate.doc

# Comments Summary Report

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

**Key Topic: Nutrient Density**

**Comment ID:** 000887

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** Please combine with my Submission 000886

**Comment ID:** 000889

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** Please combine with my Submissions: 000886, 000887, 000888

# Comments Summary Report

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

Key Topic: Nutrient Density

**Comment ID:** 000890

**Submission Date:** 03/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** I sent Dietary Guidelines Dinner Plate twice as Submissions: 000886 and 000888. I meant to send this attachment Dietary Guidelines Lunch Plate as well. Please combine with my Submissions: 000886 (Dinner), 000887 (Breakfast) and 000889 (Comments). Thank you very much for your patience. I'm insecure with the process used to zip files.

**Comment ID:** 000892

**Submission Date:** 03/21/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** Y

**Comment:** Dietary Guidelines Dinner Plate2.doc

I changed the wording in the Dinner Plate's Vegetable quadrants to:

"fresh, frozen, or canned No Salt Added, cooked green beans (green peas)" Now it matches the My Pyramid Shopping List.

Another point: I have used the Analyze Your Food Intake feature of the MyPyramid Tracker to calculate the sodium in my sample Plates and snacks. I realize that my sample 2000 calorie: 3 Plates + 2 snacks are closer to 3800 mg Sodium (still w/in 3-4000 mg/day) rather than 2300 mg recommended. Light salad dressing can be replaced with an oil and vinegar dressing, but in reality most people probably choose the bottled dressings. The My Pyramid Shopping List also contains other Healthy/Light foods that are over 300 mg sodium per Label Serving size (and reference amount) like: soups, frozen entrees. These items are also on the American Heart Association's Grocery List Builder.

Perhaps my contribution of the visual idea of the Plates will help in meal planning and portion control.

# Comments Summary Report

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

Key Topic: Nutrient Density

**Comment ID:** 000896

**Submission Date:** 03/26/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** N

**Comment:** This is the reference for the American Heart Association's criteria for the Heart-Check mark used for the AHA's on-line Grocery List Builder:

<http://www.americanheart.org/presenter.jhtml?identifier=4973>

I mentioned this in my Submission 000892.

In conjunction with the Nutrition Facts label this AHA Heart-Check mark is really quite helpful. I shop weekly in the 32nd St Naval Commissary (the largest and most modern in the world), a top of the line San Diego supermarket chain Ralph's, a budget supermarket Food-4-Less, and sometimes in Whole Foods or Trader Joe's. Sometimes it is difficult to find Lower Sodium canned dry beans (I suggested rinse/drain), and some of the brands listed in all AHA Grocery List Builder categories. As you know I have included:

Healthy/Light pasta sauce, Lean/Healthy frozen entrees/meals, Light/Healthy soups/broth, 95-97% Fat Free Healthy-Deli meat, Light salad dressing etc, on My Pyramid Shopping List Submission, with a blue asterisk ("Contains more than 300 mg sodium but okay"). The average sodium content for my 8" Plate models is >1500-2300 mg/day, but still w/in <3-4000 mg or no added salt level. Light salad dressing contributes the most to this total. I do see sodium intake in the general population vs the 1500-2300 mg recommendation as kind of "an elephant in the living room". Most people consume 2-3 times the daily sodium recommendation. The Light/Healthy foods, endorsed by the AHA, are a step down in calories, saturated fat, cholesterol and sodium.

I do realize that to "best practice" model dictates that the 3 sample Plates should total no more than 1500-2300 mg sodium/day (or weekly average). Of course these 3 sample Plates can be adjusted to lower the sodium content; for example replacing Light salad dressing with oil and vinegar etc. Having said this people still do need step down alternatives to commonly consumed higher sodium processed foods and convenience foods like: Healthy Choice, Healthy Request, Heart Smart, Light etc..

# Comments Summary Report

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

Key Topic: Nutrient Density

**Comment ID:** 000897

**Submission Date:** 03/26/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Daigle

**Job Title:** RD

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

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

**Attachment:** N

**Comment:** <http://www.webmd.com/food-recipes/features/the-best-of-the-light-salad-dressings>

Link to excellent Web MD article on Light salad dressings.

"Although a variety of dressings is always welcome, oil-and-vinegar based dressings, for the most part, have the nutritional advantage. A study published in the American Journal of Clinical Nutrition in 2003 found that women who used oil-and-vinegar salad dressings frequently (at least five times a week) had a 50% lower risk of fatal coronary artery disease than those who rarely ate this type of dressing. This link persisted even after the researchers adjusted for heart disease risk factors and consumption of vegetables."

**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: Nutrient Density

**Comment ID:** 000778

**Submission Date:** 12/17/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Mark

**Last Name:** Vaughan

**Job Title:**

**Key Topic:** Nutrient Density/Discretionary Calc, Other

**Sub Topic:**

**Attachment:** N

**Comment:** It is of key importance that the guidelines respect the fact that we live in a time of plenty, where overeating is causing the greatest health crisis in American history. We need to stop recommending that people eat a number of servings of carbohydrates, etc. Coming at nutrition from this point of view creates exactly the wrong idea for health. It allows Froot Loops to call itself good for your health because it contains 5% of your daily fibre needs, and Chef Boyardee to claim that it has a serving of vegetables (as well as ketchup companies making this claim). Total calorie limits and calorie density as an important principle would help with this problem. Limiting high calorie dense foods is a much better approach for our current society. Showing calorie density on labels and on fruits and vegetables is a necessary standardizing information element. As well, school food programs will have a hard time creating unhealthy meals if the calories and calorie density are limited.

If categories of food are maintained, potatoes and other starchy vegetables should be separated from vegetables as a category of foods.

Finally, serving sizes must be standardized based upon a healthy and reasonable size so foods can be compared without the average person having to use a calculator.

**Comment ID:** 000819

**Submission Date:** 01/26/2010

**Organization Type:** Industry Association

**Organization Name:** United Egg Producers

**First Name:** Gene

**Last Name:** Gregory

**Job Title:** President

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

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

**Attachment:** Y

**Comment:** Attached are the comments of Gene Gregory, President of the United Egg Producers, which address the related issues of egg consumption, dietary cholesterol, and choline adequacy in a diet.

# Comments Summary Report

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

**Key Topic: Nutrient Density**

**Comment ID:** 000833

**Submission Date:** 02/01/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Katherine

**Last Name:** Beals

**Job Title:** Professor/Nutrition Consultant

**Key Topic:** Eating Patterns, Nutrient Density/Discretionary Calc, Other

**Sub Topic:** Other

**Attachment:** Y

**Comment:** First cultivated in Peru around 200 B.C., potatoes have established a foundational role in diets of individuals throughout the world, because they provide nutrients needed to maintain good health. Potatoes are low in calories, fat- and sodium-free, and nutrient dense--a medium potato is an excellent source of vitamin C (45% of the Daily Value) and a good source of potassium (620 mg or 19% of the Daily Value). With 2 grams of fiber per serving, potatoes rival many vegetables and whole grains, plus they contain resistant starch, a non-digestible polysaccharide that is gaining increased attention for its potential health and weight management benefits. Finally, potatoes are economical, providing more nutrients per dollar than many other vegetables, which is paramount in today's economy.