

Comments Summary Report

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

Key Topic: Other

Comment ID: 000820

Submission Date: 01/26/2010

Organization Type: Educational Institution

Organization Name: Oregon School District

First Name: Robyn

Last Name: Wood

Job Title: Food Service Director

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I am concerned about the proposed changes to the NSLP, specifically in regard to removing 2% milk, increased requirement of fruits and vegetables, and changes in the foods served. First, 2% milk is necessary for many children who are underweight (yes, we do have those, too). The calorie/fat change from 2% to 1% is not enough to make a serious dent in reducing either fat or calories, but the taste of the milk is enough to make some students stop drinking it, and the few extra calories for the underweight are needed. Second, requiring more fruits and vegetables on the lunch trays does not mean the students are going to eat them. Most of them may very well end up in the garbage. We have a variety of fresh fruit available daily in every building, every grade level. The students who want it take it, and those who will eat it, do. Otherwise, it ends up in the garbage. What will this do to our food costs? We can not raise prices every time our food costs go up. Are we getting a higher reimbursement? We should think about that before we increase an amount of food. Then there are the requirements for lower fat foods. Why not require manufacturers to have those foods available to us first? It is difficult enough to find foods that meet guidelines now, but when the restrictions are tighter, when the manufacturers don't have any requirements, it becomes close to impossible. These food items need to be cost effective for schools, and we have very small, and very tight, budgets. Please remember, these students have set their dietary habits by the time they come to school. They did not get their first soda, cookie, cake, or pizza when they came to school. They already have an idea of what they want, and we can not make them change. We can put beautiful fresh fruit out everyday, but we can not make any one eat it.
Thank you.

Comment ID: 000873

Submission Date: 02/24/2010

Organization Type: Educational Institution

Organization Name: Oak Canyon Junior High

First Name: Sue

Last Name: Reber

Job Title: teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I teach food and nutrition on the junior high level. The students are expected to learn the dietary guidelines. The format for the 2000 guidelines with the ABC's was much easier

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for the students to learn and remember. It would be helpful for the 2010 guidelines to be presented in a student (public) friendly format.

Comment ID: 000885

Submission Date: 03/17/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Pratibha

Last Name: Patel

Job Title: MS, RD

Key Topic: Eating Patterns, Food Groups, Other

Sub Topic: MyPyramid, Other

Attachment: N

Comment: So far, the "MY PYramid" model has failed in practical applicaiton because of the complexity of translation of colored "bands" and the EXTRA materials involved in teaching it. There are simpler easier models such as food plates, take-away containers and bowls (what people eat from!) to demonstrate portions and food groups. There is no food label teaching that would educate on energy intake versus physical activity. More emphasis on specific energy usage in physical activity and equivalent examples of food group intake would provide a better educational tool since research shows the population overestimates their physical activity and underestimates their energy intake (portions and food choices). Simple to implement behavior models are essential to increase awareness of how it affects intake and exercise as a new section of these guidelines.

Comment ID: 000860

Submission Date: 02/13/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Hillary

Last Name:

Job Title: MS Student - Nutrition and Dietetics

Key Topic: Eating Patterns, Other

Sub Topic: MyPyramid

Attachment: N

Comment: As a recent graduate with a BS in clinical nutrition and currently pursuing my MS in Nutrition I feel that the current food guide pyramid is greatly flawed. I have yet to meet an RD who thinks it is better than the old pyramid or an average individual who understands what the new one is trying to teach/show them. I think great consideration should be taken to revamp it and that when doing so the influence of large corporations and lobbyists who are only interested in their own agendas should be ignored. It should speak the truth in a clear and simple way that is easy to understand, rather than trying to please the corporations and lobbyists. When it comes down to it isn't the food guide pyramid suppose to only have the interest of the people it is trying to educate and provide the best health to in mind?

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

Key Topic: Other

Comment ID: 000829

Submission Date: 02/01/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Nancy

Last Name: Daigle

Job Title: RD

Key Topic: Fluid and Electrolytes, Other

Sub Topic: Sodium

Attachment: N

Comment: 1. In my submissions: 1/15/10 and 1/26/10 I used the label term: No Added Salt. This label term is not permitted. The terms in this category that are permitted are: No Salt Added, Unsalted, Without Added Salt.
2. Since I have been using the on-line Menu Planner tool I have been able to visualize the concept of Extras (or Discretionary Calories) better. Previously I felt that these Extras were added to My Pyramid Plan up front because it was assumed that I would be at least that "bad". Ah ha.. my 1800 calorie plan has some padding over and above the Nutrient Dense foods. I can now see very clearly how I tend to exceed my Nutrient Dense intension from time to time.
3. IDEA: Could you create an Application for cell phones (smart or not so smart phones, connected to the Internet or not) using the Menu Planner? Through marketing this "APP" could become the "it" method to achieve health and fitness. Hopefully it would go viral. This App could be downloaded from the Internet or used as is on the Mypyramid.gov site or "free" as a separate APP that doesn't require Internet connection.
This APP along with the APP: My Pyramid Plan goals would be available to all who have a cell phone; thereby reaching so many that currently do not understand how to fit the Dietary Guidelines into their lives. We could reach so many that probably would not go on-line on a PC or laptop but would use the cell phone. Today it seems that everyone has a cell phone, even the less advantaged. Obesity and Type 2 Diabetes, and cardiovascular disease are so prevalent in those less advantaged people that probably have not had access to Dietary Guidelines education for many barrier reasons. The cell phone might be the answer. My daughter has a iPhone and she showed me a Fiber APP

Comment ID: 000805

Submission Date: 01/21/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Katie

Last Name: Fearer

Job Title:

Key Topic: Food Groups, Other

Sub Topic: Milk

Attachment: N

Comment: Please provide better guidance for people who can't eat dairy or soy. Dairy (with or without lactose) makes many people (including me) very ill. Dairy and soy allergies are two

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Key Topic: Other

of the most common food allergies. Yet dairy is heavily emphasized in the 2005 guidelines, and guidance for people who can't consume dairy or soy is buried on your web site. Thank you for considering my comments.

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: 000779

Submission Date: 12/20/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Hello I am a fifty two year old male and I used to be a gung ho vegetarian,But now I am a pre diabetic fatso. I tried to get some info about eating right but instead found a maze of click here this organization that orginazation. SO Where do americans learn how to eat right I know the nutritional guides on the foods are good but to the extent of well I guess I

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ate so many portions of this item where are we suppose to learn how much of each and the important information to be able to apply how to eat right. What about the children
How about in school teach somebody something usefull instead of nonsense

Comment ID: 000751

Submission Date: 11/05/2009

Organization Type: Individual/Professional

Organization Name: Revolutionary Anarchist Front

First Name: Andy

Last Name: Carloff

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: I was incapable of finding any reputable, health organization advising the USDA health guidelines. However, I did notice that the Big, Cattle Business supports your guidelines. Or, better known as the National Cattlemen's Beef Association. According to both the USDA and the Beef Sellers Association, consumption of red meat is healthy. They quote you, but then you quote nobody. It's the perfect reciprocal association, that is, if the USDA was benefitted from pushing meat onto consumers. They were significantly benefited by pushing cigarettes onto consumers during the 1970's.

Comment ID: 000758

Submission Date: 11/16/2009

Organization Type: Individual/Professional

Organization Name: Eat to live well

First Name: Pratibha

Last Name: Patel

Job Title: Consultant Nutritionist, MS RD

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: please see attached

Comments Summary Report

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

Key Topic: Other

Comment ID: 000767

Submission Date: 11/28/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Misae

Last Name: King

Job Title: Nursing student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I need some samples of age group. For example, the USDA is developing for the programs for aging group as the government is expecting each individual to promote preventative care, such as nutrition, exercise, wellness programs. The information for each young old, elderly, old old group need more detailed neutrition guide. It depends on sex, age, activity level and physical size but if you give us some samples, we can modify the sample into our own condition. Information of food and calories will definitely help but most of people would like to inspect if we are eating the right food with right amount for our best nutrition. The foods we eat will be our choice. If the elements are meeting the level of requirement, it may be satisfactory, of course, it is better to take a variety of food. I hope the case example such as: 69 years old female, 5'6"H, 145 lbs, moderate activity, needs to eat protein Xg, carb Yg, fat Zg, vitamin A O IU, etc. will help more clearly. Then, we can estimate our own intake including the comparison of multi-vitamin supplement, which is getting a big issue of megadose.

Comment ID: 000839

Submission Date: 02/02/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Albert

Last Name: Yang

Job Title:

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: The MyPyramid image that replaced the iconic Food Pyramid in 2005 fails to convey any useful information about diet or nutrition. The Advisory Committee should return to the visual style of the Food Pyramid used in pre-2005 guidelines, while retaining other innovations of the 2005 Dietary Guidelines.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000852

Submission Date: 02/08/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Kathy

Last Name: Smith

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I'm on the site for dietary guidelines, yet there are no guidelines.

This information should be easy to find not something to search for. It would be nice to have a site that went straight to the information of the percent of fat, protein and carbs that should be in the diet. Also it would be nice to see #of grams and kcal for each group spelled out simply without a lot of information to sift through.

Comment ID: 000898

Submission Date: 03/30/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Joe

Last Name: Moore

Job Title: Sales

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As a parent I receive a monthly calendar home informing me of what is available for my child at school each day. However what I don't see is it's nutritional value listed except for the amount of carbs. Minimally I would like to know the following (for the meal served - and not just the serving size, that information can be deceptive):

Calories:

Sugars:

Fat (Saturated, Trans, Monounsaturated & Polyunsaturated)

Sodium:

Protein:

Vitamins (A,C & D)

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Key Topic: Other

Calcium:
Iron:
Cholesterol
Fiber

These meals are planned far in advance and they're required to meet your guidelines. Being that you already have this information what would be the harm in sharing it with parents so we can make an INFORMED decision.

Comment ID: 000900

Submission Date: 03/30/2010

Organization Type: Individual/Professional

Organization Name: Idaho Kidney Center

First Name: Lindsey

Last Name: Daniels

Job Title: Registered Dietitian

Key Topic: Other

Sub Topic:

Attachment: N

Comment: According to the CDC, 7 out of 10 deaths each year are due to chronic disease. In 2005, 1 out of 2 Americans had at least 1 chronic illness. The Dietary Guidelines for Americans can be a useful tool in preventing disease. However, given the above statistics, as well as the fact that there is no consensus on what ?healthy? is, it is difficult to see how a large portion of Americans will be able to find the Dietary Guidelines as source of clear and applicable dietary advice. A standard of what is healthy should be established as well as how a person?s needs might be increased in a chronic disease state. I recognize that very specific recommendations would be impossible to establish, however making it a point that people should recognize that nutrients that are adequate for healthy people may not be adequate for those suffering from chronic disease and that they should seek professional medical advice to ensure their needs are met.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000905

Submission Date: 04/04/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Andrew

Last Name: Ewens

Job Title: Toxicologist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The nutritional guidelines that control the meals in public schools is either unhealthy, or being used to promote unhealthy foods. Schools trying to meet nutritional requirements do so in very unhealthy ways, loading up on cheese and greasy food. French fries should never be confused for a vegetable, but sadly in school meals they are. Please get real and make the nutritional guidelines actually healthy. If my child ate everything the school served her, she would be obese and be headed toward diabetes. School lunches have become a joke and are only fueling the accelerated rate toward obesity and diabetes that is devastating out country. The government and schools in particular are looked at with authority and as such must be held to a high standard. Do not make the nutritional guidelines reflect out current food habits as they are unhealthy, make the guidelines goals that we should strive for, nothing like how we are eating now. We are on a path towards killing ourselves with food, please help change course and get our school meals back on track, make them healthy for a change, not fattening.

Comment ID: 000908

Submission Date: 04/05/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Sheila

Last Name: Jackson

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: When is the USDA going to get past the fraudulent Keys data and the bogus McGovern nonsense and start to make actual HEALTHY recommendations based on science? Read Good Calories, Bad Calories and look at the science behind it. Quit publishing that same old upside-down pyramid that's making everyone fat and sick!

Comments Summary Report

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

Key Topic: Other

Comment ID: 000917

Submission Date: 04/07/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Joseph

Last Name: Peterson

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I find it hard to believe that in our public school systems, that french fries and milled grains account for a serving of vegetables and grains, respectively. Firstly, as I was taught in my public school, potatoes are more starch than anything and are missing vitamins found in leafy greens. Milled grains, like those found in pizza crusts (which are found on school lunch menus almost everyday) lose most of their nutritional value in the mill. These guidelines NEED to be changed in order to change the perception of health in our country. The USDA shouldn't be deciding what is healthy, doctors should. The FDA needs to be testing foods for their RDVs as well as the effects of GMOs. It saddens me to think that the most powerful nation on Earth is slowly killing itself because of its own greed and ignorance

Comment ID: 000918

Submission Date: 04/07/2010

Organization Type: Individual/Professional

Organization Name: real niche llc

First Name: Carole

Last Name: schroeder

Job Title: Associate Professor Nursing

Key Topic: Other

Sub Topic:

Attachment: N

Comment: please investigate T Colin Campbell's plant based diet research in The China Study to reduce disease toll on Americans. This should be on your website if you actually made recommendations based on evidence.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000920

Submission Date: 04/07/2010

Organization Type: Industry Association

Organization Name: Grocery Manufacturers Association

First Name: Robert

Last Name: Brackett

Job Title: SVP and Chief Science and Regulatory Affairs Officer

Key Topic: Eating Patterns, Fluid and Electrolytes, Minerals, Other, Vitamins

Sub Topic:

Attachment: Y

Comment: GMA is pleased to take this opportunity to submit comments to the Dietary Guidelines Advisory Committee in regards to the 2010 Dietary Guidelines. Additional comments will be submitted ahead of the final meeting of the 2010 Dietary Guidelines Advisory Committee. Areas of focus contained in this letter include the importance of a total diet approach to healthy eating, food fortification, and sodium.

Comment ID: 000787

Submission Date: 01/08/2010

Organization Type: Industry Association

Organization Name: Soy Nutrition Institute

First Name: Mark

Last Name: Messina

Job Title: Executive Director

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: Soyfoods are widely recognized as sources of high-quality protein that can help to reduce overall saturated fat intake when substituted for more traditional sources of protein in the US diet such as meat, eggs and milk. Soyfoods are also excellent sources of important vitamins and minerals such as potassium, which is recognized as a problem nutrient as adult intake is approximately only half the dietary recommended intake. Despite these beneficial nutritional attributes, there exists fear that because soyfoods contain isoflavones they may increase breast cancer risk in some women and tumor recurrence in breast cancer patients. However, in contrast to the animal data, the clinical and epidemiologic data are completely supportive of the safety of soyfood consumption. These data are consistent with the position of the American Cancer Society that breast cancer patients can safely consume up to three servings of soyfoods per day.

Results show without equivocation that isoflavone exposure, regardless of the form in which it occurs, does not adversely affect markers of breast cancer risk in healthy women or breast cancer patients. In fact, recently published epidemiologic data show that soyfood consumption after a diagnosis of breast cancer improves prognosis. In a recent editorial in the Journal of the National Cancer Institute, investigators from the National Cancer Institute and Fred Hutchinson Research Center in Seattle remarked that "Patients

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Key Topic: Other

with breast cancer can be assured that enjoying a soy latte or indulging in pad thai with tofu causes no harm and, when consumed in plentiful amounts, may reduce risk of disease recurrence."

It is evident that soyfoods can make important contributions to an overall healthy diet and that with the exception of those who are allergic, do not pose a risk to any individuals.

Comment ID: 000847

Submission Date: 02/03/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Institute for Agriculture and Trade Policy

First Name: David

Last Name: Wallinga, MD

Job Title: Director, Food and Health

Key Topic: Eating Patterns, Evidence-based Review Process, Other

Sub Topic:

Attachment: Y

Comment: Please see attached summary of comments.

Comment ID: 000761

Submission Date: 11/16/2009

Organization Type: Nonprofit/Voluntary

Organization Name:

First Name: Daisy

Last Name:

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: It would be very helpful if the USDA made a percent daily value for sugar. I know we should try to limit sugar but it would be helpful to know how much we can limit ourselves to. Thank you! This will help a lot of people!

Comments Summary Report

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

Key Topic: Other

Comment ID: 000786

Submission Date: 01/05/2010

Organization Type: Other

Organization Name:

First Name: Shane

Last Name: Martinez

Job Title: Student

Key Topic: Eating Patterns, Food Groups, Food Safety, Minerals, Other, Vitamins

Sub Topic: Calcium, Iron, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Other, Vitamin D

Attachment: N

Comment: The milk group should not be MILK, but CALCIUM group since that is what that group pertains to. We should have the option and info to know different calcium food sources.

Olive oil should be given more credit in the oils group like the Mediterranean pyramid and limit other vegetable oils. I also think you should take steps to reduce meat consumption in the meat and beans group. Set a number of ounces of meat per week, not per day. Include a link to EPA fish advisories for mercury content of fish in their area. We must take into consideration environmental toxins because nutrition is evolving. Agriculture is evolving.

Fluoride should be further researched and provide data that it may be over-consumed in children because of tap water and brushing teeth with sodium fluoride. It is not essential in Europe which makes me wonder why. Emphasize sunlight for vitamin D and not fortified foods because I have noticed most fortified foods contain D2 and not D3. Emphasizing sunlight will also increase activity levels.

We need to understand mineral ratios such as iron, copper, and zinc; sodium and potassium; calcium and magnesium etc.

Thank you and looking forward to great changes!!!
Shane Martinez

Comments Summary Report

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

Key Topic: Other

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.

Comment ID: 000877

Submission Date: 02/26/2010

Organization Type: Other

Organization Name:

First Name: Matt

Last Name: Brody

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Since the federal school lunch programs follow the USDA / CNPP guidelines closely, I believe it is imperative that we do something that would encourage the lunch program to move away from the highly processed, heat and eat offerings that it is based on today. A recommendation that the preferred foods be whole, natural foods would go a long way to solve this problem. We would see more chicken with rice, and less chicken nuggets with tater tots. Nutrition is the first line of defense for our health.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000760

Submission Date: 11/16/2009

Organization Type: Other

Organization Name:

First Name: DOROTHY

Last Name: HALL

Job Title: RETIRED NURSE

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I PERSONALLY FEEL THAT COMPANY WHO PRODUCE FOOD SHOULD BE REQUIRE TO MAKE FOOD PRODUCTS MORE HEALTHY BY REDUCING THE CARBS,FAT, SODIUMS AND ADDING MORE FIBER AND OTHER HEALTHY NUTRIENT. MOST HEALTHY FOOD ARE MORE EXPENSIVE SUCH AS 100 % WHOLE WHEAT BREAD. FOOD LABEL AS BEING HEALTHY HAVE TOO MUCH ADDED SODIUM. TO REDUCE CHILD HOOD OBESITY,DIABETES .HEART DISEASE YOU ALL NEED TO REQUIRE SOME CHANGES IN THE WAY FOOD IS PREPARE AND PRESERVE BY THESE FOOD COMPANY

Comment ID: 000891

Submission Date: 03/18/2010

Organization Type: Professional Association

Organization Name: Society for Nutrition Education

First Name: Jackie

Last Name: Williams

Job Title: Executive Director

Key Topic: Eating Patterns, Other

Sub Topic:

Attachment: Y

Comment: Our comments are in the attached PDF file.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000865

Submission Date: 02/16/2010

Organization Type: State/Local Government Agency

Organization Name: Alabama Cooperative Extension System

First Name: Kelley

Last Name: Dees

Job Title: Agent Assistant

Key Topic: Eating Patterns, Other

Sub Topic:

Attachment: N

Comment: Please include information about the dangers of artificial sweeteners and how these artificial sweeteners make you more hungry after you eat food items containing artificial sweeteners due to how artificial sweeteners trick the body.

Comment ID: 000883

Submission Date: 03/12/2010

Organization Type: State/Local Government Agency

Organization Name: WIC

First Name: Amy

Last Name: Johnson

Job Title: Registered Dietitian

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The latest food guide pyramid education materials are confusing to use with clients as it may say eat "2 cups" of fruit and then breaks it down to say 1 cup can equal 1 cup of fresh or 1/2 cup of dried. It appears confusing to say 1 cup can equal 1/2 cup. In my opinion a "serving" or "portion" is easier to communicate as you can then detail out what examples of that would be.