

Comments Summary Report

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

Key Topic: Protein

Comment ID: 000324

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Raini

Last Name: Haynes

Job Title: student

Key Topic: Eating Patterns, Protein

Sub Topic:

Attachment: N

Comment: I believe more information should be provided regarding vegetarian lifestyles to ensure proper protein consumption and the various methods of obtained protein.

Comment ID: 000377

Submission Date: 03/18/2009

Organization Type: Educational Institution

Organization Name:

First Name: Petra

Last Name: Schulte

Job Title: Nutrition Educator

Key Topic: Eating Patterns, Protein

Sub Topic:

Attachment: N

Comment: Evidence suggests that the most healthful diets drastically reduce the use of animal products while including large amounts of vegetables and fruits. Eliminating meat and dairy products from your diet is a powerful step in disease prevention. These products are typically high in saturated fat and cholesterol and completely devoid of fiber. They have also been specifically linked to an increased risk of certain types of cancers, heart disease, and diabetes. Eating a mostly raw food plant-based diet rich in fruits, vegetables, whole grains, beans, nut and seeds is the best way to prevent disease.

Federal dietary guidelines need to reflect a health promoting diet to directly target the diet-related diseases that claim millions of American lives each year. T. Colin Campbell in his ground-breaking study "The China Study" recommends a whole food, plant-based diet containing fruits and vegetables, grains, beans, nuts and seeds. I also think that we need to create a separate category for leafy greens since they contain so much easily absorbable plant protein and vital minerals.

As we confront a future in which rising rates of obesity and chronic disease could cause the next generation of children to lead shorter lives than their parents, the need for fundamental changes to America's eating habits couldn't be clearer. Despite all the evidence backing the healthfulness of a plant-based diet, there are challenges in changing the guidelines. The USDA's primary purpose is to promote American agribusiness, which often conflicts with promoting health. Special interest groups, especially the powerful

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Key Topic: Protein

meat industry, make it difficult for the USDA to encourage healthful behavior. It is the duty of the USDA to protect the public from special interest groups and issue dietary guidelines that will promote people's health.

Science supports a plant-based diet for optimal health. Even the American Dietetic Association states that "well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle." Studies show that plant-based diets can reduce the risk of type 2 diabetes, cardiovascular disease, and some types of cancer.

Comment ID: 000412

Submission Date: 04/08/2009

Organization Type: Educational Institution

Organization Name: University of Illinois at Urbana-Champaign

First Name: Donald

Last Name: Layman

Job Title: Professor Emeritus

Key Topic: Evidence-based Review Process, Protein

Sub Topic:

Attachment: Y

Comment: I urge the DGC to review the evidence concerning protein needs for adults. My attached comments have been peer-reviewed and appeared as a commentary in the March 2009 issue of the journal Nutrition & Metabolism. I feel these comments are consistent with the DRI guidelines of the IOM and represent important new advice for consumers. I would be pleased to provide additional written or oral comments to the DGC at your convenience. Don Layman

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.

Comments Summary Report

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

Key Topic: Protein

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: Protein

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: 000250

Submission Date: 01/28/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Tom

Last Name: E

Job Title: Student

Key Topic: Carbohydrates, Eating Patterns, Protein

Sub Topic: Added sugars, Glycemic index, Low carbohydrate

Attachment: N

Comment: The primary culprit in the litany of diseases afflicting Americans, and most of the Western world for that matter, is hyperinsulinemia resulting from overconsumption of processed carbohydrates. Google "hyperinsulinemia" and you will find it has been linked to varying degrees with diabetes, heart disease, obesity, cancer, and many more maladies. Human bodies have not changed, evolutionarily speaking, in response to the agricultural revolution. Evolution simply does not work fast enough. We are biologically designed to run on hunter-gatherer diet of meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. Unfortunately, the current food pyramid recommends a diet based mostly on processed grains and other carbohydrates, such as bread, pasta, and rice. These terrible dietary recommendations are a perfect recipe for insulin resistance, diabetes, obesity and death. The US dietary guidelines must be revised to emphasize reduced consumption of carbohydrates, especially processed and sugary carbohydrates. In their place, Americans must eat more healthy proteins such as lean meat and fish, as well as healthy fats from nuts, seeds, avocados, oils, etc.

Comments Summary Report

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

Key Topic: Protein

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 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 in 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

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Key Topic: Protein

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 foods 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). 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.

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: 000388

Submission Date: 03/24/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Phillip

Last Name: Osborn

Job Title:

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Protein

Sub Topic: Weight loss

Attachment: N

Comment: Nutritional intake is generally based on the BMI, but with many athletic, or larger (even obese) individuals, the protein intake guidelines still remain obsessively low. Even larger obese individuals lose muscle mass/metabolism efficiency from muscular atrophy. Touch more on current issues like weight loss for extreme obesity (lowered carb with increased protein, not LOW carb of course). More info pertaining to metabolism "manipulation" through diet and nutrient timing (types of foods, when to ingest them during the

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

Key Topic: Protein

day),

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.

Comments Summary Report

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

Key Topic: Protein

Comment ID: 000243

Submission Date: 01/28/2009

Organization Type: Other

Organization Name:

First Name: Andrew

Last Name: feldman

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Fats, Protein

Sub Topic: Added sugars, Low carbohydrate, Whole grains

Attachment: N

Comment: Carbohydrates are what is causing america to go into a downward spirial of obesity. Vegetarians don't know anything about this. Vegetables are carbs thus vegetarians are on a low protein high carb diet. People say it is fats and protein which is really not the case. Added sugars go into our blood and causes excess insulin. Protein is great to eat and should be on everyones diet along with fats such as seeds and nuts. Whole grains are just as bad as regular carbs. They do not benefit you at all. Low carb high protein high fat is how we should eat. I am the healthiest ive been in my life. My blood pressure dropped from 120/90 to 90/60 just by eating this way. i hope you consider this and save americans

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: Protein

Comment ID: 000360

Submission Date: 03/04/2009

Organization Type: Other

Organization Name:

First Name: eleanor

Last Name: thomas

Job Title: substitute teacher

Key Topic: Eating Patterns, Protein

Sub Topic:

Attachment: N

Comment: Dietary Guidelines Advisory Committee - I would respectfully urge that a vegetarian and preferably a vegan diet be kept in mind when coming up with new guidelines as vegan eating is the healthiest way for our bodies, and for the planet. I see kids in school as young as 2nd grade who are obese eating junk, foods laced with sugar, with fat, way too much meat and fatty dairy foods. Our health care system can only support so many obese people and our health care payments continue to mount as we pay for all the problems of over consumption of meat and dairy. Thank you.

Comment ID: 000385

Submission Date: 03/22/2009

Organization Type: Other

Organization Name: Parent

First Name: Candice

Last Name: Murphree

Job Title: Parent

Key Topic: Protein

Sub Topic:

Attachment: N

Comment: You must draw the line in protein. Heavily salted meats are not suitable for consumption. Lean meats and beans need to be clarified. Please inform the consumers what excess meat does to their body and the benefits of small amounts of protein. Please point out how many health complications are caused by the heavily salted processed meat. You have to help the consumer understand that food is the same thing as a prescription drug. It is a chemical effect on your body and there are risks and benefits for these chemicals. Prepackaged food must be addressed as empty food laden with harmful chemicals and fat. Please point out what prepackaging does to the nutrients and how prepackaging creates the illusion of food without any substance. Please help the consumer understand why along with what and help us understand the real effects of food and subfood on our quality of life not just our demise.

Comments Summary Report

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

Key Topic: Protein

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.