

***Public Meeting of Oral Testimony on
the Report of the Dietary Guidelines Advisory Committee on the
Dietary Guidelines for Americans, 2010***

***Sponsored by the
U.S. Department of Agriculture (USDA)
U.S. Department of Health and Human Services (HHS)
July 8, 2010***

Meeting Summary

Thursday, July 8

(9:00 a.m.)

Participants

Panel: Dr. Rajen Anand, Dr. Robert Post, RADM Penelope Slade-Sawyer, Dr. Wendy Braund, Ms. Carole Davis, and Ms. Kathryn McMurry

Welcome and Opening Remarks

Dr. Rajen Anand, Executive Directory of the Center for Nutrition Policy and Promotion (USDA), called the meeting the order at 9:20 a.m. He explained that the purpose of the panel was to receive feedback on the ***Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010*** (DGAC Report) in preparation for the development of the 2010 Dietary Guidelines, which will be developed as a collaboration between USDA and HHS. He introduced the panel, which represented both Departments, and commended the Departments and staff for their continued cooperative work.

Dr. Robert Post, Deputy Director for the Center for Nutrition Policy and Promotion, reviewed the Dietary Guidelines Advisory Committee's (DGAC) accomplishments and summarized steps going forward. The DGAC members were invited to serve by the two Department Secretaries in 2008. It was a group of 13 experts in nutrition and health who were external to the government, all from medical and academic institutions. The DGAC was governed by the Federal Advisory Committee Act (FACA). The DGAC met six times in public meetings that were announced via *Federal Register* notices, and public comment was accepted through the public comments database at www.dietaryguidelines.gov, as well as at one of the meetings. The Committee reviewed the scientific evidence to develop conclusions and recommendations, addressing about 180 questions in eight topic areas. Details of the evidence reviews are available in the Report and online from the Nutrition Evidence Library (NEL). The Advisory Report was submitted to the Secretaries and was posted for written comments. The Report forms the scientific basis on which the Dietary Guidelines will be developed by the two Departments. The Guidelines will be formed after receiving comments from the public and from Federal agencies and will form the basis for government nutrition initiatives and nutrition

education, as well as research used by consumers, industry, and health professionals. It will be released in December.

Rear Admiral Penelope Slade-Sawyer, Deputy Assistant Secretary for Health at HHS, thanked the public and the staff of both agencies. She assured the public that their comments would receive the highest consideration.

Dr. Post summarized the procedure. There were 51 submissions for public oral testimony. He called for the first speaker.

Public Oral Testimony

Kendra Wyatt, a mother from Kansas City, Missouri, said her city is a test case for the “Know Your Food/Know Your Farmer” movement and movement of farmer’s markets into large food institutions. She commented on the health literacy and cultural changes suggested in the Report, including nutrition literacy, cooking skills, and self-monitoring. She expressed concern about the DGA’s usefulness in maintaining a healthy weight and the role of school lunches, which do not align with healthy eating practices. She said there are many missed opportunities in nutrition education and recommended empowering American mothers with information so they can make good decisions for their families.

Charles Baker, Chief Science Officer of the Sugar Association, said the scientific evidence supports sugar as a safe, natural, beneficial ingredient that imparts flavor and safety to foods. The Association shares the DGAC’s concern about rising obesity rates and endorses guidance emphasizing total caloric intake and physical activity, but the Association disagrees with the guidance to consume foods with little or no added sugar. He said sugars bestow the palatability necessary for increased intakes of many healthy foods, so restricting sugar intake may decrease intake of nutrient-rich foods. He questioned the practice of statistical modeling for individual dietary components and referred to a 2002 IOM report and to a 2010 European Food Safety Authority report that showed no direct link between sugar and any lifestyle disease, including obesity. Added sugars represent significantly less of total calorie intake today than in 1970. He said inordinate emphasis on a single dietary component obscures the significance of caloric balance, portion control, and physical activity.

Laurie Tansman, a Registered Dietitian with the Department of Clinical Nutrition at Mount Sinai Hospital and the Department of Preventive Medicine at Mount Sinai School of Medicine, spoke on her own behalf. She supported the recommendation to reduce sodium intake to 1,500 mg per day but disagreed with gradual phasing of the reduction. The 1976 Dietary Goals for Americans recommended 1200 mg per day, and the 1986 American Heart Association guideline was one gram per 1,000 calories. She recommended aggressive action in reducing sodium intake, such as requiring food manufacturers to reduce the sodium content of packaged foods and the recently-proposed bill in New York State addressing use of salt by restaurants in food preparation. She recommended that IOM and the National Academies reevaluate their DRIs for sodium. She will submit written comments on vitamin D.

Adam Drewnowski, from the University of Washington in Seattle, urged reconsideration of the proposed definition of nutrient-dense foods. He has created methods and metrics to rate and rank foods based on nutrient composition. He said the definition of nutrient density should be positive and based on the food's total nutrient package. It should include a broad variety of foods from every food group, and it should consider affordability. He indicated that emphasizing food avoidance is not as effective as a positive approach that emphasizes balance, variety, and affordability. Zero tolerance for SoFAS means few foods will qualify as nutrient dense. Real foods contain nutrients to be encouraged and nutrients to limit. He concluded that the proposed nutrient density standards are too inflexible for the average consumer.

Jill Nicholls, Vice President of Nutrition Affairs at the National Dairy Council, spoke for Ann Marie Krauthaim, who was not present. Dr. Nicholls commended the recommendation to increase intake of nutrient-dense foods, like low-fat and fat-free dairy. However, compliance is low. She recommended practical and flexible guidance on foods that make nutrient contributions to the diet but have some solid fats or added sugars. Flavored milk and yogurt and reduced-fat cheese are options to help Americans meet the recommended three servings per day. She said flavored milk increases milk consumption and reduced fat cheese, while not low-fat or fat-free, contains less fat than regular cheese and is more available than low-fat and fat-free cheeses. Reduced fat cheese is included in the DASH diet, and aged cheeses are an option for those with lactose intolerance. Including a variety of options can help Americans meet the goal of three servings per day of dairy products.

Adrienne O'Brien, a Culinary Arts instructor at a Luna Community College in New Mexico, spoke on her own behalf and as a mother. She said the spirit of the USDA Guidelines is not being followed in school lunch programs. She described a recent school breakfast served to her son that contained 45 grams of sugar. She urged the panel to consider the reality of implementation and to make the letter of the rules meet with the spirit of the Guidelines.

Andrew Shao of the Council for Responsible Nutrition said Americans need practical guidance on vitamin and mineral supplements. However, the Report does not recognize how multi-vitamins can address dietary inadequacies. Consumers take vitamins and minerals to support wellness and full nutrient gaps. By recognizing nutrient shortfalls but discouraging supplement use, the Report is implying that nutrient shortfalls are preferable to use of dietary supplements. He said it is difficult to get all essential nutrients from foods without exceeding desirable calorie levels. Though supplements cannot substitute for a healthy diet, they can fill nutrient gaps at a low cost without adding significant calories. He emphasized the role of folic acid, both in fortified flour and in multivitamin form, in preventing neural tube defects. He urged that Americans be given vitamins as an option for staying healthy.

Lisa Weddig of the National Fisheries Institute applauded the scientific rigor of the Report. She said the Guidelines can help clear up confusion about seafood. Americans are confused about seafood, often due to misleading media coverage. USDA and HHS should avoid vague, complex, or contradictory messages about fish. Specific, simple, and consistent word choice will help people understand and follow the recommendations. It should be specified that there are only four uncommon fish that the targeted populations: women who are or may become pregnant,

breastfeeding women and young children, should not eat. Precise wording can keep Americans from missing out on the health benefits of fish.

Amy Rupert Secol, a Nutrition Education student at Bowman College and an organic eater, supported the recommendations to shift toward a more plant-based diet and to engage in regular exercise. Education on food preparation is also important. She spoke on the importance of the quality of the food supply. She disputed Dr. Roger Clemen's findings in "Conventional and Organically Produced Foods" that it is too soon to conclude whether the nutritional value and health benefits of organic foods are better than conventional foods. She said synthetic pesticides and herbicides, antibiotics and growth hormones, genetic modification, and irradiation, are linked to ADD, ADHD, Alzheimer's, cancer, birth defects, early sexual development, weight gain, antibiotic resistance, and autoimmune disease. Thus, more than just the nutrient content should be considered. She called for more research into organic and conventional foods.

Pramod Khosla of Wayne State University's Department of Nutrition and Food Science said the statement on reducing saturated fat intake is misleading and at odds with the science. NEL data supports a five percent energy decrease in saturates replaced by monounsaturates or polyunsaturates. Recent studies show that with saturated fat reduction, the replacement nutrient is equally important. Saturates raise HDL and LDL cholesterol, reduce the atherogenic Lipoprotein-a, and result in a reduction in small dense LDL particles. Growing evidence supports diets with a higher proportion of calories from saturates for weight loss and favorable changes in lipid profile. He said the recommendation to reduce saturated fat ignores the science and is very difficult for people to do. He said carbohydrates, not fats, are the largest culprit in obesity. He also objected to the implication that stearic acid is not known to raise LDL cholesterol. The impact of changes in stearic acid intake on cardiovascular disease risk remains unclear.

Judith Rodriguez, President of the American Dietetic Association (ADA), commended DGAC for its commitment to the NEL and to the evidence-based approach. ADA encourages continued investment in food and nutrition research and recommends that science be reflected in all nutrition work. ADA recommends that USDA and HHS foster consistent implementation of the DGA across all government programs and consumer education messages and materials. The Federal government needs to invest in research and implementation to facilitate adoption of the Guidelines by consumers. She concluded that systematic review of the literature and evidence analyses of the key questions are important for a strong Committee Report. Full implementation and communication of the Guidelines are necessary for the public to move to a healthier diet.

Margo Wootan from the Center for Science in the Public Interest congratulated the Departments and DGAC on their work. She noted that the Report recognizes the difficulty of healthy eating in the current food environment. She urged that the Departments develop a national strategy to change policy and the food environment. The Guidelines should emphasize that nearly all food choices need to be healthy, nutrient dense, and low in harmful fats and added sugars. Clear advice is also needed on eating out. She recommended naming specific foods to avoid, rather than specific nutrients, since people do not eat nutrients but foods. Additionally, people do not understand what solid fats are. There should be no recommendations encouraging higher consumption rates of red meat and chocolate. The 1500 mg sodium target is appropriate for most

Americans, and the vast majority of the salt comes from food manufacturers and restaurants. The food supply will have to change. CSPI will provide more detailed written comments.

Sally Fallon Morell, President of The Weston A. Price Foundation, said the proposed Guidelines perpetuate the mistakes of previous Guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids. She related the obesity epidemic to increased intakes in vegetable oils and refined carbohydrates. She said that animal fats supply essential nutrients that are difficult to obtain elsewhere, and the body has a high requirement for saturated fats and cholesterol. High carbohydrate diets do not satisfy the appetite, leading to higher caloric intakes. She said the proposed Guidelines will perpetuate deficiencies in vitamins A, D, B12, and B6, as well as in iron and zinc. The main source of K2 is egg yolks and full fat cheeses. Nutrients in animal fat (choline, cholesterol, and arachidonic acid) are critical for brain development and function. The Guidelines do not distinguish between industrial and traditional *trans* fats. She said the Guidelines represent a triumph of industry over science. She recommended replacing the food pyramid with guidelines for real foods from four food groups: animal foods (meat, fish, and dairy); grains, legumes, and nuts; fruits and vegetables; and healthy fats and oils (butter, lard, tallow and other animal fats, olive oil, and coconut oil).

Michelle Matto, a Registered Dietitian, spoke for the International Dairy Foods Association, which includes the Milk Industry Foundation, the National Cheese Institute and the International Ice Cream Association. The Association applauded the continued recommendation of three servings of low-fat and fat-free dairy per day for Americans over 8 years of age. She enumerated some of the benefits of dairy consumption and agreed with the Report's finding that current consumption levels are too low. She asked that the availability and variety of choices be taken into account when translating the Report into a public document. Lower calorie and lower fat cheeses are an important source of calcium and protein, though low-fat and fat-free cheeses are not yet widely available. Milk products with moderate amounts of added sugars should also be considered as options. She asked that consumers be provided options to meet the Dietary Guidelines as the industry moves to create even more healthy options.

Morton Satin of the Salt Institute commented that the 2010 Guidelines continue a trend of previous Dietary Guidelines, which have not improved the health of consumers but have resulted in confusion and an obesity epidemic. He said the Guidelines reflect ideology rather than science, noting that DGAC members were quoted on the sodium outcomes before the 2010 process began. He said this is similar to mistakes in previous Guidelines regarding fats. The 1500 mg recommendation is less than four grams of salt per day, which Mr. Satin asserted is less than is consumed in any modern society on Earth. He listed potential adverse effects of such a reduction: increased cardiovascular risk, cognitive impairment, adverse neurodevelopment in premature children and increased attention deficits and, unsteadiness and falls in the elderly. Reduced sodium foods will lead to increased consumption, worsening obesity rates. He noted that reduced salt in processed foods has led to increased table salt sales. He concluded that salt consumption is controlled by natural physiological mechanisms that cannot be affected by government recommendations.

David Paz of the Special Olympics Arizona was not present. He was the 16th registered speaker.

Rob Mackie, President of the American Bakers Association, spoke on behalf of Lee Sanders, who was not present. He said complex carbohydrates in grain-based foods are the foundation of a healthy lifestyle as a leading source of energy and essential nutrients both naturally and through fortification. They are economical and provide important health benefits, including the reduction in neural tube defects, stroke mortality, CHD, hypertension, and Alzheimer's due to folic acid fortification. Whole grains also help decrease levels of obesity, diabetes, high blood pressure, high cholesterol, IBS, diverticular disease, and cardiovascular risk. He encouraged continuation of the recommended servings of grains.

Howard Magwire, Vice President of Government Relations at United Egg Producers, expressed pleasure with the Report's position on eggs as a nutrient-dense food with abundant nutrients in relation to total calories and that an egg a day does not increase blood cholesterol or raise heart disease risk. The average American consumes less than an egg a day. He felt the Report placed more emphasis on dietary cholesterol than is warranted, especially considering the resulting choline and vitamin D shortfalls when a diet was modeled limiting cholesterol. Translation into the Guidelines should take compliance into account. The Departments should develop a small number of positive, easily understandable, actionable messages to help Americans achieve changes to develop healthier diets. The messages should center around nutrient density. He warned that Americans may confuse a "plant-based diet" with a vegetarian diet and urged alternate phrasing. He also noted that Americans already eat eggs within the Report's recommendations, so the language should be clarified to indicate that a reduction is not recommended.

Judy Meehan, CEO of the National Healthy Mothers, Healthy Babies Coalition, spoke on pregnant and breastfeeding women's nutritional needs. The Coalition supports the Report's conclusions on omega-3 fatty acids and seafood. However, women have been hearing precautions about seafood, so it is important that the recommendation on seafood consumption for pregnant and breastfeeding mothers be simple, affirmative, and clear. Current seafood intake is too low, resulting in missed health benefits for mothers and children. She referred to the 2006 IOM report "Seafood Choices," which speaks to the conflicting message on seafood. She also referred to the FAO/WHO "Expert Consultation on the Risks and Benefits of Fish Consumption", which addresses the benefits of eating fish and the risks of not eating fish, especially for pregnant women and nursing mothers.

Melissa Musiker, Director of Science Policy, Nutrition, and Health at the Grocery Manufacturers Association, congratulated the DGAC on the Report. She emphasized the importance of energy balance for preventing obesity rather than a focus on individual nutrients or ingredients. Food supply changes alone will not reduce obesity and chronic disease incidence. Improved energy balance, dietary patterns, and increased physical activity are the most effective approaches. The Guidelines must be science-based and contain language that is specific, adaptable, and consistent with existing regulations. Amplification and harmonization of meaningful positive and actionable messages will be necessary to help consumers make good health decisions. However, GMA believes it is misleading to suggest that processed foods are inherently of poor nutritional quality, since processing improves availability and variety of foods, extends shelf life, enhances nutrient profiles, and increases quality and food safety. This encourages healthful food choices while enabling products to meet consumer expectations of taste, convenience and affordability. Consumers should learn to assess the overall contribution of the food to the diet, not judge the nutritional value of the food based on the level of processing. She recommended that the

2010 DGA make clear to policymakers and consumers that healthy diets can be built from all types of foods.

Richard Feinman, a Professor of cell biology at the State University of New York Downstate Medical Center spoke for himself and the Nutrition and Metabolism Society. He said many Americans feel they receive inadequate guidance from the DGA and other sources. One source of confusion is the saturated fat recommendations, which are not consistent with current data. He said condemnation of saturated fat is exaggerated and may contribute to the obesity and diabetes epidemics. He expressed doubt about the extent to which public comment will affect the Guidelines now that the DGAC has completed its work. He offered a debate between the Society and DGAC members with the Society making the arrangements and providing funding.

Kathy Means of the Produce Marketing Association said the Association supports the DGAC's findings and encourages robust implementation. A vigorous effort is necessary to have impact on the public. Increased consumption of fresh produce is a key factor in three of the four steps the Committee recommends: reducing calorie intake, shifting to a more plant-based diet, and reducing consumption of certain other foods. The Association supports the DGAC's approach that considers the total diet and integrating recommendations into practical terms. A phrase or image such as "make half your plate fruits and vegetables" is simple and actionable for consumers. Better access to fresh produce is another productive recommendation, and PMA is working to improve access. PMA also supports efforts to address safe food handling for consumers and encourages additional research. Communication and education about produce handling should grow out of science-based, consumer-tested resources, such as FDA and PMA resources. She offered PMA's assistance in these matters, and PMA will submit written comments.

Adele Hite, a nutrition and public health student from the University of North Carolina at Chapel Hill, commented that the 2010 Guidelines are influenced more by politics than science and send mixed messages about healthy food, messages that support the food industry rather than the health of Americans. She commented that the American diet is already plant-based: based on corn, wheat, and soy, plants that are low in nutrition and barely edible without processing. She cited the 2005 IOM macronutrient report in stating that diets low in fat and high in carbohydrates are more likely lead to CHD and diabetes than high fat diets. She said the DGAC recommended diet, high in processed carbohydrates, leads to obesity, and a diet based on less processed food should be recommended.

Rachel Johnson, Associate Provost and Professor of Nutrition and Medicine at the University of Vermont, Vice Chair of the American Heart Association's Nutrition Committee, and former member of the 2000 DGAC, spoke in support of the Report. AHA supports the recommendation to incrementally reduce sodium intake to 1500 mg per day. AHA also supports the recommendation to reduce consumption of added sugars and sugar-sweetened beverages. AHA has urged FDA to include a disclosure on added sugar to the Nutritional Facts label. She encouraged the departments to work with FDA to make this happen. AHA also supports the recommendation to reduce saturated fat intake to less than seven percent of energy. AHA has long recommended two servings of oily fish per week and supports DGAC's recommendation on the consumption of fish to increase consumption of healthier fats. AHA appreciates DGAC's approach to the report in addressing an overweight population by focusing on better choices and healthier lifestyles.

Jeff Volek, a Professor and nutrition researcher at the University of Connecticut, spoke on the safety and effectiveness of low carbohydrate diets. He is a registered dietitian with numerous publications. He disagreed with the statement in the Report that low-carbohydrate diets are hard to adhere to, not more effective than other calorie controlled diets, and may pose health risks. He said adherence rates for low-carbohydrate diets are not worse than other diets, and adherence is irrelevant to the benefits of the diet. He disputed the interchangeable use of “low-carbohydrate” and “high-protein,” since sustainable low-carbohydrate diets do not have excessive protein. He also asserted that long-term studies show weight loss at least as good as and usually better than low-fat diets. He related insulin resistance, metabolic syndrome, diabetes, and obesity to carbohydrate intolerance and said a diet of less than 45 percent carbohydrates would be healthier for millions of Americans and provide improvements in triglycerides, HDL cholesterol, LDL particle size, and inflammatory markers. He encouraged USDA to support a lower range of carbohydrate to help people manage obesity and insulin resistance.

Jimmy Moore of Spartanburg, South Carolina, Webmaster of Livin' La Vida Low-Carb, recounted his success at losing weight with a low carbohydrate diet after failing to lose weight following the Guidelines. He noted that his significant weight loss was due to not doing what the Guidelines recommended. He suggested that there be multiple guidelines to address a diverse population with differing needs. He said that without such an approach the departments and the DGAC will face the same problems five years from now.

Neal Barnard, President of the Physicians Committee for Responsible Medicine, said it is important that the Committee’s emphasis on the value of vegetarian meals and vegetarian diets be reflected in the final Guidelines and that “protein-complimenting” be omitted as outdated. The value of vegetarian meals should be reflected in school lunch programs. He said the Guidelines should be clear that processed meats should not be consumed. Regarding seafood, he said seventy percent of the fat in fish is not omega-3 but a mix of saturated and unsaturated fats; many fatty fish are high in calories and contaminants. Mobile shellfish are high in cholesterol. He said low-fat dairy products do not merit promotion because there is no evidence that dairy intake reduces risk of fractures. He concluded that the foods to promote are vegetables, fruits, whole grains, and legumes.

Elizabeth Pivonka, President of Produce for Better Health Foundation, a nonprofit consumer education foundation, thanked the DCAC, departments, and NEL for the Report. PBH supports the emphasis on plant-based food intake patterns and urges the departments to aggressively promote fruit and vegetable messages and to demonstrate how to fit them into a total diet. PBH recommends simple messages. PBH supported the recognition of the role of food environment in food choices. She highlighted the need to improve food and beverage offerings in schools and to increase comprehensive nutrition education programs, including cooking skills. She noted the upcoming Congressional reauthorization of the Child Nutrition Program and urged the policy leaders at HHS and USDA to urge lawmakers to update the programs.

Saurabh Dalal, past Deputy Chair at the International Vegetarian Union and President of the Vegetarian Union of North America, encouraged the increased inclusion of plant foods in the Guidelines. She said vegetarian and vegan foods offer nutritional advantages over animal products, and the Guidelines should accommodate and support the range of diets followed by Americans.

Many studies, experts, and associations support vegetarian and vegan diets as health-promoting. However, she disagreed with the recommendations to increase seafood and low-fat and fat free milk products. She pointed to the saturated fat and cholesterol in animal foods, as well as the lack of fiber. She promoted rice and soy milks over dairy. She also urged that the emphasis be on plant foods over seafoods. She asked that the idea of protein complementing be removed as outdated and that the statement that animal proteins are the highest quality be challenged. She noted that a vegan diet would bring daily cholesterol intake to zero. She also asserted that dark leafy greens are the most bioavailable source of calcium.

Christine Bushway, CEO of the Organic Trade Association, said the Association disputed the conclusions of Resource Three in the Report, “Conventional and Organically Produced Food.” The statement on organic food references limited research but makes the broad conclusion that the nutritional value of organic and conventional foods are similar, a conclusion not grounded in science or relevant to the Guidelines. The conclusion is in conflict with the President’s Cancer Panel Report, which recommends choosing foods grown without pesticides or commercial fertilizers and free-range meat raised without antibiotics, growth hormones, and toxic run-off. Organic agriculture uses a USDA certification program. She urged USDA and HHS to encourage consumers to look for the USDA Organic label. As is, the recommendations confuse the consumer, contradict the President’s Cancer Panel, and do not enhance the recommendations.

Kathryne Pirtle, the author of Performance Without Pain, said the 2010 Guidelines continue to move people away from the nutrient-dense foods of America’s farming history. Since the establishment of the Guidelines, there have been record levels of chronic diseases. She related her experience with a low-fat/high-fiber diet, during which she had chronic pain and a serious digestive disorder. She started a natural diet of traditional fats, bone broth soups, unprocessed full fat dairy, cultured foods, and fermented cod liver oil, foods from small family farms rather than the farming industry. Since changing her diet, her digestive disorder reversed, chronic pain subsided, and she is now healthy. She attributes her illness to the DGA and said others are suffering for the same reason find relief through nutrient-rich diets with traditional fats.

Christina Pirello, host of the National Public Television series, "Christina Cooks" and a professor of nutrition and culinary arts at Walnut Hill College in Philadelphia, said the Guidelines have gone further toward a plant-based diet. However, it is important to show vegetarianism as a nutritionally-balanced way of eating. While the Report states that there is little evidence to support the idea that a plant-based diet can better prevent disease than any other low-fat diet, she said there is a good deal of research supporting just that. She referred to the China Study and Dean Ornish’s work on vegetarian eating. She emphasized that the obstacle to healthy eating is marketing and food manufacturers. She spoke of subsidies and pricing obstacles to healthy diets. She said that if the draft does not use progressive thinking to make America a place of fitness, the Guidelines will fail as they have for 60 years.

Lauray MacElhern, Managing Director of the Cancer Project, said the Project’s Food for Life program provides nutrition and cooking classes. She spoke on dietary recommendations for cancer prevention and survival, which she felt are not adequately prominent in the Guidelines. The 2009 IOM Report on School Meals says consumption of processed meats, especially processed red meats, is linked to increased risk of colon cancer, as did the 2007 President’s Cancer Panel Report. The

American Institute for Cancer Research and the World Cancer Research Fund published a comprehensive summary of the evidence on cancer risks and dietary factors, including processed meat as a cause of colorectal cancer. The risk is related to quantity consumed. While the specific mechanism is unknown due to the number of potential causes, she urged recommending avoidance of processed meats.

Amy Lanou, an Associate Professor of Nutrition at the University of North Carolina, Asheville, supported the two new forward-thinking chapters of the Report, as well as the focus on foods and diets rather than individual nutrients. She supported the recommendation to shift toward a more plant-based diet as consistent with research showing the health value of vegetarian and other plant-based eating styles. She suggested that the recommendation urge increased intake of seafood and fat-free or low-fat milk only for meat eaters. She said adding seafood or milk to a vegetarian, dairy-free diet provides no known health or weight management benefit. She suggested naming the foods with dietary components to be limited. She said bone health can be highlighted by promoting plant-based dietary patterns rich in fruits and vegetables rather than a single nutrient (calcium) or single food (milk) source. Recommendations for the consumption of dairy should be in the context of other calcium-rich foods like beans and greens to meet the needs of those who are vegan or lactose intolerant. She said the recommendations for improving food environments should include both the recommendation to increase production of vegetables, fruits, and fiber-rich whole grains and a recommendation to reduce environmentally unsustainable production of meat and dairy products. She urged a strengthening of the language regarding vegetarian diets and healthy food environments.

Deirdre McGinley-Gieser, Vice President for Programs at the American Institute for Cancer Research, said it and its sister organization, The World Cancer Research Fund, are happy that the Committee often relied on their 2007 expert report. AICR also emphasizes energy density and the whole diet approach. Healthy diet, physical activity, and a healthy weight would reduce cancers in the US by 350,000 per year. The same advice could reduce the incidence of several other diseases. She requested that more attention be paid to the connection between red and processed meat and colorectal cancer.

Jasmine Chan of the Soyfoods Association of North America expressed concern that the DGAC under-recognized the protein value of soy. Soy protein has scored as high as egg whites and casein on PDCASS protein quality assessments and meets essential amino acid requirements. The documents going forward should reflect that soy is a high-quality plant protein equivalent to animal proteins but with no cholesterol and little saturated fat. To avoid confusion, SANA recommended that soy not be grouped with lower quality plant proteins, like dried beans and peas. She encouraged the Departments to develop an educational visual to show consumers how to incorporate plant foods into the diet.

Houra Taheri spoke on behalf of the Center for Nutrition Diet and Health from the Cooperative Extension Service from the University of the District of Columbia. As part of her research, she looks at different crops. The Center increases the public's knowledge through community nutrition education, food demonstrations, and cooking classes at public schools in the DC area, encouraging healthy eating. The Guidelines should encourage fruits and vegetables as healthy snacks and increased physical activity.

Katherine Strong presented comments by Hans Diehl, founder of the **Coronary Health Improvement Project**. She said the Project has shown that plant-based diets can bring about dramatic change in people's health. He recommended that USDA and HHS focus on three points when drafting the Guidelines. First was to maintain the shift to a plant-based diet with a decrease of all animal products. Second was reduction of sodium intake to a maximum of 1500 mg per day. Third was to emphasize consumption of a maximum of 200 mg of cholesterol per day. He advocated large changes to turn around epidemics of sick and overweight populations.

Delcianna Winders of the PETA Foundation said PETA was happy with the Report's emphasis on fresh fruits and vegetables and the benefits of a plant-based diet. However, PETA disputed the emphasis on dairy, saying the Report ignores evidence of health risks associated with milk and the environmental impact of the dairy industry. She said dairy consumption is linked to prostate, ovarian, and breast cancer and Type 1 Diabetes; that it has little to no benefit to bone health; and that it cannot be relied on to prevent osteoporosis. She mentioned a United Nations report urging that dairy production be reduced due to the industry's contribution to climate change. The Report encourages increased milk consumption, despite concerns about global warming, availability of arable land, and availability of fresh water, all concerns impacted by dairy. She said fortified soymilks can provide the same benefits as dairy milk without the risks and urged amending the recommendation to specifically recommend nondairy plant-based milk and milk products.

Lisa Watson of the National Milk Producers Federation agreed with the DGAC's conclusions on milk and dairy as a unique nutrient package. Americans consume less than 60 percent of the recommended intake for dairy, and there is little guidance on how to help consumers bridge the gap between recommended and actual consumption. She noted that moderate amounts of sugars added to nutrient dense foods can increase intake. Consumption of flavored milk is not associated with adiposity and should be considered in the translation to action steps. Similarly, reduced fat cheeses can be added to vegetables or whole grains to increase palatability with an overall positive effect on nutrition. NMPF has been frustrated by lack of public access to the NEL. Due to lack of access to critical information on the NEL site, she requested that the written comment period be extended.

Lorelei DiSogra, Vice President for Nutrition and Health at the United Fresh Produce Association, commended the DGAC on the Report. UFPA appreciates that the Guidelines are no longer addressed to healthy Americans but instead emphasize change. The recommendation of increased fruit and vegetable consumption addresses many of the major findings. UFPA commended DGAC for discussing systems-wide policy and environmental changes that need to take place so Americans have a chance of eating a healthier diet. It is important to create healthy food environments. UFPA observed that Americans are not following the current Guidelines, so they may not follow the new Guidelines unless something is done differently. The Association will submit written comments, but the Guidelines going forward must have strong, clear, and compelling consumer messages.

Suzanne Price of the American Society for Nutrition, offered ASN's support on four areas and offered suggestions on implementation. ASN supported the coordinated strategy to instill a better understanding of the Guidelines; the rigorous discussion on sodium (though sodium reduction will have an economic impact and an effect on food safety); the conclusion that Americans should

replace foods high in solid fats and added sugars with vegetables, fruits, and whole grains; and the supplemental information on children's dietary intake, implications of food allergens, safe food supply, and organically-produced foods. As implementation goes forward, she suggested adding a summary of the 2008 Physical Activity Guidelines; a clearer definition of processed food and omission of the term from consumer literature to avoid confusion; creation of a focus group of Dietary Guidelines users from the food industry, medical and public health, and the general public to look at, among other things, financial incentives to purchase and consume healthy foods; and increasing the number of behavior specialist on the 2015 Committee to help with translation and implementation.

Shalene McNeill spoke for The National Cattlemen's Beef Association. She said the recommendations to shift toward a more plant-based diet and to consume only moderate amounts of lean meat, poultry, and eggs are a departure from the evidence. She noted that Americans already get 70 percent of their calories from plant foods and that overconsumption of refined grains is a major source of extra calories in the diet. The DGAC's definition of "plant-based" is not supported by science or by common use. The evidence does not indicate that Americans should limit consumption of lean meat, poultry, and eggs. The review found no unique benefits to plant proteins and no negative health outcomes for consumption of animal proteins. Americans consume meat within the recommended intake, and the Guidelines should show Americans how to identify lean cuts.

Linda Eckhardt, cofounder with John Salerno of the Silver Cloud Diet, said her practice sees people sick from lifestyle ailments. She said the DGA are based on outdated science and influenced by lobbies, that the industrial food complex and pharma have colluded to create nutrient-empty foods and medicines to restore health damaged by the food. Low-fat milk and refined carbohydrates lead to ill health. She said Type 2 diabetes can be cured by omitting from the diet foods with sugar and eating a diet with high quality protein, animal fat, and fruits and vegetables. She detailed the importance of saturated fats and the risks of underconsuming saturated fats, including infertility. She emphasized a diet of whole, unprocessed foods, including plenty of meats and fish, dairy, raw milk, cheeses, fruits and vegetables, butter, cream, and natural meat, essentially the kind of diet her grandparents ate.

Sarah Ohlhorst, a registered dietitian and staff scientist with the Institute of Food Technologists, said the Report highlights many opportunities for food scientists and technologists to provide support to the food environment. Food scientists and technologists can help consumers meet the Guidelines through product reformulation, fortification, enrichment, and other means and can add, reduce, or remove nutrients in foods. Food scientists and technologists can be part of an integrated approach to health. IFT offers support and expertise to aid the implementation of the 2010 Guidelines.

Dave Warner of the National Pork Producers Council was not present. He was registered as Speaker 46.

Pam Popper spoke for the Wellness Forum. She said the recommendations for plant-based diets should go further, due to the benefits for weight loss and preventing and reversing degenerative diseases. Calorie counting is ineffective, since a small miscalculation will lead to large weight gains

over time, while the fiber in a plant-based diet naturally prevents overeating. She disagreed with the emphasis on dairy, which she said does not build strong bones and is linked to diabetes and other conditions. She said the fat recommendations are too high and that oils should be discouraged. The protein emphasis is also unnecessary, since vegetarian diets provide sufficient protein. She said one barrier to change is that people are not getting accurate or specific information on the detrimental effects of their own diets and the benefits of plant-based diets. She said she agreed to the DGAC in recommending an implementation committee and that said it should have people with a record of convincing people to improve their diets. She offered to share her expertise and work with the process going forward.

Alyce Otuzar, a medical and social science researcher running a holistic medicine information clearinghouse on environmental and nutritional influences on mental and physical well-being, said diabetes, asthma, cancer, and obesity have increased since the first DGA in 1980. She said the upcoming DGA fail to acknowledge manmade products that are highly processed, nutrient-deficient, adulterated foods. She said the Guidelines ignore the difference between fats from conventional animals and from pasture-kept animals and the difference between organic and conventional foods laden with chemicals. She said the adiposity epidemic did not exist before chemicals were introduced to food. She noted the poor food environment in schools and criticized the double-blind study paradigm as highly flawed. Her time expired before she completed her statement.

Chelsie Redalen spoke for the National Pork Producers Council. She applauded the work of the Committee but expressed concern over the recommendation that Americans consume “only moderate” amounts of lean meat. She said lean meat is a model nutrient-dense food. A serving of lean pork provides the same protein as a serving of black beans with fewer calories. Americans are not over-consuming meat but added sugars and solid fats. Consuming a more plant-based diet would mean consuming less lean meat and failing to consume nutrients such as heme iron. Lean meat is affordable, available, and familiar to Americans, unlike tofu. She agreed that a shift from highly processed, nutrient-poor to nutrient-rich foods is necessary, and lean meat is a part of that shift.

Dennis Gordon, Professor Emeritus and former Chair of the Department of Cereal Science at North Dakota State University, supported the finding that dietary fiber is under-consumed. Americans are severely lacking in fiber intake. He urged that the guidance maximize opportunities for Americans to choose foods that provide a good source of fiber. He noted that not all whole grain foods or foods making the whole grain claim are good sources of fiber and that whole foods alone do not provide enough fiber. He encouraged fiber-enriched foods. Calorie levels increase if only whole foods are used to meet fiber needs. Recommendations should encourage Americans to make grain choices, either enriched or whole grains that provide at a minimum a good source of fiber. Bran products, grain products with added fiber, and whole grain products can all be important vehicles for helping Americans meet dietary fiber recommendations. He encouraged realistic and attainable guidance for consumers.

Betsy Booren, Director of Scientific Affairs for the American Meat Institute Foundation, noted that the Report simultaneously affirms meat’s nutritional value and advises consumers to moderate their consumption. She added that meat is a simple and balanced source of dietary protein and all

essential amino acids and several micronutrients and is consistent with American lifestyles. She noted that Americans are not overeating meat. She urged careful wording of the Guidelines, since consumers can confuse “moderate” with “reduce,” which would have unintended consequences. She pointed out that sodium in meat prevents spoilage and reduces risks from pathogens, so reducing sodium in meat can have unintended food safety consequences. However, the industry is involved in efforts to reduce sodium, and over half of the processed meat and poultry market is undergoing sodium reformulation. AMI will provide further written comments.

Closing Remarks and Meeting Adjournment

Dr. Post thanked the commenters and urged further submission of written comments. The comments will be taken into consideration in developing the 2010 Dietary Guidelines for Americans. The written comment period remains open until July 15, 2010 and can be submitted at www.dietaryguidelines.gov. RADM Sawyer concurred with Dr. Post’s comments and reiterated that all comments will be considered. Dr. Post adjourned the meeting.

(Adjournment 12:29 p.m.)