

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Vitamins

**Comment ID:** 000519

**Submission Date:** 06/01/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jennifer

**Last Name:** Shu, MD

**Job Title:** Pediatrician

**Key Topic:** Eating Patterns, Evidence-based Review Process, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:** B Vitamins, Iron, Magnesium, Meat, Beans, Eggs, Fish, and Nuts, Potassium, Zinc

**Attachment:** Y

**Comment:** As a pediatrician concerned about the health and well-being of children, I would like to share my thoughts regarding the role of animal protein products (meat, fish, eggs) in child health. There are not sufficient data to support a recommendation to replace animal protein with plant protein in the diet of children and adolescents. It is important for the DGAC to acknowledge that beef provides a unique mixture of highly bioavailable micronutrients, not readily available in plant-based diets, that support the cognitive development and function of children and adolescents. Caution should be taken to avoid the establishment of protein source recommendations that inappropriately restrict animal protein in the diets of children and adolescents.

**Comment ID:** 000569

**Submission Date:** 08/04/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Melissa

**Last Name:** Brechisci

**Job Title:**

**Key Topic:** Eating Patterns, Protein, Vitamins

**Sub Topic:**

**Attachment:** N

**Comment:** So far, the Food Pyramid has provided an unrealistic guide to the American People and I do hope that 2010 will be the year that changes everything! Hospitals and wellness centers are feeding sick patients the food that is making them sick to begin with while schools are raising our children on the risky foundation of processed foods and meals contributing to the outrage of childhood obesity and diabetes. The excess of Animal protein, particularly red meat, is clearly a root cause of disease and yet still it is recommended. Please consider alternative sources of protein, including vegetable protein, super foods, legumes, and high protein grains such as quinoa and millet. Poultry, eggs, and Fish are easier to digest and therefore less harmful. I think most would agree have great health benefits however if they are pumped up with hormones and fed chemical sprayed feed, then we are surely defeating the purpose. I urge you to make a strong emphasis on organic produce and food sources so we may educate the population on the dangers of these chemicals and mandate the farmers to find alternative ways to grow our food. The holistic movement teaches us a great deal about sustainable living, mind/body/spirit connection, raw foods and alternative methods to cooking and depleting enzymes, and thriving on plant and grain based diets. If we can combine the science of

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Vitamins

nutrition with the holistic approach to diet and lifestyle, we can find a balance and create a shift in the lives of Americans, and therefore the rest of the world.

**Comment ID:** 000626

**Submission Date:** 09/18/2009

**Organization Type:** Individual/Professional

**Organization Name:** OSU EXTENSION

**First Name:** Kathleen

**Last Name:** Meneses

**Job Title:** EFNEP Program Assistant

**Key Topic:** Vitamins

**Sub Topic:** Folate

**Attachment:** N

**Comment:** Emphasis on whole grains is good, but folate is only added to enriched white flour products. This will mean that those following the whole grain mandate may not get the recommended amount of folate--especially important for young females who may become pregnant. Could folate be added to whole wheat products, as well?

**Comment ID:** 000647

**Submission Date:** 09/23/2009

**Organization Type:** Industry Association

**Organization Name:** Council for Responsible Nutrition

**First Name:** Annette

**Last Name:** Dickinson, Ph.D.

**Job Title:** Past President and Consultant, CRN

**Key Topic:** Evidence-based Review Process, Vitamins

**Sub Topic:** B Vitamins, Folate, Other, Vitamin A and Carotenoids, Vitamin C, Vitamin D, Vitamin E

**Attachment:** Y

**Comment:** The Council for Responsible Nutrition supports the Dietary Guidelines and is pleased that the current 2005 edition recognizes the important role of dietary supplements as a tool for helping people improve nutrient intake and potentially reduce the risk of some chronic diseases. We urge the 2010 Dietary Guidelines Committee to retain these features and also to consider some modifications that would further clarify the role of dietary supplements.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Vitamins

**Comment ID:** 000681

**Submission Date:** 10/22/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Weston A. Price Foundation

**First Name:** Sally Fallon

**Last Name:** Morell

**Job Title:** President

**Key Topic:** Carbohydrates, Fats, Food Groups, Minerals, Vitamins

**Sub Topic:** B Vitamins, Calcium, Cholesterol, Meat, Beans, Eggs, Fish, and Nuts, Milk, Saturated fatty acids, Trans fatty acids, Vitamin A and Carotenoids, Vitamin D, Zinc

**Attachment:** Y

**Comment:** Current USDA dietary guidelines are on the flawed notion that cholesterol and saturated fat are unhealthy. They are unrealistic, unworkable, unscientific and impractical; they have resulted in widespread nutrient deficiencies and contributed to a proliferation of obesity and degenerative disease, including problems with growth, behavior and learning in children. The US government is promoting a lowfat, plant-based diet that ignores the vital role animal protein and fats have played in human nutrition throughout the ages.

The Weston A. Price Foundation strongly urges the USDA Dietary Guidelines committee to scrap the food pyramid and replace it with the following Healthy 4 Life guidelines, based on four groups of whole foods.

Every day, eat high quality, whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

1. Animal foods: meat and organ meats, poultry, and eggs from pastured animals; fish and shellfish; whole raw cheese, milk and other dairy products from pastured animals; and broth made from animal bones.
2. Grains, legumes and nuts: whole-grain baked goods, breakfast porridges, whole grain rice; beans and lentils; peanuts, cashews and nuts, properly prepared to improve digestibility.
3. Fruits and Vegetables: preferably fresh or frozen, preferably locally grown, either raw, cooked or in soups and stews, and also as lacto-fermented condiments.
4. Fats and Oils: unrefined saturated and monounsaturated fats including butter, lard, tallow and other animal fats; palm oil and coconut oil; olive oil; cod liver oil for vitamins A and D.

Avoid: foods containing refined sweeteners such as candies, sodas, cookies, cakes etc.; white flour products such as pasta and white bread; processed foods; modern soy foods; polyunsaturated and partially hydrogenated vegetable oils and fried foods.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Vitamins

**Comment ID:** 000741

**Submission Date:** 10/28/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** National Dairy Council

**First Name:** Gregory

**Last Name:** Miller

**Job Title:** Executive Vice President, Research, Regulatory and Scientific Affairs

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:** B Vitamins, Calcium, DASH, Magnesium, Milk, MyPyramid, Potassium, Saturated fatty acids, Vitamin A and Carotenoids, Vitamin D, Weight maintenance

**Attachment:** Y

**Comment:** The National Dairy Council appreciates the opportunity to comment on these important issues in support of improving the health and well-being of all Americans. Please consider the attached science-based comments.

**Comment ID:** 000628

**Submission Date:** 09/20/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Weston A. Price Foundation

**First Name:** Sally

**Last Name:** Fallon Morell

**Job Title:** President

**Key Topic:** Eating Patterns, Fats, Food Groups, Vitamins

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Saturated fatty acids, Trans fatty acids, Vegetables, Vitamin A and Carotenoids, Vitamin D

**Attachment:** N

**Comment:** Current USDA dietary guidelines are unrealistic, unworkable, unscientific and impractical; they have resulted in widespread nutrient deficiencies and contributed to a proliferation of obesity and degenerative disease, including problems with growth, behavior and learning in children.

The pyramid with its strictures on fat restriction does not recognize variations in human metabolism. Recommendations for fat restriction are predicated on the assumption that fat causes weight gain; several recent studies have shown that restriction of natural fats actually leads to obesity in both children and adults, while the trans fats that frequently replace natural saturated fats contribute to weight gain. Restriction of animal fats leads to deficiencies of vitamins A, D and K2, needed for growth, strong bones, immunity, neurological function, and protection from tooth decay.

RECOMMENDED NEW GUIDELINES:

Every day, eat high quality, whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Vitamins**

1. Animal foods: meat and organ meats, poultry, and eggs from pastured animals; fish and shellfish; whole raw cheese, milk and other dairy products from pastured animals; and broth made from animal bones.
  2. Grains, legumes and nuts: whole-grain baked goods, breakfast porridges, whole grain rice, beans and lentils; peanuts and nuts, properly prepared to improve digestibility.
  3. Fruits and Vegetables: preferably fresh or frozen, preferably locally grown, either raw, cooked or in soups and stews, and also as lacto-fermented condiments.
  4. Fats and Oils: unrefined saturated and monounsaturated fats including butter, lard, tallow and other animal fats; palm oil and coconut oil; olive oil; cod liver oil for vitamins A and D.
- Avoid: foods containing refined sweeteners such as candies, sodas, cookies, cakes; white flour products; processed foods; modern soy foods; polyunsaturated and partially hydrogenated vegetable oils.