

Comments Summary Report

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

Key Topic: Vitamins

Comment ID: 000844

Submission Date: 02/03/2010

Organization Type: Individual/Professional

Organization Name: Roman Meal Company

First Name: Patrick

Last Name: Finney

Job Title: Vice President Thought & Product Innovation

Key Topic: Fluid and Electrolytes, Vitamins

Sub Topic: Potassium, Sodium, Vitamin D

Attachment: N

Comment: We, at Roman Meal Company, strongly urge that Vitamin D daily requirements be increased to reflect the huge amount of scientific literature that documents Vitamin D's importance in our diets.

Also, please consider reviewing and making recommendations on the balance of sodium:potassium, rather than concentrating solely on the amount of sodium consumed by americans daily. Even major nutrition textbooks now recognize that the ratio is equally, if not more, important that the total amount of sodium. Vitrually all mammals appear to require a ratio of about 3:2, 2:3, 1:1, or thereabouts, of Na to K in order to have the proper ratio in our bodily parts.

Thannks,

Best wishes

Comment ID: 000884

Submission Date: 03/14/2010

Organization Type: Individual/Professional

Organization Name:

First Name: Alan

Last Name:

Job Title:

Key Topic: Vitamins

Sub Topic: Vitamin D

Attachment: N

Comment: Recent studies have provided convincing evidence that:

- 1) Vitamin D helps to prevent a wide variety of diseases, including cancer, heart disease, diabetes, hypertension, etc.
- 2) Vitamin D levels needed for this prevention (32 ng/ml) are higher than previously believed.

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- 3) Most Americans have insufficient Vitamin D levels, particularly in the winter, especially among those with darker skin and the elderly.
- 4) Oral supplementation with Vitamin D tablets (1000-2000 IU/day) is an effective way to achieve desired levels, and is inexpensive and safe. This information should be strongly featured in the new Dietary Guidelines, and new recommendations to increase Vitamin D supplementation in foods should be made.

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: 000859

Submission Date: 02/12/2010

Organization Type: Industry Association

Organization Name: Mushroom Council

First Name: Bart

Last Name: Minor

Job Title: President

Key Topic: Vitamins

Sub Topic: Vitamin D

Attachment: Y

Comment: The USDA Nutrient Database SR 22 was released in 2009 with updated vitamin D data, which includes data about vitamin D in mushrooms.

Comments Summary Report

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

Key Topic: Vitamins

Comment ID: 000875

Submission Date: 02/26/2010

Organization Type: Nonprofit/Voluntary

Organization Name: Spina Bifida Association

First Name: Cindy

Last Name: Brownstein

Job Title: President & Chief Executive Officer

Key Topic: Vitamins

Sub Topic: Folate

Attachment: Y

Comment: The Spina Bifida Association (SBA) appreciates the opportunity to provide the attached comments to the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services? (HHS) Dietary Guidelines Advisory Committee, as the Dietary Guidelines for Americans are reviewed and revised. The nation's dietary guidelines, the Food and Drug Administration?s (FDA) fortification requirements, and the Centers for Disease Prevention and Control?s (CDC) public health education and awareness initiatives all are essential and complementary tools in the effort to prevent Spina Bifida, the nation's most common, permanently disabling birth defect. SBA urges the retention of the ?key recommendation for specific population groups? relating to folic acid consumption. However, since approximately half of all pregnancies in the United States are unplanned and there is strong scientific evidence that women must have adequate folic acid intake prior to becoming pregnant, we strongly recommend you modify the wording of the recommendation to apply to all women of childbearing age, irrespective of plans to become pregnant. The SBA maintains that it is essential that all women of childbearing age regularly consume adequate daily amounts of folic acid through a variety of folic acid fortified food products, food folate from a varied diet, and multi-vitamins, which can significantly reduce the risk of a Spina Bifida affected pregnancy. Thank you for your attention to the full set of our enclosed comments and recommendations regarding folic acid fortification and the need to increase awareness among women of childbearing age of the need to consume adequate daily amounts of folic acid prior to becoming pregnant. We stand ready to work with all stakeholders to ensure that our Nation takes all the steps necessary to increase folic acid consumption by women of child-bearing age to help reduce and prevent neural tube defect-affected pregnancies.

Comments Summary Report

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

Key Topic: Vitamins

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