

# Comments Summary Report

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

Key Topic: Food Safety

**Comment ID:** 000338

**Submission Date:** 02/11/2009

**Organization Type:** Educational Institution

**Organization Name:** University of North Dakota

**First Name:** Nicholas

**Last Name:** Ralston

**Job Title:** Health Effects Research Program Leader

**Key Topic:** Eating Patterns, Food Safety

**Sub Topic:**

**Attachment:** Y

**Comment:** Your committee will be interested in recent advances in understanding the role of selenium in assessment of benefits and risks of seafood consumption. In addition to the previously submitted letter, the attached copy of a recent article published in Neurotoxicology provides important insights on seafood safety. Experimental animals in this study were exposed to otherwise lethal concentrations of methylmercury, but showed no signs of toxicity when their diets were supplemented with selenium at levels that are slightly less than the average amount present in ocean fish. Therefore, the amounts of selenium in ocean fish would be expected to be more than sufficient to prevent development of adverse effects from the relatively low amounts of methylmercury that they normally contain. Adverse effects from methylmercury exposure were not reliably predictable using the simple mercury dose-effect paradigm. Instead, methylmercury toxicity was directly related to dietary mercury:selenium molar ratios, with no adverse effects observed when selenium was present in molar excess of mercury. Since ocean fish selenium is normally present in 5-50 fold molar excess of mercury, no harmful effects would be expected to accompany methylmercury exposure from this source, and none has been seen in any of the major human studies. Instead, substantial beneficial effects of up to 10 IQ points have been seen in children of mothers that eat ocean fish during pregnancy.

Methylmercury is, by biochemical definition, a highly specific, irreversible inhibitor of selenium-dependent enzymes. Therefore, the findings reported in the attached article correspond with expectations that supplemental selenium overcomes methylmercury toxicity by maintaining normal activities of selenium-dependent enzymes that are required to prevent oxidative damage in brain tissues.

# Comments Summary Report

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

Key Topic: Food Safety

**Comment ID:** 000349

**Submission Date:** 02/25/2009

**Organization Type:** Educational Institution

**Organization Name:** University of Maryland

**First Name:** Linda

**Last Name:** Aldoory

**Job Title:** Associate Professor

**Key Topic:** Fats, Food Safety

**Sub Topic:** Fish oil, Omega 3 fatty acids, Saturated fatty acids

**Attachment:** Y

**Comment:** I recommend the Dietary Guidelines Advisory Committee consider the climate of confusion among women regarding seafood consumption. We conducted in-depth focus groups with 59 women of childbearing age, 8 of whom were pregnant. The women lived in a mix of urban, suburban, and fishing communities. After reading media clips that captured the contradictory reporting about fish, researchers report that the women had difficulty negotiating the accurate meanings about fish safety.

**Comment ID:** 000413

**Submission Date:** 04/10/2009

**Organization Type:** Educational Institution

**Organization Name:** University of Delaware, Sea Grant College Program

**First Name:** Doris

**Last Name:** Hicks

**Job Title:** Seafood Technology Specialist

**Key Topic:** Fats, Food Safety

**Sub Topic:** Fish oil, Omega 3 fatty acids

**Attachment:** Y

**Comment:** It is our recommendation that Americans are encouraged to eat more fish, of a variety of species and sources.

# Comments Summary Report

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

Key Topic: Food Safety

**Comment ID:** 000270

**Submission Date:** 02/04/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Nicolas

**Last Name:** Frazier

**Job Title:** Student

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** N

**Comment:** It is important for more Americans nationwide to maintain a higher standard for food safety. Many people are unaware that not storing foods quickly and maintaining surface areas that are sanitary prior to putting foods from the grocery store away is important in the food safety process.

**Comment ID:** 000278

**Submission Date:** 02/06/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Kiara

**Last Name:** M

**Job Title:** Student

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** N

**Comment:** Many Americans do not know and realize that the most important food safety problem is microbial foodborne illness. Most people are diagnosed with this illness because of the low percentage of keeping food in safe areas, cooking foods correctly, and washing hands. This illness could be avoided if Americans avoided raw foods, such as sprouts and uncooked foods, keep raw and cooked foods away from each other while shopping, clean hands and food surfaces, and making sure all foods are cooked completely. Food labels are also helpful too because many people can determine ready to eat foods and expiration dates. It would be very helpful and good if more people increased the guidelines of food safety to decrease the illness of microbial foodborne.

# Comments Summary Report

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

Key Topic: Food Safety

**Comment ID:** 000311

**Submission Date:** 02/09/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince Georges Community College

**First Name:** Wadi

**Last Name:** Gaitan

**Job Title:** Student

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** N

**Comment:** The America needs to be more educated on Food safety. Talking to different People, food safety is not something they think about. Food safety is not really talked about. and that is curious because it is so important. We need to let people know about it, from the storage of the food to the preparation of it. If we in America would practice better food safety we would be better of.

**Comment ID:** 000317

**Submission Date:** 02/10/2009

**Organization Type:** Educational Institution

**Organization Name:** Prince George's Community College

**First Name:** Simisola

**Last Name:** Olabisi

**Job Title:** Student

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** N

**Comment:** Most people do not realize that no matter where they go or touch there are viruses everywhere especially on our hands and the next thing we always touch is our food thereby infecting it. People need to be more aware of what happens inside the body and the diseases that there not aware of by merely just touching something. Who would have guessed that washing your meat could contribute to the diseases in your body these are the stuff people do not know but need to know. In summary I believe that there should be more awareness programs to allow people to be aware of their environment, health and body.

# Comments Summary Report

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

Key Topic: Food Safety

**Comment ID:** 000321

**Submission Date:** 02/10/2009

**Organization Type:** Educational Institution

**Organization Name:** prince georges community college

**First Name:** Ndene

**Last Name:** Derick Salle

**Job Title:** student

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** N

**Comment:** Clean and Dissinfect sinks and often-touched kitchen surfaces, like handles on refigirators,dish-washer, ovens microwaves,faucets, drawers and cabinets.

**Comment ID:** 000254

**Submission Date:** 01/29/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Citizen Concerned About National Health

**Last Name:**

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups, Food Safety, Nutrient Density/Discretionary Calc

**Sub Topic:** Added sugars, Cholesterol, Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables, Whole grains

**Attachment:** N

**Comment:** I urge the committee and participants to consider the strategic importance of good health for our nation. I am shocked by how obese this nation is - from adults to children of all ages. When I was growing up in the 1970s and 1980s, one could count on one hand the number of obese people of one's acquaintance. Now that ratio is nearly inverse.

For too long the mass-production food lobbyists have had a stranglehold on national dialogue and public policy for subsidies, advertising and lobbying. As a result, our food contains unhealthy corn by-products, too much sugar, too many preservatives. Our food is shipped across vast distances, sometimes from other countries. The animals and produce we eat have been genetically modified to disturbing degrees that we still do not fully understand. Our methods of handling livestock are still grotesque and unsafe despite decades of advocacy by animal behaviorists, public health officials and activists.

As a citizen and taxpayer, I am disgusted by the poor lifestyle choices many of my fellow citizens are making - and am angry that I am perforce subsidizing their lousy choices by having my tax dollars allocated to their health problems and having to pay higher insurance premiums to protect their excessive health cost benefits.

Please fix this. I know it's a big problem, but it's hardly insurmountable.

# Comments Summary Report

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

Key Topic: Food Safety

**Comment ID:** 000347

**Submission Date:** 02/19/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Pam

**Last Name:** Bradford

**Job Title:** Retired

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** N

**Comment:** It will be helpful if you include alternatives for some major food allergies. For example, When people are highly allergic to wheat (and possibly other grains) what alternatives can you suggest. What about the many people who are allergic to Milk and Milk products? What will you suggest as alternatives?

**Comment ID:** 000393

**Submission Date:** 03/25/2009

**Organization Type:** Industry Association

**Organization Name:** Global Aquaculture Alliance

**First Name:** George

**Last Name:** Chamberlain

**Job Title:** President

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** Y

**Comment:** Please see the attached document for fact-based information about the safety of aquaculture seafood.

# Comments Summary Report

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

Key Topic: Food Safety

**Comment ID:** 000358

**Submission Date:** 03/03/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Center for Science in the Public Interest

**First Name:** Sarah

**Last Name:** Klein

**Job Title:** Staff Attorney

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** Y

**Comment:** Please see attached Comment.

**Comment ID:** 000229

**Submission Date:** 01/26/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** JoAnn

**Last Name:** Joslin

**Job Title:** Computer Teacher

**Key Topic:** Eating Patterns, Food Groups, Food Safety

**Sub Topic:** Fruits, MyPyramid

**Attachment:** N

**Comment:** Why are there no guidelines for children under 2 years of age? Specifically, why is there not a warning on the WIC shelf or on the gerber juice bottle mentioning the hazards of too much juice.

# Comments Summary Report

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

Key Topic: Food Safety

**Comment ID:** 000228

**Submission Date:** 01/25/2009

**Organization Type:** Other

**Organization Name:**

**First Name:** Gail

**Last Name:** Kopin

**Job Title:** Naturopathic Doctor

**Key Topic:** Food Safety

**Sub Topic:**

**Attachment:** N

**Comment:** I am concerned about too many Genetic modified foods in our country. I deal with prevention and wellness and this will not get us well. Whole foods untouched and less processed foods is what our country needs to become healthier as a whole society. Please protect us against harmful additives. Dr. Gail Kopin

**Comment ID:** 000428

**Submission Date:** 04/20/2009

**Organization Type:** Professional Association

**Organization Name:** Institute of Food Technologists

**First Name:** William

**Last Name:** Fisher

**Job Title:** Vice President

**Key Topic:** Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Safety, Other

**Sub Topic:** Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Saturated fatty acids, Sodium, Trans fatty acids

**Attachment:** Y

**Comment:** The Institute of Food Technologists (IFT) appreciates the opportunity to provide comments to the Dietary Guidelines Advisory Committee. IFT is a not-for-profit professional, scientific society committed to advancing the science of food. Our 20,000+ members work in food science, technology, and related professions in industry, academia, and government. IFT's long-range vision is to ensure a safe and abundant food supply contributing to healthier people everywhere. IFT appreciates the opportunity to provide comments pertinent to the development of the 2010 Dietary Guidelines for Americans.

Please contact Mr. William Fisher, IFT's Vice President of Science and Policy Initiatives, if IFT may provide further assistance. Mr. Fisher may be reached at 202-330-4977 or via email at [wfisher@ift.org](mailto:wfisher@ift.org).