

Comments Summary Report

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

Key Topic: Nutrient Density/Discretionary Calc

Comment ID: 000453

Submission Date: 04/23/2009

Organization Type: Educational Institution

Organization Name: Creighton University, Osteoporosis Research Center

First Name: Karen

Last Name: Rafferty

Job Title: Senior Research Dietitian

Key Topic: Eating Patterns, Food Groups, Minerals, Nutrient Density/Discretionary Calc

Sub Topic: Calcium, Milk

Attachment: Y

Comment: Comments summarizing new research data and conclusions presented in attached letter.

Comment ID: 000439

Submission Date: 04/22/2009

Organization Type: Educational Institution

Organization Name: University of Southern California Keck School of Medicine

First Name: James

Last Name: McGregor

Job Title: Professor

Key Topic: Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: Y

Comment: Attached is a comment regarding the importance of omega-3 fatty acids for the Dietary Guidelines for Americans.

Comments Summary Report

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

Key Topic: Nutrient Density/Discretionary Calc

Comment ID: 000260

Submission Date: 01/31/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Keith

Last Name: Herman

Job Title:

Key Topic: Alcoholic Beverages, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Food Groups, Nutrient Density/Discretionary Calc, Vitamins

Sub Topic:

Attachment: N

Comment: The first rule of research is to not recreate what someone else has already done. After five years of analyzing all of the relevant studies, in November of 2007 the World Cancer Research Fund published Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective . This 500 page report was the joint conclusion of committees from five countries. This is the most accurate, unbiased, scientifically rigorous, evaluation of diet, physical activity and health ever performed. The Report concludes with these ten summary recommendations that are designed to reduce the risk of all illnesses, not just cancer:

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
5. Eat mostly foods of plant origin (vegetables, fruits, whole grains, and legumes)
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.
9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.

I encourage the US to officially adopt these guidelines and do away with the biased, inaccurate, Food Guide Pyramid and outdated "food groups" that are increasing our nation's health care problems.

Keith Herman

Comments Summary Report

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

Key Topic: Nutrient Density/Discretionary Calc

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.

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.

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Key Topic: Nutrient Density/Discretionary Calc

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

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: Nutrient Density/Discretionary Calc

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: 000451

Submission Date: 04/23/2009

Organization Type: Industry Association

Organization Name: The Mushroom Council

First Name: Bart

Last Name: Minor

Job Title: President

Key Topic: Nutrient Density/Discretionary Calc, Vitamins

Sub Topic: B Vitamins, Other, Vitamin D

Attachment: Y

Comment: We'd like to take the opportunity to inform Committee members of mushrooms? nutritional offerings, particularly in light of new research and nutrient analyses conducted since 2005 that support mushrooms as a quality food source of vitamin D.

Comments Summary Report

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

Key Topic: Nutrient Density/Discretionary Calc

Comment ID: 000450

Submission Date: 04/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Action for Healthy Kids

First Name: Deborah

Last Name: New

Job Title: Director of Communications

Key Topic: Nutrient Density/Discretionary Calc

Sub Topic:

Attachment: Y

Comment: Helping children select nutrient-rich foods will allow them to get proper nutrition now, reduce the risks of obesity and chronic disease in childhood, and establish life-long healthy eating habits. Nutrient-density should remain a cornerstone for Dietary Guidelines.

Comment ID: 000462

Submission Date: 04/23/2009

Organization Type: Other

Organization Name: General Mills Inc.

First Name: Kathy

Last Name: Wiemer

Job Title: Director / Fellow, Bell Institute of Health & Nutrition

Key Topic: Carbohydrates, Eating Patterns, Food Groups, Nutrient Density/Discretionary Calc

Sub Topic: Added sugars, DASH, Fiber, Grains, Whole grains, Whole grains

Attachment: Y

Comment: Obesity and conditions linked to obesity have been the subject of particular public health concern. General Mills believes that:
?

The nutritional benefits of eating breakfast, particularly a breakfast with ready-to-eat cereal, should be included and recommended in the 2010 Dietary Guidelines Technical Report. The body of literature points to the protective role of consistently consuming
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[1]

breakfast and cereal against obesity and for weight management, both in children and adults.

?

The Dietary Guidelines Advisory Committee should build upon the 2005 Dietary Guidelines whole grain recommendation and recommended increased intakes of whole grain foods for maintaining a healthy body weight and preventing future weight gain based on studies published since 2005 examining the consumption of whole grain and body mass index.

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Key Topic: Nutrient Density/Discretionary Calc

In addition, the Dietary Guidelines Advisory Committee should consider:

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Added sugar in the context of a total diet and the nutrient-density of foods. Judging foods like cereal on the sole basis of added sugars misconstrues the nutritional value of cereal, particularly the importance of cereal in the diet. Consistently over the past three decades, research studies have indicated that ready-to-eat cereals, including those that are presweetened, improve intake of key vitamins and minerals.

?

Industry's gradual and incremental sodium reductions over time along with educational efforts from government and health professionals to effectively address sodium intakes. In addition, consider Dietary Guidelines are targeted to the general public and not exclusively to Americans with or at risk of hypertension, and the importance of retraining the palate through gradual reductions over a period of time as taste, including consumer perception about taste, is still the number one driver for food purchase.

Comment ID: 000371

Submission Date: 03/12/2009

Organization Type: Other

Organization Name: Wm Wrigley Jr Company

First Name: Kathleen

Last Name: McMahon

Job Title: Director, Nutrition and Scientific Affairs

Key Topic: Carbohydrates, Energy Balance/Physical Activity, Nutrient Density/Discretionary Calc

Sub Topic: Weight maintenance

Attachment: Y

Comment: There are two areas where chewing gum could be considered for inclusion in dietary guidance:

First, in the reduction and prevention of dental caries where there is an extensive body of scientific evidence demonstrating that chewing sugar-free gum neutralizes plaque acids, reduces cavities and strengthens teeth. In this area, we request the committee review the body of evidence and consider the addition of "chew sugar free gum after eating when you can't brush" in the key recommendation and under optimizing oral hygiene practices in the carbohydrates section of the Dietary Guidelines focused on dental caries prevention.

And second, in energy balance and weight management, where chewing gum is very low in calories and can fit well within the context of the Dietary Guidelines for Americans as a strategy to help individuals manage calorie intake and stay within discretionary calorie guidance.

In addition, in the attached summary of our written and oral comments, we would like to bring to the Committee's attention potential oral care/health experts and three recent systematic review articles on sugar free chewing gum and dental caries prevention and one supplement from the Journal of the American Dental Association devoted to "saliva" that could provide a basis for literature searches and evidence review of chewing gum and oral health:

Thank you for the opportunity to submit these comments for consideration by the Committee

Comments Summary Report

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

Key Topic: Nutrient Density/Discretionary Calc

Comment ID: 000350

Submission Date: 02/25/2009

Organization Type: Other

Organization Name:

First Name: Christine

Last Name: liburd

Job Title: student

Key Topic: Nutrient Density/Discretionary Calc, Other

Sub Topic:

Attachment: N

Comment: Women of all color need to be encourage of weight control and a healthy life style.

Comment ID: 000247

Submission Date: 01/28/2009

Organization Type: Professional Association

Organization Name: American Dietetic Association

First Name: Jennifer

Last Name: Weber

Job Title: Manager, National Nutrition Policy

Key Topic: Eating Patterns, Evidence-based Review Process, Nutrient Density/Discretionary Calc, Other

Sub Topic:

Attachment: Y

Comment: The American Dietetic Association appreciates the opportunity to provide input to the 2010 Dietary Guidelines Advisory Committee. ADA is the world's largest organization of food and nutrition professionals and is committed to optimizing the nation's health through food and nutrition. ADA has three key recommendations it believes would benefit the scientific underpinning, implementation and communication of the Dietary Guidelines for Americans.

Interval for Issuance of the Dietary Guidelines -- Public trust in federal dietary guidance is premised on the Dietary Guidelines delivering credible recommendations, substantiated by sound science. Issuing the Dietary Guidelines every five years does not provide adequate time to conduct and review emerging nutrition and health research. Five years is not enough time to effectively roll out and communicate to consumers what the Dietary Guidelines entail. ADA recommends 10-year intervals instead, which would strengthen the research basis and allow follow through in the implementation and communication.

Focus on Foods and Meal Patterns -- The Dietary Guidelines should focus on food-based recommendations and meal patterns. While it is technically true that all foods can fit with careful planning -- some fit more often than others and some fit very infrequently. Research on meal patterns, nutrient density and physical activity must be reviewed and reflected in the recommendations, giving guidance on the types and amounts of foods people should, and should not consume as the basis of their dietary intake.

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Inclusion of Consumer Research -- Consumer research should be considered as part of the committee's deliberations, along with scientific diet and nutrition studies. It is not enough to summarize the latest science on nutrient and disease relationships and to offer advice if there is no way to make a dent on consumer healthy. The committee should also consider the factors that influence what people eat and what barriers exist to the adoption of the Dietary Guidelines by consumers.