

Comments Summary Report

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

Key Topic: Other

Comment ID: 000281

Submission Date: 02/07/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Markeino

Last Name: S.

Job Title: Student

Key Topic: Energy Balance/Physical Activity, Other

Sub Topic: Weight maintenance

Attachment: N

Comment: When discussing weight management, I agree strongly with the recommendations set forth. I do feel that decreasing caloric intake and increasing physical activity is great, but if rephrased, I think it would be more effective in getting many individuals up and into managing what they eat and changing their lifestyles. Being a young adult, seeing words like ?managing calories? and ?decreasing calories? makes sense, but does not motivate me to really watch what I eat, or exercise. I think that saying things like ?increase fruit and vegetable consumption? and ?fill meals with more healthy food products such as whole wheat and grain products as opposed to foods high in fat? would be more motivating. I would also recommend that when giving these suggestions, elaborating on what?s healthy amounts and unhealthy amounts would give the readers a clearer understanding of what is ?good? from what is ?bad.?

Comment ID: 000282

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Sinai

Last Name: Guerrero

Job Title: student

Key Topic: Evidence-based Review Process, Other

Sub Topic:

Attachment: N

Comment: America is a land full of diversity and culture; and foods are one of them. Not many ethnic groups are willing to change their diets due to strong beliefs like tradition and possibly even comfort from being homesick. But not many diverse Americans know that their own cultural foods may be unhealthy and may have been the leading causes of their family's background deaths. For example: African-Americans have a likelihood of developing and dying from heart diseases due to high consumption of fried foods.

In order to change the lifestyles or to impact most diverse Americans is to provide a chapter of epidemiological studies of each diverse Americans' diet and what are the leading

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Key Topic: Other

causes of death, due to their dietary habits. For example: Mexico's diet consists of cornmeal dough. A common dish made by cornmeal dough is tamales. Mexico's leading cause of death is heart disease...

If 2010 Dietary Guidelines for Americans can provide this kind of information then I assure it will impact most diverse Americans (make sure to have language translator so that each race can read and understand it).

Comment ID: 000386

Submission Date: 03/23/2009

Organization Type: Educational Institution

Organization Name: COS Nutrition Class FCS 11

First Name: Elaine

Last Name: Patterson

Job Title: Instructor and Registered Dietitian

Key Topic: Food Groups, Other

Sub Topic: Other

Attachment: N

Comment: We would like to see more emphasis on healthy food preparation and choosing more organic, local and fresh foods when possible. Thank you.

Comment ID: 000276

Submission Date: 02/05/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name:

Last Name:

Job Title: student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: There are a majority of people who would like to manage their weight. Many of those people really do not know exactly what it is that they should eat. I believe it is very important for people to know what kind of foods they should stay away from when it comes down to managing your weight.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000280

Submission Date: 02/07/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Jessica

Last Name:

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: While it is understood that being overweight is dangerous, being underweight is dangerous as well. There are no charts for those who are underweight like the charts for those that are overweight. People who are underweight also need to be aware of the problems that go with being extremely skinny. It is harder for underweight women to conceive and carry a child to birth. There are an array of different health problems for those who are 20 or more pounds underweight.

Comment ID: 000343

Submission Date: 02/16/2009

Organization Type: Educational Institution

Organization Name:

First Name: Dino

Last Name: Pierce

Job Title: RD, CDE, CFT, CPT

Key Topic: Other

Sub Topic:

Attachment: N

Comment: When are we going to address the Glycemic Index?

Comments Summary Report

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

Key Topic: Other

Comment ID: 000284

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Rayjan

Last Name: Southerland

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I recommend the USDA to enforce stricter guidelines by encouraging vending machines companies by providing healthy unprocessed food choices as a requirement to vend. If people see more of these foods in places where people congregate there is a better chance of eating healthier. Companies that provide vending machines have an opportunity to take the lead in providing healthier foods choices for the general public consumption.

Comment ID: 000286

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Jay-arr

Last Name: Abarquez

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As an individual, an overweight individual based on my BMI, my personal concern is on Sodium and Potassium. Maybe it would be beneficial to include a quick guide to reading a nutritional facts table for readers to be able to carefully monitor their diet. Learning nutrition in class made me realize how valuable information knowing how to read the nutrition table is.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000288

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Jacqueline

Last Name: Edwards-Parker

Job Title: Parent

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I feel very passionately that a far greater emphasis should be placed upon our overweight kids in the US beginning with the food choices made available to our kids within our school system. There are too many vending machines stocked with unhealthy junk food snacks (i.e sodas, chips, candy etc.) along with processed & pre packaged foods included within there lunch. These machines could be replaced with more healthier snacks such as fruit, water , soy chips,wheat thins etc. Along with more varieties of raw vegetable and fruit available with their actual lunch menus.

Comment ID: 000289

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name:

Last Name:

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: School cafeterias should be supplied with healthy organic food items. Based on observation, I have seen Washington, DC students in elementary, junior high and high schools being fed more starchy food items than vegetables and fruits containing fiber. This may be part of the reason why so many children in the Washington, DC area are obese, simply because they are not being fed enough fiber foods containing fruits and vegetables.

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

Key Topic: Other

Comment ID: 000290

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name:

Last Name:

Job Title: student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: My daughter's high school has several vending machines that only sell junk food, so as I parent in the community how we can teach them the proper way to eat healthy if the school institutions promote other wise. How much could it hurt, if the vending machines sell nutrition snacks instead? However, school children must obtain healthier eating patterns too sustain better grades and stop obesity. This recommendation will help promote good eating patterns early into adulthood from the education prospective.

Comment ID: 000291

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name:

Last Name:

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Based on my observation at my daughter's school and previous schools she has attended, some school cafeteria menus in the Washington, DC area needs more vegetable and fruit items added to the menu and less starchy food items should be eliminated. I'm also suggesting that each child should be given a bottle of water along with their lunch. Also, I've noticed some of the high schools in the Washington, DC area has vending machines full of unhealthy snacks in their cafeterias. The vending machines should be replaced with more healthy snacks. These unhealthy food habits is a reason why so many children in the Washington, DC area are obese.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000293

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Amanda

Last Name: King

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: As a student, it is sometimes hard to resist the fatty foods the school provides. In order to teach us the importance of nutrition, I feel as if it is somewhat on the school systems cafeteria to help. If we work together and really start stressing even more the importance of our eating habits, I feel like we could see a big change.

Comment ID: 000294

Submission Date: 02/08/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Mercediez

Last Name: Nipper

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The 2010 USDA needs to address the dangers of being underweight. I think that the 2005 USDA focuses too much on the dangers of being overweight and forgets to address the dangers of being underweight.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000300

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Brooke

Last Name: Rose

Job Title: student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Most consumers who want to build muscle don't realize the importance of maintaining a well-balanced diet and not just high in protein. Other nutrients help supply energy your body needs to build and restore muscle. Eating a nutrient-dense diet is a good way to maintain good eating habits as well as following the requirements from the Dietary Guidelines for America. By doing this many consumers should be able to build muscle or gain weight in a safe pace and hopefully get away from using supplements.

Comment ID: 000301

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Hazelwood East High School

First Name: Ruth

Last Name: Dudenhoeffer

Job Title: Nutrition and Wellness Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please consider how the guidelines can be taught before releasing the guidelines. In 2000, the tag line was "The ABCs' of Healthy Eating" This made sense to pre-teen and teenagers. The 2005 Guidelines are a list that is hard to get students to grasp. Make the 2010 guidelines easier to explain to young students that way they will have a bigger impact.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000306

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name:

Last Name:

Job Title: student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I'm a full time student who is trying to survive, with the fact that the economy is down. Prices of food are going up, people are loosing their jobs, their homes. Families are going to have a hard time coming up with money to buy the right food to eat. I would like to see changes done to the guide lines when it comes to the right foods recommended. Like putting things down that are healthy but cheap at the same time. In order to eat healthy you have to spend, at these time the is no money to spend. If the changes are done people will be more likely to follow the guideline and eat right.

Comment ID: 000307

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince George's Community College

First Name: Randel

Last Name: Downing

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The data in should be broken down into smaller age groups and include different weight and height ranges so that people are able to use the recommendation as tool to see how healthy they really are. I use my age and gender to read the data that I fall under and this information does not help me one bit.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000308

Submission Date: 02/09/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name:

Last Name:

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The economy is based and parents are struggling to provide for their family. I believe making changes to the eating patterns with benefit the people. I realize d that to eat healthy cost money. Providing the public with list of food that is not costly, I believe it will motivate them to follow the guidelines.

Comment ID: 000312

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Corinne

Last Name: Tull

Job Title: student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: I know that personally, one of my biggest issues that stop me from eating 'right' is portion control. Knowing how much is too much or too little or even what a serving size consists of can be tricky. I would recommend that more food come seperately packaged so people would know what a healthy serving is.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000314

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name:

First Name: loveth

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Obesity, as it evident is one of the biggest problems America is facing. one key reasons why it is so rampant is because most people eat foods very high in cholesterol; some eat unhealthy foods between meals which are most of the time junk, and considering the lifestyle in this country where people are always on the go, most of these people do not engage in physical activity that could really help them to burn all the unwanted fats they store from eating these foods. However, even if these people engaged in physical activity they would still need to practice a balanced diet and endeavor to incorporate the macronutrients in their diet.

Comment ID: 000323

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name: prince georges community college

First Name:

Last Name:

Job Title: student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: suggest eating small meals rather than three large ones.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000325

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name: Prince Georges Community College

First Name: Karen

Last Name: Chis

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The Dietary Guidelines need to include the specific nutritional needs of children and adolescents with disabilities. Many children and adolescents with disabilities have special dietary requirements. The most common disabilities need to be categorized with the specific dietary recommendations. Parents of children and adolescents with disabilities should be able to look at the guidelines, find their child's or adolescent's disability, and find the recommendations. Individuals with disabilities deserve a My Pyramid type program with easy access to pertinent nutritional information. The information that the parents can access with ease may lead to less incidences of undernourishment or obesity.

Comment ID: 000327

Submission Date: 02/10/2009

Organization Type: Educational Institution

Organization Name: prince george's community college

First Name: binta

Last Name: enwerem

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: There are a lot of myths going on about certain foods, especially fats and how they affect only certain parts of the body. For example, they say milk chocolate gives you fat thighs, but wouldn't give you an obese abdomen. This myths make people eat certain foods because they want fat or extra flesh in a particular part of their body and don't eat others because they think they don't need extra flesh where that particular fat is being deposited. Can the Dietary Guidelines for Americans please clarify this issue?

Comments Summary Report

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

Key Topic: Other

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: Other

Comment ID: 000464

Submission Date: 04/23/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Don

Last Name: Glickstein

Job Title: Health care system communications

Key Topic: Carbohydrates, Fats, Other

Sub Topic: Added sugars, Low carbohydrate, Saturated fatty acids, Trans fatty acids

Attachment: N

Comment: I urge you to base the new guidelines on peer-reviewed research that's not sponsored by food companies---not on political considerations, as was so common during the past administration.

The current guidelines for total fats with a maximum of 35% from calories isn't supported by outcomes. Trans fats should simply be banned, or least placed at the less than 0.5 g level.

As a professional health care communicator, I can tell you that the food pyramid is way too complex and confusing for most people. The slivers of the pyramids aren't based on graphic research---they require readers to go back and forth between the key, and that reduces learning. You might want to ask Edward Tufte of Yale University to design a new pyramid (author of the Visual Display of Quantitative Information). As it is now, it's more ignored than used.

Comment ID: 000256

Submission Date: 01/30/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Aubrey

Last Name: Mast

Job Title: Health and Wellness Promoter

Key Topic: Eating Patterns, Other

Sub Topic:

Attachment: Y

Comment: Please review the evidence supporting a high vegetable/fruit diet that is low in processed foods, sugars, meat, dairy and salt.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000364

Submission Date: 03/07/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Brenda

Last Name: Gabriele

Job Title:

Key Topic: Food Groups, Other

Sub Topic: Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Other, Vegetables

Attachment: N

Comment: Most people know that once a person is diagnosed as having diabetes, the individual "SHOULD" change their habits and their lifestyle, and their food consumption should change, as well. Diabetics' diets are also very different than average healthy persons' recommended diets, so the current USDA Recommended Food Pyramid really does not apply to us. I would very much like to see the USDA publish a RECOMMENDED FOOD PYRAMID for the DIABETIC, both a type 1 and type 2. I have searched for this on the AMERICAN DIABETES ASSOCIATION website, to no avail, also.

Thank you for your consideration.

Comment ID: 000339

Submission Date: 02/11/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Lorna

Last Name: Power

Job Title: Registered Dietitian

Key Topic: Food Groups, Other

Sub Topic: Fruits, Vegetables

Attachment: Y

Comment: Proposal to include the following language in conjunction with the recommendation for fruit and vegetable consumption:
?Choose Organic fruits and vegetables most often and when possible followed by conventionally produced fruits and vegetables?
Scientific evidence is provided in support of the above recommendation.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000396

Submission Date: 03/27/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Amy

Last Name: DeLisio

Job Title: Public Health Nutritionist (MPH<RD)

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Many of the comments that were submitted were recommended a vegetarian diet for Americans. There is overwhelming evidence that a vegetarian diet is protective against many chronic diseases, but it is less likely most Americans will eat this way. I think the current My Pyramid does emphasis eating a more plant based diet. Although, some people do not like promoting low fat milk and milk products it is essential for the population to get Calcium and vitamin D through diets. It is unrealistic to recommend a vegetarian diet because most Americans are unwilling to eat this way or cannot afford to eat a vegetarian diet without price reductions in all plant based foods. The population finds difficulty meeting the current recommendations as is. People are eating more meat and processed foods instead of fruits and vegetables, whole grains and low fat milk. More emphasis on saturated fat and trans fat reductions should be included in the revision. Also recommending a multivitamin supplement should be recommended to get enough vitamin D, calcium, and folate.

I have worked with low income individuals in various settings for the last 5 years. I think one important thing to remember is to keep nutrition messages simple and not to make substantial changes to the dietary guidelines every five years because people are already confused. 2005-09 has been devoted to educating people with the new My Pyramid and the new guidelines. People are finally getting it! Our most vulnerable populations take longer to hear and understand the message. For example messages like 5 a day (2 1/2 cups) resonated with many people where as 2 cups of fruit and 2 1/2 cups of vegetables are harder to remember and sometimes seem unattainable to people. The foods recommended need to be available in all communities, rural and urban; using more US crop lands to plant fruits and vegetables instead of corn and soybeans. This would improve access and increase consumption.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000357

Submission Date: 03/03/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Reginaldo

Last Name: Horwitz

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: It would be great that the USDA considers the major diversity of the U.S. population by creating food pyramids that more realistic for the different major ethnic groups such as the Asians, Hispanics, African-Americans. This should be in addition to the generic pyramid already in use. Thanks.

Comment ID: 000375

Submission Date: 03/16/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Please include guidelines for vegetarians. Specifically I am concerned with how much protein I really need and whether there is a non-animal dietary substitute for fish oil. Thank you for listening.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000430

Submission Date: 04/20/2009

Organization Type: Industry Association

Organization Name: United State Potato Board

First Name: Katherine

Last Name: Beals

Job Title: Nutrition Consultant

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: In 2005, the Dietary Guidelines Advisory Committee identified several nutrients that were being consumed by Americans in amounts low enough to be "of concern". These "shortfall nutrients" included: fiber, vitamins E and C, and the minerals calcium, magnesium and potassium. According to data presented at the 2nd meeting of the 2010 Dietary Guidelines Advisory Committee, the shortfall nutrients identified in 2005 continue to be consumed by Americans in dangerously low amounts today. Thus, it is imperative that greater efforts be placed on encouraging Americans to increase the consumption of foods that contain these key nutrients.

Potatoes provide several of the key shortfall nutrients. A medium potato (5.3 oz) is an excellent source of vitamin C (45% of the Daily Value) and contains 620 mg of potassium ranking it the highest in potassium content among the 20 most frequently consumed raw fruits, the 20 most frequently consumed raw vegetables. With 2 grams of fiber per serving, potatoes rival many whole grains plus they contain resistant starch, a non-digestible polysaccharide that is gaining increasing attention for its potential health and weight management benefits.

Of course, a food's nutrient content is only important if the food is consumed regularly by Americans, thereby contributing significantly to the total dietary intake of that particular nutrient. Again, potatoes, shine in this respect. Data from the most recently conducted Continuing Survey of Food Intakes by Individuals (1994-1996) clearly show that potatoes contribute significantly to Americans' intakes of potassium, fiber and vitamin C, ranking 2nd, 3rd, and 5th, respectively

Comments Summary Report

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

Key Topic: Other

Comment ID: 000387

Submission Date: 03/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Life Sciences Research Office (LSRO)

First Name: Michael

Last Name: Falk

Job Title: Executive Director

Key Topic: Carbohydrates, Evidence-based Review Process, Other

Sub Topic: Fiber, Glycemic index, Whole grains

Attachment: Y

Comment: Attached please find a letter of submission and our report pertaining to whole grain regulatory definitions, whole grains consumption and public health for consideration by the DGAC.

Comment ID: 000448

Submission Date: 04/23/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Farm Sanctuary

First Name: Delcianna

Last Name: Winders

Job Title: Legal Director of Campaigns

Key Topic: Evidence-based Review Process, Food Groups, Other

Sub Topic: Milk

Attachment: Y

Comment: Farm Sanctuary, the nation's largest farm animal protection organization, respectfully requests that the Dietary Guidelines Advisory Committee, in revising the 2005 Dietary Guidelines for Americans, reduce the emphasis placed on dairy products. The Dietary Guidelines are statutorily required to be science-based, and science simply does not support the emphasis placed on dairy products as part of a healthful diet in the 2005 Dietary Guidelines. To the contrary, scientific studies have shown that dairy products contribute to the very same chronic diseases that the Guidelines aim to reduce, such as prostate cancer and breast cancer. To truly promote the health of Americans and reduce the risk of chronic diseases, the Guidelines should tell the truth about dairy and its role in chronic disease. President Obama has promised to "restore science to its rightful place," and if this commitment is to be a reality the Dietary Guidelines for Americans must be revised based on sound scientific evidence.

Comments Summary Report

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

Key Topic: Other

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: 000226

Submission Date: 01/24/2009

Organization Type: Other

Organization Name: Self

First Name: Jennifer

Last Name: Reisinger

Job Title: Nutrition Consultant

Key Topic: Other

Sub Topic:

Attachment: N

Comment: You do a great job in alerting the public regarding food recalls and such and that I appreciate my government doing. I can tell you work hard at keeping on top of these issues. However, there is far, FAR too much government interference in our daily eating habits that is wasting way, WAY too much of our tax dollars. It should not be governments place to spend so much time and money instructing Americans how to eat. I resent the intrusion into my daily life as I know many do, but more so, I highly resent the use of my tax dollars, which are far too high, to have a government entity literally sticking its nose into my kitchen and onto my dinner table. Individuals have physicians - the poor have better care than the middle class because they get everything handed to them free (I ought to know, I have to pay for so much free health care I can't afford my own health insurance - and I am really starting to resent that, as well). So consider cutting the fat out of your own budget and practices as these invasions into our personal lives, and let us worry about cutting our own fat. Thank you for your time.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000367

Submission Date: 03/11/2009

Organization Type: Other

Organization Name: Citizen

First Name: Lauren

Last Name: Kerr

Job Title: chemist

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Health Truths

Do not smoke cigarettes.
If you must use tobacco, use Swedish SNUS.
Whole Grains are good for you.
Eat beans and rice for a complete protein.
Drink black [and green] teas.
Coffee is good for you.
Drink no more than one diet soda a day.
Brown rice rather than white rice.
Vitamin C is a must, at least two grams a day.
Take 10 grams of Vitamin C for high cholesterol
Vitamin C needs Vitamin E added!
Cod liver oil is a superfood.
Eat More Eggs.
Use butter, not margarine.
Don't fear fats.
Eat fats from meat.
Don't use canola oil, use olive oil.
More Salt is GOOD for you.
Avoid or substitute foods that contain High Fructose Corn Syrup wherever possible.
Use C&H pure CANE sugar over beet sugar.
Mountain High Yogurt is all natural.
Mom was right. Eat your Broccoli.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000400

Submission Date: 03/31/2009

Organization Type: Other

Organization Name:

First Name: Campbell

Last Name: Thornton

Job Title: Student

Key Topic: Other

Sub Topic:

Attachment: N

Comment: Read the book "The Rave Diet & Lifestyle" by Mike Anderson a medical researcher, author, and filmmaker. Visit the site <http://www.ravediet.com/> for more information.

Comment ID: 000402

Submission Date: 04/01/2009

Organization Type: Other

Organization Name: Shenedehowa Central School

First Name: Jen

Last Name: Nicholls

Job Title: FACS Teacher

Key Topic: Other

Sub Topic:

Attachment: N

Comment: The 2000 Dietary Guidelines used the catch phrases "Aim, Build, & Choose..." This was very "kid" friendly and easy for students to remember....It was also a good "graphic" organizer.... Catchy slogans are used in advertising and stick in your mind. It is great using these phrases with students to help them remember during their lifetime and make lifelong healthy decisions.

Comments Summary Report

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

Key Topic: Other

Comment ID: 000434

Submission Date: 04/22/2009

Organization Type: Other

Organization Name: Cadbury Adams USA LLC

First Name: Doris

Last Name: Tancredi

Job Title: Vice President

Key Topic: Other

Sub Topic:

Attachment: Y

Comment: See attached letter and 2 documents.

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.

Comments Summary Report

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

Key Topic: Other

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.

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.