

Comments Summary Report

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

Key Topic: Vitamins

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encourage the US to officially adopt these guidelines and do away with the biased, inaccurate, Food Guide Pyramid and outdated "food groups" that are increasing our nation's health care problems.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

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: Vitamins

Comment ID: 000458

Submission Date: 04/23/2009

Organization Type: Industry Association

Organization Name: American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, National Association of Wheat Growers

First Name: Lee

Last Name: Sanders

Job Title: Vice President, Government Relations & Public Affairs

Key Topic: Carbohydrates, Evidence-based Review Process, Food Groups, Vitamins

Sub Topic: B Vitamins, Fiber, Folate, Glycemic index, Grains, Whole grains, Whole grains

Attachment: Y

Comment: Please see attached comments from the American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, and National Association of Wheat Growers

Comment ID: 000454

Submission Date: 04/23/2009

Organization Type: Industry Association

Organization Name: American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, National Association of Wheat Growers

First Name: Lee

Last Name: Sanders

Job Title: Senior Vice President, Government Relations & Public Affairs

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

Sub Topic: B Vitamins, Fiber, Folate, Glycemic index, Whole grains

Attachment: Y

Comment: Please see attached comments from the American Bakers Association, North American Millers' Association, Grain Foods Foundation, Wheat Foods Council, and National Association of Wheat Growers

Comments Summary Report

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

Key Topic: Vitamins

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.

Comment ID: 000408

Submission Date: 04/07/2009

Organization Type: Industry Association

Organization Name:

First Name: Nancy

Last Name: Westvang

Job Title: RN, CNM

Key Topic: Vitamins

Sub Topic: Vitamin D

Attachment: N

Comment: I think that there should be much more emphasis on the inability for most adults to get adequate amounts of Vit D. Vit D deficiency has reached pandemic proportions. The best food sources of Vit D are fortified dairy products and wild caught salmon. However, for adults, they would need to drink 5-6 glasses of fortified milk or eat 6 ounces of wild caught salmon EVERY day. Most people never eat wild caught salmon and it is very difficult nor is it recommended that adults drink 5-6 glasses of Vit D fortified milk every day. Therefore, I think that in the nutrition pyramid, it should specifically call out the need for Vit D supplementation. This is especially true in the older adult population, as people over 70 do not synthesize Vit D from sunshine as efficiently as those younger than 70. Low levels of Vit D (25-oh-D level) are associated with increased risk of heart disease, cancer, multiple sclerosis, chronic pain, frailty, loss of balance, and fractures (to name a few). Please also include a link to the excellent web site www.vitamindcouncil.org

Thank you

Comments Summary Report

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

Key Topic: Vitamins

Comment ID: 000378

Submission Date: 03/18/2009

Organization Type: Professional Association

Organization Name: American Society for Nutrition

First Name: Mary Lee

Last Name: Watts

Job Title: Director of Science and Public Policy

Key Topic: Eating Patterns, Minerals, Protein, Vitamins

Sub Topic:

Attachment: Y

Comment: ASN is encouraged by the strong commitment of the DGAC to provide strategies for increased flexibility in food choices. The need to balance nutrients, foods, and behaviors to achieve a healthful eating pattern is evident in the questions you are addressing. In particular, we applaud your efforts in four key areas outlined in the attachment, along with recommendations for your consideration. In addition, the attached document includes the names of several experts who may be of assistance to the subcommittees. Thank you.

Comment ID: 000355

Submission Date: 03/02/2009

Organization Type: Professional Association

Organization Name: Community Health Planning and Policy Development Section, APHA

First Name: Azzie

Last Name: Young, PhD, MPA

Job Title: Section Council Member, Collaborating Author of Policy

Key Topic: Vitamins

Sub Topic: Vitamin D

Attachment: N

Comment: The CHPPD Section of APHA led a collaborative effort with the Food and Nutrition Section and others to develop a Vitamin D Policy that was approved by the Governing Council on 10-28-08. The policy can be found at www.apha.org/advocacy/policy. Eight Action statements were developed, including one that recommends organizational representation of APHA, if not already in place, to assist in identifying strategies to improve vitamin D intake for all Americans.

Your careful consideration is appreciated in advance. Please feel free to contact me, if you have questions. Thank you.

Azzie Young, PhD, MPA
CEO, Mattapan Community Health Center