

# Comments Summary Report

*Submission Date Between null and null*

**Comment ID:** 000011

**Submission Date:** 10/21/2008

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** John

**Last Name:** Kelly

**Job Title:** Assistant Professor

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Nutrient Density/Discretionary Calc

**Sub Topic:** Cholesterol, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

**Attachment:** N

**Comment:** I am a physician/researcher specializing in Lifestyle Medicine. I specialize in the treatment of patients with chronic disease, and my research in the Marshall Islands focuses on treating type 2 diabetes with diet and physical activity.

The WHI and other recent studies have shown that %E from fat must be less than the current guideline of 30%. There was little difference in the WHI between the treatment group with just under 30% of caloric intake from fat and the control group with 37% fat. Study after study indicates that fat intake needs to be under 20% to reduce risk of chronic disease, and may need to be lower than 15%E to arrest or reverse chronic disease. My subjects, and clinical patients, do very well on a largely ?as grown? plant diet low in %E from fat. Every measure improves?weight/BMI, blood pressure, blood sugar, cholesterol, LDL, triglycerides, hs-CRP, HOMA-IR.

Please consider the evidence for the need to reduce %E from fat in the diet. Consider studies such as the WHI and others that have shown the present guidelines are ineffective.

Thank you.

**Comment ID:** 000030

**Submission Date:** 10/24/2008

**Organization Type:** Industry Association

**Organization Name:** Soyfoods Association of North America

**First Name:** Nancy

**Last Name:** Chapman

**Job Title:** Executive Director

**Key Topic:** Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Nutrient Density/Discretionary Calc, Protein

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** Please see attached document.

# Comments Summary Report

*Submission Date Between null and null*

**Comment ID:** 000022

**Submission Date:** 10/24/2008

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Spina Bifida Association

**First Name:** Cindy

**Last Name:** Brownstein

**Job Title:** Chief Executive Officer

**Key Topic:** Food Groups, Nutrient Density/Discretionary Calc, Vitamins

**Sub Topic:** B Vitamins, Folate, Grains, Whole grains

**Attachment:** Y

**Comment:** The Spina Bifida Association (SBA) appreciates the opportunity to provide comments to the Department of Agriculture and the Department of Health and Human Services Dietary Guidelines Advisory Committee, as the Dietary Guidelines for Americans are reviewed and revised. As you undertake the development of the 2010 guidelines, we urge you to consider updating the guidelines, by adding a specific recommendation of at least 400 micrograms (mcg) of folic acid for women of childbearing age and incorporating messages about the importance of folic acid consumption into the press release and other collateral materials associated with the dissemination of the new guidelines.

**Comment ID:** 000013

**Submission Date:** 10/22/2008

**Organization Type:** Other

**Organization Name:**

**First Name:** Susan

**Last Name:** Burrows

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein

**Sub Topic:** Cholesterol, Fiber, Fruits, Glycemic index, Grains, Whole grains, Low carbohydrate, Meat, Beans, Eggs, Fish, and Nuts, Milk, MyPyramid, Oils, Unsaturated fatty acids, Other, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

**Attachment:** Y

**Comment:** The current standard of nutritional standards are not enough to maintain good health. Dramatic consumption increases must be made in high nutrient low calorie foods. The pyramid caloric intake is too high for most people, especially for those in need of weight reduction. Considering the a vegetable (plant) based diet would be extremely beneficial to the public. Please view attachment for my personal experience and recommendations.