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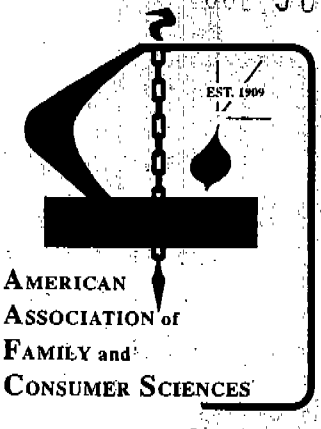
Vermont Association of Family and Consumer Sciences



July 27,2004

Dear Eric J. Hentges-

I am Patricia Altman a middle school Family and Consumer Sciences teacher and the President of the Vermont Association of Family and Consumer Sciences. Family and Consumer Sciences teachers nationwide teach valuable life skills to our youth. We teach many topics including nutrition and consumer economics. There are 35,100 family and consumer sciences teachers in the United States teaching 2,410,000 middle school students and 2,740,000 high school students. These are facts you must consider before issuing the revised 2005 food guidelines. Please consider the fact that many of our students in turn teach their parents many valuable concepts learned in the family and consumer sciences classroom. Before you adopt the 2005 food guidelines I urge you to provide each Family and Consumer Sciences teacher nationwide at least two full size copies for teaching in the classroom. The American Association of Family and Consumer Sciences (www.aafcs.org) would be a great partnership for you to consider for this method.

I would like to add a few of my own comments after reading the Federal Register dated July 13, 2004. On page 42032 column 2 Paragraph2- I like the idea of adding types of fat, water and exercise to the new pyramid(it might be similar to the MAYO pyramid) however I think nutritional density is too difficult a concept for the average American consumer. Adding items that are difficult to follow or comprehend will hinder the success of the new guidelines.

Altman 2 of 2

In column 3 section E paragraph 2 – partnerships you must consider a valuable partner in AAFCS as I previously mentioned.
On page 42033 column 2 paragraph 3 - internet based and print educational materials are accessible to most family and consumer sciences teachers. I recommend that you provide both channels to reach a wide audience.

There are some other issues I would like a chance to comment on publicly. I think you should rename the food groups according to the major nutrients provided to the body. For example, consider the name the Calcium group instead of the dairy or milk group. Rename the Meat group the protein group. Other considerations are the carbohydrate or fiber group. Before placing pictures of items in groups please consider moving the potato out of the vegetables into a starch group. Remove the picture of ice cream from dairy and place it into the "others".

Should you desire further input I would gladly help in this worthwhile cause. You can reach me at the address in the letterhead or email at _____@_____.

Sincerely,
Patricia Altman
Patricia Altman

Philipps/ME Wild Blueberry (83) 1 of 1

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Maine Wild Blueberry Company

July 29, 2004

Food Guide Pyramid Reassessment Team
U.S.D.A. Center for Nutrition Policy and Promotion
3101 Park Center Drive
Room 1034
Alexandria, Va., 22302

Dear Team:

I am sending my comments on your planned initiative in offering nutrition guidance to consumers. While I am supportive of what you have in mind, I would like to pass on a concern that I have expressed recently to FDA regarding labeling and packaging regulations and consumer protection. The Wild Blueberry Industry, and other fruit marketing associations have spent millions of dollars on health benefit related research, which has resulted in the identification of many health benefits derived from the consumption of fruit. They have also made an effort to communicate those benefits to the consumers. The 5 A DAY the Color WAY campaign has done a great job in recommending daily consumption of fruits and vegetables to consumers, as I am sure that your efforts will do as well.

My concern involves sending the consumer to the supermarket looking for products that contain, for example, blueberries, and they walk away with products that are composed of artificial bits that do not have the health benefit that the consumer expected. There are many blueberry products sold at retail that have colored and flavored artificial fruit pieces and the packaging can be very deceptive to the consumer. This problem is not on the radar screen at FDA and I would hope that your programs of improving awareness, assisting the consumers in their purchasing selections, and communicating the products that deliver good nutrition would caution the consumer to be sure that they are getting the "real thing", when they make their purchase.

I wish you a great deal of success with your programs and thank you in advance for consideration of my concerns for consumer protection.

Yours truly,

Robert M. Phillips

Robert M. Phillips
Chairman of the Wild Blueberry Association of North America Research Committee

• Machias, Maine • Tel: • Fax:
Mailing Address: Cherryfield, Maine

JUL 30 2004

Hook
1 OF 1

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Theresa Hook, RN

Nashville, TN
July 27, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Dr., Room 1034
Alexandria, VA 22302

Greetings,

I read a short article about the redesigning of the food pyramid in the Washington Post of July 13, 2004. One of my duties as a school nurse is to educate children and parents about healthy eating. I think the pyramid concept is a very good one. There are definitely some foods we should eat more of, and of others less. Especially with the latest 'low-carb' fad, many people are confused about carbohydrates. I would suggest a food pyramid that has as its base vegetables and complex carbohydrates, fruits as the next level, dairy and protein as the next smaller level (s) and simple carbohydrates included with the fats at the apex. The general public is in great need of more education about the difference between complex and simple carbohydrates.

I understand that the purpose of a 'food guide' is to be an example of what to eat in order to be healthy. Being physically active is a vital part of being healthy. Another suggestion is to include an activity pyramid as a necessary complement to the food pyramid. Activities that should be done every day would form a base, those done several times a week next level, etc.

Thank you for the opportunity to make comments on the process of redesigning the food pyramid.

Sincerely,

Theresa Hook, RN

Theresa Hook, RN

Testerman
1 of 1

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JUL 30 2004

JULY 28, 2004

FOOD GUIDE PYRAMID REASSESSMENT TEAM
USDA CENTER FOR NUTRITION POLICY & PROMOTION
3101 PARK CENTER DRIVE ROOM 1034
ALEXANDRIA, VIRGINIA 22302

DEAR REASSESSMENT TEAM:

THANK YOU FOR ASKING FOR INPUT ON ADOPTION OF A NEW FOOD PYRAMID.

AFTER MANY YEARS OF STUDYING NUTRITION, THE ATTACHED FOOD GUIDE SEEMS TO ME TO BE THE PROPER GUIDE FOR AMERICANS EATING HABITS.

AGAIN, THANK YOU AND GOOD WISHES TO EACH OF YOU WORKING ON THE FOOD PYRAMID PROJECT.

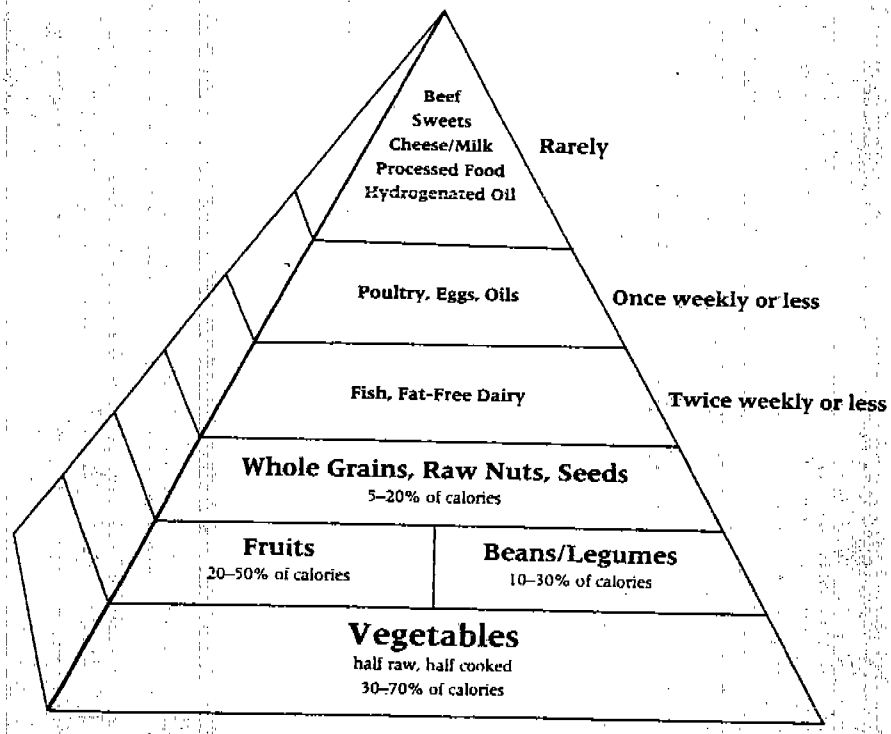
WITH SINCERE APPRECIATION,

Syble M Testerman

SYBLE M. TESTERMAN

ROGERVILLE, TN

THE LIFE PLAN FOOD PYRAMID



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Voelker 1of1

Paul Voelker

Richardson Texas
July 26th, 2004

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

To Whom it May Concern,

My name is Paul Voelker and I'm writing to share my thoughts on the USDA Food Guide Pyramid. My comments are based on my experience controlling carbohydrates, which have helped me to regain control of my health and my weight. I have been on the Atkins for over two years now. I have lost 35 pounds and maintained the weight with what I consider ease. Before my low carb days I was at a point where I could not get increased life insurance because of high blood pressure, elevated liver enzymes, several poor EKG readings and high cholesterol. I tried everything; low fat, low calorie, no alcohol, exercise, you name it. After my weight loss I had more energy to do more exercising, my blood pressure went from 150 over 115 to 120 over 75, my liver count went into the normal range and my cholesterol went below 200 an best of all I passed my stress test with flying colors and my doctors approved my physical so that I could get my family the insurance coverage that we needed. I believe this life style has prolonged my life if not saved it.

Please take these comments into consideration as you re-evaluate and redesign the Food Guide Pyramid.

Sincerely,
Paul Voelker