

UNITED STATES DEPARTMENT OF AGRICULTURE

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CENTER FOR NUTRITION POLICY AND PROMOTION

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2020 DIETARY GUIDELINES FOR AMERICANS
LISTENING SESSIONS

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TUESDAY,
NOVEMBER 28, 2017

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The Listening Sessions met in the United States Department of Agriculture, Whitten Building, Room 104-A, 1400 Independence Avenue, SW, Washington, DC, at 8:30 a.m., Brandon Lipps, Acting Deputy Undersecretary of Food, Nutrition, and Consumer Services and Administrator of the Food and Nutrition Service, presiding.

PRESENT:

BRANDON LIPPS, Acting Deputy Undersecretary,
Food, Nutrition and Consumer Services
(FNCS); Administrator, Food and Nutrition
Service (FNS)

JACKIE HAVEN, Facilitator; Deputy Director and
Acting Executive Director, CNPP

SUSAN BACKUS, North American Meat Institute

STEPHANIE BARNES, Food Marketing Institute

LIA BIONDO, U.S. Cattlemen's Association

JOHN BODE, Corn Refiners Association

CARA BRUMFIELD, 1,000 Days

MIKE GOSCINSKI, American Bakers Association

EMMA GREGORY, Foodminds, for Can Manufacturers
Institute

JOANNA GROSSMAN, The Good Food Institute

TAMAR HARO, American Academy of Pediatrics

LYNN HARVEY, School Nutrition Association

CHRISTINA HECHT, Nutrition Policy Institute

COLETTE HEIMOWITZ, Atkins Nutritionals, Inc.

ERIC HENTGES, International Life Sciences
Institute

JESSICA HIXSON, SNAC International

SARAH HOSTETTER, American Frozen Food Institute

MAIA JACK, American Beverage Association

GUY JOHNSON, McCormick Science Institute

DANIEL KOVICH, National Pork Producers Council

ALEXIS LATIFI, The Sugar Association, Inc.

CLARA LAU-ROSENOW, National Cattlemen's Beef
Association

SUSAN LEVIN, Physicians Committee for Responsible
Medicine

CORY MARTIN, International Bottled Water
Association

FARIDA MOHAMEDSHAH, Institute of Food
Technologists

JILL NICHOLLS, National Dairy Council

JIM O'HARA, Center for Science in the Public
Interest

IJE OBIDEGWU, American College of Obstetricians
and Gynecologists

SARAH OHLHORST, American Society for Nutrition

BRANDON PHILLIPS, National Fisheries Institute

SYLVIA POULOS, Infant Nutrition Council of
America

KAM QUARLES, National Potato Council

TIA RAINS, American Egg Board's Egg Nutrition
Center

SARAH REINHARDT, Union of Concerned Scientists

LIZ SANDERS, International Food Information
Council

KRISTEN SCOTT, Grocery Manufacturers Association

JOANNE SLAVIN, University of Minnesota

AMY TATELBAUM, National Confectioners Association

NINA TEICHOLZ, The Nutrition Coalition

SACHA UELMEN, American Diabetes Association

DOROTHEA VAFIADIS, American Heart Association
MOLLIE VAN LIEU, United Fresh Produce Association
BRAD WEDDELMAN, Combest Sell and Associates, for
National Sorghum Producers
LINDSAY YARABEK DATLOW, Food Directions LLC, for
National Turkey Federation
SAM ZAKHARI, Distilled Spirits Council

ALSO PRESENT:

EMILY BUCKMAN, Confidential Assistant, FNS
SUSAN COLE, Contractor, CNPP, USDA
EVE ESSERY-STOODY, Scientific Integrity Officer,
CNPP, USDA
STEPHENIE FU, Senior Policy Advisor, CNPP, USDA
SALLY GIFFORD, Senior Communications Manager,
National Institute of Food and Agriculture,
USDA
JAYME HOLLIDAY, Contractor, CNPP, USDA
JALIL ISA, Media Relations
Specialist/Spokesperson, USDA
GENA KOCHAN, Attorney, Office of General Counsel,
USDA
JESSICA LARSON, Public Affairs Specialist, CNPP,
USDA
MAGGIE LYONS, Chief of Staff, Senior Policy
Advisor to the Undersecretary, FNCS
RICHARD OLSON, Director, Division of Prevention
Science, Office of Disease Prevention and
Health Promotion, HHS
SAMUEL ORZECOWSKI, Contractor, CNPP, USDA
NICOLE PEPPERL, Attorney, Office of General
Counsel, USDA
ELIZABETH RAHAVI, Nutritionist, CNPP, USDA
COLETTE RIHANE, Quality of Information Officer,
CNPP, USDA
CAMPBELL SHUFORD, Special Projects Coordinator,
Office of the Secretary, USDA
KAILEE TKACZ, Policy Advisor, FNCS
ERIN WILSON, Confidential Assistant, FNS

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P-R-O-C-E-E-D-I-N-G-S

(8:32 a.m.)

MR. LIPPS: Good morning, everyone.

Thank you all, for coming today. We're glad to have you here, as we kick-off the 2020 Dietary Guidelines process. It's important that we hear from you.

A few important reasons why we're starting this today. As you know, the National Academies has helped the Medicine Division just put out their independent study on our process and we want to hear from you all about comments on each of those things.

The 2014 Farm Bill added Birth to 24 to the Guidelines, which makes our process a little more interesting, so for those of you interested in that, we want to hear from on that, as well.

And then, just things that you thought worked well and didn't in previous processes, we want to hear from you about how we can improve those. We have, both, the career team from CNPP,

1 as well as a number of politicals here today,
2 which I'll introduce in just a minute. And it's
3 just important from us, to hear from you, as we
4 move forward.

5 Secretary Perdue, as many of you have
6 heard, not only about our Dietary Guidelines
7 process, but in general, says we're going to be
8 facts based, data-driven and customer focused.

9 We want you to hold us accountable for
10 doing all three of those things. So we want to
11 be open and transparent with you, as we move
12 forward. We want to hear from you.

13 We've met with a number of people on
14 the process. There's a lot of faces in here that
15 I haven't seen yet. We want you all to know that
16 our door is open, both for the folks at CNPP and
17 for us politicals, we're happy to meet with you
18 all on this process, as we move forward.

19 We want to make sure that we
20 understand everyone's perspective and that we
21 hear from you, as we move forward in this
22 process.

1 Today's an important step. A lot of
2 people are, are worried that we're behind in this
3 process. I'm more concerned that we get it right
4 than we're on a specific time frame.

5 Our goal is, certainly, to get the
6 2020 Guidelines out by 2020. But, I say, if we
7 miss that, it's more important that we get it
8 right. But, we, we do intend to hit that goal at
9 this time.

10 As I noted, we do want to be
11 transparent and inclusive. If you feel like you
12 don't know something that's going on, ask us
13 about that, we're not, we're not hiding anything
14 at this agency.

15 We are just moving the process along
16 and we hope that you're going not find it even
17 more transparent than it has been in the past.
18 So you all stay in touch with us and, and we're
19 going to continue to work on our science focus.

20 I want to take a minute to introduce
21 -- there's a lot of new faces in the room, and so
22 I want to introduce our team and then we,

1 certainly, want to get a chance to meet each of
2 you.

3 Starting with our politicals. I'm
4 Brandon Lipps, I'm the Administrator of the Food
5 and Nutrition Service and currently Acting Deputy
6 Under Secretary of the Food and Nutrition and
7 Consumer Services Missionary. I hope to take
8 that hat off soon, but we don't have, we don't
9 have a name yet, so yes, hold your breath.

10 Maggie Lyons is the Chief of Staff and
11 Senior Policy Advisor to the Under Secretary and
12 has been a great partner in helping hold the
13 wheels on with this stuff.

14 Kailee Tkacz is a Policy Advisor and
15 does congressional affairs for us and the
16 Secretary here in OSEC. And we have two
17 Confidential Assistants, who joined us very
18 recently, Emily Buckman, who's in the Under
19 Secretary's office and Erin Wilson, who is in the
20 Administrator's office out at FNS. So that's our
21 political team. Welcome, to all of you. Thanks
22 for coming today.

1 And then, our dear colleagues, over at
2 CNPP, you all know Jackie Haven well. Jackie is
3 still here with us with her vast knowledge of the
4 process. I know she knows all of you well.
5 Stephanie Fu is somewhere.

6 (Off the record comments.)

7 MR. LIPPS: She's hiding back over
8 there.

9 (Off the record comments.)

10 MR. LIPPS: Colette Stody.

11 (Off the record comments.)

12 MR. LIPPS: Sorry. Colette Rihane.

13 (Laughter.)

14 MR. LIPPS: I can't read my own
15 handwriting. I do, I do know -- I'm still
16 learning last names, so forgive me.

17 (Off the record comments.)

18 MR. LIPPS: And Eve Stody. All
19 right. I'm going to turn it over to Jackie Haven
20 to talk a little bit about the process today,
21 ground rules, as we may call them.

22 (Off the record comments.)

1 MS. HAVEN: Good morning, everyone.
2 Welcome. We're really thrilled that you're here
3 today. We look forward to hearing your insights
4 about the process of the Dietary Guidelines.

5 So as Brandon mentioned, the Deputy
6 Director for the Center of Nutrition Policy and
7 Promotion have been there since the beginning of
8 CNPP and, but I'm here to tell you about the
9 ground rules today.

10 So just for your information, there
11 are three listing sessions today, this is, of
12 course, the first, and some clues representation
13 from our professional health organizations,
14 consumer advocacy groups, trade organizations,
15 and others who have been engaged in the Dietary
16 Guidelines process in the process.

17 Today you have an opportunity to
18 provide up to three minutes of comments. Your
19 comments are going to be recorded. We have a
20 transcriber back there.

21 All oral comments will be transcribed
22 and posted publically on our CNPP website within

1 one month of today's session and written comments
2 submitted by those unable to join us will also be
3 posted at that time frame, as well.

4 So let's talk a couple of logistics.
5 The table, it's very historic. It's actually 35
6 years old. It's made of mahogany and leather.
7 It was built specifically for the Summit of
8 Industrial Nations hosted by President Ronald
9 Reagan. And that's why we ask you to please not
10 eat or drink here, to maintain its historic
11 integrity.

12 At the beginning of your remarks, if
13 you wouldn't mind, please stating your name and
14 organization clearly, so that the transcriber
15 knows who's speaking. And, if you're a
16 consultant representing a client, please state so
17 as well.

18 We have two time keepers here, to help
19 keep everyone on, on time. They're going to flag
20 at 30 seconds, well, one minute, 30 seconds and
21 when the time is up, they're going to rotate so
22 that, whichever side you're on they'll be on the

1 other side, so you can easily see them.

2 And at the end of session, please stop
3 by the security desk and return your badges and
4 one heartbreaking news, there's active shooter
5 training next door, so if you hear anything,
6 everything is fine.

7 (Laughter.)

8 MS. HAVEN: So just --

9 (Off the record comments.)

10 MS. HAVEN: Right. So we just didn't
11 want anyone to be concerned that there was some
12 unusual noises coming from this historic room.
13 So I'm going to turn it over to you all and we
14 can go in alphabetical order, based on
15 association, and we'll start with Tamar from
16 America --

17 (Off the record comments.)

18 MS. HAVEN: -- Oh sure.

19 MR. LIPPS: I forgot one very
20 important introduction. Rick, would you stand
21 up. We have Rick Olson, from our partners over
22 at HHS. Rick is Director of the Division of

1 Prevention Science at the Office of Disease
2 Prevention and Health Promotion. Most of you
3 probably know him. But, thanks for joining us
4 today, Rick, it's important to have you all here.
5 With that, I'll give it back to Jackie and I look
6 forward to hearing from each of you.

7 (Off the record comments.)

8 MR. LIPPS: Thank you.

9 (Off the record comments.)

10 MS. HAVEN: Go ahead.

11 MS. HARO: All right. Thank you to
12 USDA for inviting me to speak at today's
13 listening session. My name is Tamar Magarik Haro
14 and I'm Senior Director of Federal and State
15 Advocacy for the American Academy of Pediatrics,
16 which is a non-profit professional organization
17 of 66,000 primary care pediatricians, pediatric
18 medical sub-specialists, and pediatric surgical
19 specialists dedicated to the health safety and
20 well-being of all infants, children, adolescents
21 and young adults.

22 The Dietary Guidelines for Americans,

1 or DGAs, play a crucial role in the lives of
2 millions of children. Pediatricians routinely
3 look to the Dietary Guidelines to provide advice
4 to our patients and we do so with confident that
5 the best scientific evidence available was used
6 to inform the recommendations.

7 The Dietary Guidelines underpin key
8 federal nutrition programs, like WIC and the
9 School Meals Program and at a time when 21
10 percent of our children live in poverty and one
11 in three children are overweight or obese, the
12 Dietary Guidelines empower families to tackle the
13 double burden of food and security and obesity,
14 by influencing healthier eating in school and at
15 home.

16 We applaud the outstanding work of
17 USDA and HHS on the scientific evidence-based
18 assessment on nutrition for the youngest children
19 through the pregnancy, Birth to 24 months, or P/B
20 to 24 Project. The results of that project will
21 be incredibly important for the 2020 Dietary
22 Guidelines Advisory Committee.

1 The time period from pregnancy through
2 early childhood, often referred to as the first
3 thousand days is one of rapid physical,
4 cognitive, emotional and social development. And
5 because of this, early nutrition sets the course
6 for preventing many diseases, even those that
7 would occur in adulthood such as obesity,
8 cardiovascular disease and diabetes.

9 Provision of adequate amounts of
10 critical nutrients, such as iron and zinc, is
11 needed for normal neuro development. Failure to
12 provide such key nutrients during the critical
13 period of brain development may result in
14 lifelong brain deficits in brain function,
15 despite subsequent nutrient repletion.

16 The AAP looks forward to the inclusion
17 of evidence-based Dietary Guidelines for children
18 B to 24 months and the 2020 DGA's, as required by
19 the 2014 Farm Bill, they will be a crucial
20 resource for pediatricians, parents and
21 caregivers.

22 There is no substitute for national

1 guidelines for this uniquely vulnerable
2 population and, while the AAP publishes the
3 Pediatric Nutrition Handbook and other policy
4 statements related to nutrition, these are not
5 national guidelines that are developed using
6 evidence-based reviews like the DGA process.
7 Instead, they are intended for, and they are
8 resources intended to guide clinical
9 decision-making by pediatricians.

10 As USDA and other Agencies consider
11 them make up of the next DGAC, it will be
12 important that several pediatricians with
13 expertise in this unique age group, as well as
14 the needs of older children, are included in the
15 committee that is chosen.

16 Members of the various work groups
17 from the P/B to 24 Project and other leaders in
18 the AAP nutrition community would make
19 outstanding candidates to fulfill the expertise
20 needed for the 2020 DGA's.

21 And while the DGA recommendations for
22 other topic areas are based on over 20 years of

1 critical research and analysis, guidelines for
2 the B to 24 population are novel and will require
3 new resources.

4 So it is our sincere hope that the
5 development and dissemination of the 2020 DGA's
6 will be adequately resources, resourced. Thank
7 you for the opportunity to speak.

8 MS. HAVEN: American College of
9 Obstetricians and Gynecology.

10 MS. OBIDEGWU: I was going to provide
11 my comments afterwards.

12 MS. HAVEN: Oh.

13 MS. OBIDEGWU: Yes.

14 MS. HAVEN: Just making sure.

15 MS. OBIDEGWU: Yes, thanks.

16 MS. HAVEN: Sacha.

17 MS. UELMEN: Hi. My name's Sacha
18 Uelmen. I'm the Director of Nutrition Foreign
19 Speaking on behalf of the American Diabetes
20 Association. Thank you for the opportunity to
21 present, to provide comments today.

22 The ADA is a non-profit organization

1 focused on our mission to prevent and cure
2 diabetes and to improve the lives of all people
3 effected by diabetes.

4 The ADA supports the work of the
5 Dietary Guidelines Committee and utilizes the
6 work published in the Dietary Guidelines for
7 Americans as a base for developing our own
8 nutrition recommendations for people with
9 diabetes.

10 The ADA focuses on nutrition research
11 directly related to people with diabetes, but
12 also uses the Dietary Guidelines for
13 recommendations on prevention of diabetes.

14 The ADA was pleased to see the DGA
15 take a people first approach, by addressing the
16 social ecological aspects, as well as food and
17 security, while focusing on the shifts needed in
18 eating patterns.

19 Given the number of people with
20 diabetes, currently over 30 million, and those at
21 risk for diabetes or pre-diabetes, currently
22 around 84 million, the American Diabetes

1 Association is in full support of the recommended
2 limits on added sugar and the overall focus
3 increasing nutrient density of food choices while
4 maintaining a focus on foods and eating patterns,
5 as opposed to individual nutrients.

6 Maintaining simple messaging while
7 encouraging individualized nutrition guidance is
8 a challenging, yet, doable goal. In response to
9 the recent HMD report outlining the plan to
10 further improve transparency and increased
11 cultural diversity, the ADA welcomes an approach
12 to nutrition guidelines that is inclusive of a
13 diverse working group and transparent process.
14 Thank you.

15 MS. HAVEN: Thank you. Dorothea.

16 MS. VAFIADIS: Thank you. My name is
17 Dorothea Vafiadis and I'm the Director of Healthy
18 Living for the American Heart Association, the
19 world's leading voluntary organization dedicated
20 to building healthier lives free of
21 cardiovascular diseases and stroke.

22 As a former USDA employee, at CNPP,

1 working on the 2005 Dietary Guidelines, I have
2 great respect and admiration for the Dietary
3 Guidelines process. I would like to thank USDA
4 for holding this listening session and gathering
5 feedback.

6 The AHA agrees with several key
7 recommendations in the NAS Reports. Some of the
8 suggestions, however, add steps that might be
9 difficult to accomplish during the five-year
10 cycle, especially given limited resources.

11 If it's unclear how all the steps will
12 enhance the integrity of the guidelines, since
13 the process used to develop the Advisory
14 Committee Report is already strong, we recommend
15 focusing on the following areas.

16 The scope of the guidelines should
17 include all Americans not just healthy Americans
18 2 years and older. It should reflect the current
19 needs of the population where heart disease,
20 stroke, diabetes, cancer, and obesity are
21 increasingly prevalent.

22 To increase transparency of the

1 Advisory Committee's selection process, the
2 agencies should make public a detailed
3 description of committee member qualifications
4 and ensure a robust conflict of interest policy
5 is in place.

6 The AHA has a strong conflict of
7 interest policy that guides its work and we stand
8 ready to share this policy and support the
9 agencies in adapting an appropriate COI model.

10 This may be more effective than using
11 an external third party to narrow the nominees.
12 However, if a third party is used, it must be
13 free of bias.

14 Because the guidelines are only as
15 good as the underlying evidence, we support
16 updating the DRI's as a priority and enhancing
17 the food pattern modeling.

18 Dietary patterns in food modeling
19 exercises must be transparent and nutrition
20 profiles should be based on the evidence for
21 improving health outcomes not current
22 consumption.

1 We support a more transparent process
2 for translating the Advisory Committee's science
3 conclusions into policy. Although, the Academy's
4 recommendations largely focus on the Advisory
5 Committee report that science-based process is
6 already transparent. The meetings are public and
7 the science is in the public domain.

8 The lack of transparency occurs as the
9 science is translated and integrated into the
10 policy document, a process that occurs in a
11 vacuum behind closed doors, leaving it vulnerable
12 to political influences and agency bias.

13 Providing a clear explanation when
14 omitting or accepting only parts of the
15 conclusions from the scientific report is a good
16 solution to this challenge.

17 Finally, we recommend the 2020
18 Advisory Committee be asked to consider how
19 healthy dietary patterns are reflected in today's
20 food systems, including the dynamics between
21 agriculture and nutrition, as well as systems
22 changes needed to ensure access to affordable

1 healthy foods. Thank you, again, for the
2 opportunity to present the views of the American
3 Heart Association.

4 MS. HAVEN: Sarah.

5 MS. OHLHORST: Good morning. I'm
6 Sarah Ohlhorst, Senior Director of Advocacy and
7 Science Policy with the American Society for
8 Nutrition.

9 ASN is a global, scientific,
10 professional society of nutrition scientists and
11 researchers, and we appreciate the opportunity to
12 comment on the 2020 Dietary Guidelines for
13 Americans.

14 ASN supports the inclusion of several
15 important concepts from the recent National
16 Academies' reports, such as incorporating
17 recommendations for a strong evidence-based
18 approach to inform DGA development and to
19 increase transparency and allow for public input
20 at more stages of the process.

21 ASN agrees that the departments should
22 prioritize topics for review and seek public

1 input to do so, although, the scientific
2 evidence-base should be the final determinant to
3 guide which topics require updates.

4 ASN recognizes that several of the DGA
5 recommendations have been consistent over time
6 and are unlikely to change in the absence of a
7 new body of evidence.

8 Priorities should be given to areas to
9 be included in the DGA's for which new evidence
10 is available. ASN recommends using the term
11 Dietary Guidelines Scientific Advisory Committee
12 to be clear on the primary responsibility.

13 ASN supports the recommendation that
14 a third party be used to select a pool of
15 qualified candidates from which the HHS and USDA
16 Secretaries can appoint the DGSAC.

17 ASN is cautious of making the
18 provisional 2020 DGSAC appointments publically
19 available, if the process encourages ad hominem
20 attacks and discourages participation by
21 otherwise highly qualified experts.

22 The purpose and scope of comments on

1 the provisional committee must be clearly defined
2 to assure the intent is to validate balance and
3 expertise.

4 ASN acknowledges the careful vetting
5 of COI's that has been done in the past and would
6 support the development and use of a more
7 transparent process to disclose that and manage
8 financial and non-financial COI's as the DGSAC
9 and topic-specific focus groups are formed, as
10 well as throughout the entire process.

11 ASN supports the identification of key
12 topics to be updated by a core DGSAC followed by
13 the use of tailored, more focused expert groups
14 to conduct systematic reviews of the evidence for
15 key topics, such as nutrition guidelines for
16 Birth to 24 months of age and pregnant women.

17 ASN supports rigorous systematic
18 review and evaluation of the scientific evidence
19 by experts. ASN agrees that food pattern
20 modeling methodology needs to be improved to be
21 more effective in developing dietary patterns
22 that better reflect the heterogeneity of the U.S.

1 population and meets the population's varying
2 needs.

3 The definition of nutrients of concern
4 should also be standardized so there is
5 consistency across DGA cycles. Following the
6 2020 DGA's, it will be important to ensure
7 continuity between DGA cycles. ASN appreciates
8 the efforts of USDA and HHS and, again, we thank
9 you for the opportunity.

10 MS. HAVEN: Jim, I'll wait 'til you
11 get the mic.

12 MR. O'HARA: Thank you very much. My
13 name is Jim O'Hara. I'm the Director of Health
14 Promotion Policy for the Center of Science in the
15 Public Interest. We thank you for the
16 opportunity to testify today.

17 First, we would like to underscore
18 that the DGA had, historically, had a strong
19 science base and that the Advisory Committee,
20 Committees have exhibited expertise and
21 scientific integrity in their reviews of the
22 science.

1 Despite, sometimes, differing public
2 perceptions, the DGA recommendations have
3 remained consistent over the years, encouraging a
4 diet rich in fruits, vegetables and whole grains,
5 while limiting excess sodium, saturated fat,
6 refined grains, and added sugars. The details
7 may have changed, but the basic message has
8 remained.

9 The controversy surrounding the most
10 recent guidelines was fueled by man bites dog
11 headlines, special interests, diet book authors
12 and political interference.

13 It should come as no surprise that the
14 industry has an interest in undermining the
15 acceptance of the guidelines on healthy foods and
16 beverages are available nearly everywhere we go
17 and are served to us in extreme portions.

18 The National Academy's Report makes
19 two critical points, which we strongly agree
20 with, first while the DGAs are based on solid
21 scientific methods, the process, like all
22 processes, can evolve and be strengthened.

1 Second, improvements to make the
2 process more transparent will bolster trust.
3 CSPI welcomes changes, increased transparency
4 throughout the process.

5 For example, the agencies could
6 request public comment on the list of provisional
7 Advisory Committee appointees and their known
8 conflict of interest, similar to the National
9 Academies' own process.

10 And in addition, we support the
11 National Academies' call for a clear explanation
12 of substantive changes between the Advisory
13 Committee's Scientific Report and the final
14 Dietary Guidelines.

15 However, CSPI is concerned about
16 several of the report recommendations.
17 Specifically, we strongly oppose the employment
18 of an external third party to develop the list of
19 nominees. This recommendation would introduce
20 additional biases to the process, the opposite of
21 the report's intent.

22 In addition, although, CSPI

1 appreciates the Academies' recommendation to
2 create continuity between the DGA's cycles and
3 employ specific technical experts, we are
4 concerned about staying up the proposed
5 continuity committees -- we are concerned that
6 the setting up of the proposed continuity
7 committees will be time consuming and difficult
8 to implement and will introduce new biases.

9 In conclusion, scientific evidence
10 should continue to drive the process of
11 developing the DGA's, as it has in the past, and
12 we encourage the agencies to make the process
13 more transparent.

14 MS. HAVEN: Farida.

15 MS. MOHAMEDSHAH: Good morning. I'm
16 Farida Mohamedshah, Director of Food Health and
17 Nutrition, at the Institute of Food Technologies,
18 also known as IFT.

19 Founded in 1939, IFT's a global
20 organization of more 17,000 individual members
21 over 100 countries committed to advancing the
22 science of food, to ensure a safe sustainable and

1 nutritious food supply that is accessible to all.

2 IFT appreciates this opportunity to
3 comment on the reports by the National Academies
4 on the Dietary Guidelines process and the 2020
5 Dietary Guidelines for Americans.

6 Our comments relate to the selection
7 of Dietary Guidelines Advisory Committee, or the
8 DGAC, specifically, the inclusion of food
9 scientists and technologists in the DGAC.

10 We believe it is important to consider
11 the advances in our food system made using the
12 science of food and technology. The science of
13 food and technology has and will continue to play
14 an intricate role in delivering safe, nutritious,
15 accessible, affordable, and palatable foods.

16 To enhance the integrity of the
17 selection process, the National Academies
18 identified a set of values, including promote
19 diversity of expertise and experience and
20 recommended that a broad range of expertise and
21 experience must be considered to create a
22 balanced committee.

1 Food Science and Technology experts
2 provide valuable insights into existing
3 technological capabilities and limitations
4 germane to the food supply and its background
5 food manufacturing and food safety, nutrition,
6 sensory attributes, cost and time constraints,
7 consumer acceptance and whether the transfer of
8 science-based recommendations into actionable
9 guidance is supported by the Food System.

10 Food Science and Technology experts
11 provide support to a dynamic and rapidly changing
12 food environment to product reformulation,
13 fortification and enrichment, for example, to
14 have consumers implement the dietary guidance.

15 It is through the Science and Food and
16 Technology we can degree sodium, saturated fats,
17 Trans fats and sugars and address many of at
18 shortfall nutrients, such as calcium, dietary
19 fiber, and magnesium in the food supply, as noted
20 in the previous guidelines.

21 Therefore, we think that if, at least,
22 one Food Scientist and technologist should be

1 included in the 2020 DGSAC. The USDA may also
2 consider including Food Scientists and
3 Technologists in the technical expert panel,
4 depending on the topic for which the TEP is being
5 convened and, if the expertise in the science of
6 food is deemed as critical, for the panel.

7 An integrated approach to improving
8 the nation's health is critical. IFT and our
9 members are committed to assisting with the
10 Dietary Guidelines process.

11 IFT strongly urges the USDA that
12 consideration be given to include broad range of
13 expertise and experience, including Food
14 Scientists and Technologists in the DGSAC. Thank
15 you for the opportunity to comment.

16 MS. HAVEN: Liz. Will you pass the
17 microphone?

18 MS. SANDERS: Hey, everyone. I'm Liz
19 Sanders. I'm Director of Research and
20 Partnerships at the International Food
21 Information Council Foundation, and we appreciate
22 the opportunity to comment. Thank you.

1 The IFIC Foundation is a 501-C-3
2 non-profit educational organization with the
3 mission to effectively communicate science-based
4 information about health, nutrition and food
5 safety for the public good.

6 In order to serve as effective
7 communicators, it is essential to understand what
8 drives American's food purchases and dietary
9 habits. The IFIC Foundation undertakes a number
10 of consumer research traffics that explore
11 Americans' attitudes, perceptions, and beliefs
12 towards food safety and nutrition.

13 The Annual Food and Health Survey now
14 in its twelfth year is an online survey of over
15 1,000 Americans ages 18 to 80. The data is
16 collected by a third party research firm and is
17 weighted to ensure that the results are
18 nationally representative.

19 Consumer research efforts, such as the
20 IFIC Foundation Food and Health Survey, are key
21 to understanding current nutrition knowledge
22 behaviors and trends among Americans and

1 therefore may be useful in the development of the
2 2020 Dietary Guidelines for Americans.

3 Data from the 2017 Food and Health
4 Survey shows that the majority of Americans view
5 expert nutrition guidance, such as the DGSAC, to
6 be important for all life stages.

7 More Americans say that expert
8 guidance is important during pregnancy, infancy,
9 and early childhood than other stages of life.
10 The Food and Health Survey also shows that the
11 majority of Americans recognize educational
12 materials based on Dietary Guidelines.

13 Over two-thirds report familiarity
14 with the USDA My Play graphic. American also
15 report familiarity with some aspects of current
16 nutrition guidance.

17 For example, 80 percent of Americans
18 are making an effort to eat more fruits and
19 vegetables, while nearly as many report making
20 small changes to achieve an overall healthier
21 diet.

22 Despite familiarity with guidance and

1 acknowledgement of its importance, many Americans
2 still struggle to make healthy food choices. The
3 2017 Survey shows that nearly 80 percent of
4 Americans who report that they notice a lot of
5 conflicting information on what to eat and what
6 to avoid.

7 Of those who notice this conflicting
8 information, over half say they doubt their
9 choices as a result. This doubt is also echoed
10 by consumers' lack of ability to connect specific
11 foods with their desired health benefits.

12 Nearly everyone responded in this 2017
13 Survey reported interest in obtaining certain
14 health benefits, like weight loss, or management,
15 or cardiovascular health from food. Still, many
16 consumers were unsure of what foods to eat to
17 achieve their health goals. Over half are unable
18 to name a food or nutrient associated with their
19 most desired health benefits.

20 The consumer insights presented today
21 highlight the importance of continuing national
22 efforts to create clear and actionable nutrition

1 guidance.

2 The 2020 DGA represents an opportunity
3 to help increase consumers' knowledge and
4 confidence in their ability to tailor their
5 dietary patterns to their health goals.

6 The IFIC Foundation believes that when
7 interpreted in the context of the scientific
8 evidence-base and other stakeholder insights,
9 these consumer insights can help USDA and HHS
10 develop effective dietary guidance. Thank you
11 again for the opportunity to provide comments.

12 MR. HENTGES: Good morning. I'm Eric
13 Hentges, from International Life Sciences
14 Institute. I applaud the initiative of USDA to
15 undertake the review process for the development
16 of the Dietary Guidelines and the work of the
17 Food and Nutrition Board in producing these
18 reports.

19 My comments today do not necessarily
20 reflect my current organization, but do reflect
21 my past experience as an Executive Director of
22 CNPP.

1 The Academies' work is divided into
2 two reports. The first focused on the selection
3 process for the DGAC, while an important
4 component of the process, as an administrator, I
5 would caution the agency to seriously consider
6 the cost benefit realities, as you seek to
7 implement aspects of this report.

8 Openness and then transparency are
9 given principles for the process. Begetting the
10 agency mired in a resource and time-intensive
11 process, where added benefit is hard to quantify,
12 serves no one.

13 The second report is on redesigning
14 the process. This report has seven
15 recommendations. I believe that Recommendations
16 3 and 4 should be of the highest priority for the
17 Agency.

18 These two recommendations focus
19 directly on the analysis of the current body of
20 scientific evidence. This is the foundation upon
21 which all other aspects of the process depend.

22 Separation of the NEL role and the

1 Advisory Committee roles can readily be
2 accomplished within the existing agencies in
3 USDA.

4 The emphasis on excellence and best
5 practice is always the goal and an obvious goal,
6 but also conserve the need to incorporate the
7 principles of openness and transparency.

8 While evidence analysis is
9 foundational, the prioritization of the topics
10 for analysis, noted in Recommendation 1, is
11 equally important in directing the resources to
12 address issues of greatest consequence to the
13 public health. I appreciate the opportunity for
14 these comments.

15 MS. HAVEN: Susan.

16 MS. LEVIN: Yes. My name is Susan
17 Levin and I'm a Registered Dietician, who works
18 for the non-profit nutrition advocacy
19 organization, The Physicians' Committee for
20 Responsible Medicine, as well as for the
21 non-profit primary care clinic, The Barnard
22 Medical Center, both located here in Washington,

1 D.C. Thank you for the opportunity to speak
2 today.

3 Of all the recommendations made in the
4 two reports published by the National Academies,
5 I'm here to underscore the importance of
6 scientific rigor, as aptly stated by Dr. Russell,
7 the Chair of the Committee that wrote those
8 reports, the Dietary Guidelines have, quote, the
9 promise to empower Americans to make informed
10 decisions about what and how much they eat, to
11 improve health and reduce the risk of chronic
12 disease, end quote.

13 If we truly intend to empower
14 Americans to take control of their own health,
15 the Guidelines need to be, first, free of
16 industry bias. Meaning, the Advisory Committee
17 members, themselves, should be free of industry
18 ties and, in turn, the Advisory Committee
19 selection of research should be free of industry
20 funding.

21 Secondly, the Guidelines need to be
22 clear in its language about what is not

1 healthful. Although, the USDA and HHS have done
2 a much better job in selecting its committee
3 members in recent iterations, the most recent
4 Dietary Guidelines Advisory Committee Report
5 showed how even one bias, a member with close
6 ties to the egg industry lead to misinformation
7 that confused the media and the public and
8 outraged healthcare advocates and scientists.

9 I'm referring to the dangerous attempt
10 to have the dietary, to have dietary cholesterol
11 declared a nutrient of no consequence, based on
12 research almost entirely funded by the egg
13 industry.

14 As to the language, the Dietary
15 Guidelines are notoriously vague in telling the
16 public what not to eat. The Guidelines safely
17 and comfortably promote the consumption of
18 fruits, vegetables and whole grains, but use
19 coded and confusing language about what not to
20 consume.

21 The Guidelines say, to be exact,
22 quote, eat as little dietary cholesterol as

1 possible. Reducing solid fats when making food
2 choices is an important way to reduce saturated
3 fats and excess calories. Intake of saturated
4 fats should be limited to less than 10 percent of
5 calories per day, end quote.

6 Most people have no clue what any of
7 those recommendations mean, unless they are
8 equipped, both, with the time and the knowledge
9 to decode the accompanying charts and graphs in
10 the Guidelines and willing to flip to the
11 glossary of terms, they will not realize that the
12 Guidelines are dancing around the advice to
13 consume fewer animal products.

14 The Guidelines have been criticized
15 for years for not being more direct in these
16 recommendations and, as a consequence, have not
17 empowered Americans to take control of their
18 health in any meaningful way.

19 I would argue they have, in fact, been
20 a road block in Americans' understanding of
21 nutrition's role in disease prevention and
22 treatment.

1 Consuming fruits, vegetables and whole
2 grains is great advice, but it's not enough to
3 overcome the damage done by a diet that is full
4 of meat, dairy and other high-fat products. With
5 the state of the health of Americans -- thank you
6 for the opportunity.

7 (Off the record comments.)

8 MS. BRUMFIELD: Thank you for this
9 opportunity to comment on the process to
10 establish the 2020 Dietary Guidelines and for
11 your efforts to ensure that this process is
12 transparent, data-driven, and science-based.

13 I'm the Policy and Research Manager at
14 Thousand Days, the leading organization working
15 in the U.S. and around the world to improve
16 nutrition for mothers and children, during the
17 critical thousand-day window from pregnancy
18 through a child's second birthday.

19 During this time, how well, or how
20 poorly a child is nourished has a profound impact
21 on our ability to grow, learn and thrive.
22 Thousand Days analysis of this state of early

1 nutrition in the U.S. shows that far too many
2 young children and their families are not getting
3 the nutrition they need to thrive.

4 One in five babies in the U.S. is
5 never breast-fed and one in four children ages 1
6 to 2 do not receive the recommended dietary
7 allowance for iron, one of the most important
8 brain-building nutrients.

9 Further, over half of toddlers and
10 preschoolers have one or more sugar sweetened
11 beverages today, contributing to our nation's
12 high rates of childhood obesity.

13 This is why Dietary Guidelines that
14 include pregnant women and very young children
15 are more critical now than ever. The 2020 DGA's
16 and the recommendations for pregnant women and
17 young children will inform federal nutrition
18 programs that reach young children and their
19 families, as well as serve as an importance
20 reference point for physicians, nutrition
21 counselors, and early childcare providers, among
22 others.

1 Moreover, the new guidance will also
2 provide parents and caregivers with the
3 evidence-based information they need to give
4 their children the best chance to lead healthy
5 prosperous lives free of preventable chronic
6 disease.

7 In order to best serve the needs of
8 this new population, we at Thousand Days make the
9 following recommendations. First, prioritize the
10 development of the new guidance for pregnant
11 women and young children by ensuring that at
12 least half of the members of the Dietary
13 Guidelines Advisory Committee have expertise in
14 issues related to the health and nutrition of
15 pregnant women, infants and young children.

16 This is the first time this population
17 will be included, which means that there are no
18 existing guidance, guidelines to build from.

19 This may make the process of developing the 2020
20 DGA's more difficult and time-consuming than past
21 iterations.

22 Further, pregnant women and very young

1 children have specific nutritional needs that are
2 different from those of the general population.
3 For these reasons, it will be crucial to have a
4 strong presence of relevant experts on the DGAC.

5 The DGAC should include a range of
6 expertise, including a strong focus on infants,
7 toddlers and pregnant women, however, a range of
8 expertise does not necessitate a range of
9 opinions on matters of scientific consensus.

10 To that end, we urge you the DGAC
11 selection criteria to ensure that the DGAC
12 members have an understanding of and appreciation
13 for the scientific evidence that shows the health
14 and developmental benefits of breast milk and the
15 importance of limiting added sugar intake for
16 adults and eliminating added sugar intake for
17 children under 2.

18 The overall process to establish the
19 DGAs and the DGAC selection process, in
20 particular, should prioritize transparency and
21 minimize bias and conflicts of interest.

22 In conclusion, we would like to affirm

1 that the DGAs have historically been a
2 scientifically rigorous process that have
3 produced strong, consistent recommendations.

4 Thank you for your time.

5 MS. HAVEN: Sarah.

6 MS. REINHARDT: Good morning. My name
7 is Sarah Reinhardt and I'm a Public Health
8 Dietician at the Union of Concerned Scientists in
9 Washington, D.C. On behalf of our organization,
10 I'd like to thank the U.S. Department of
11 Agriculture for hosting this session.

12 UCS is a science-based non-profit
13 working for a healthy environment and a safer
14 world. Our organization combines independent
15 scientific research and citizen action to develop
16 innovative practical solutions and secure
17 responsible changes in government policy,
18 corporate practices, and consumer choices.

19 The Dietary Guidelines for Americans
20 play a critical role in providing the
21 science-based dietary recommendations to reduce
22 chronic disease risks in the general population

1 and to guide federal nutrition programs serving
2 some of our nation's most vulnerable populations
3 is essential, but the process used to develop
4 these guidelines maintains a high degree of
5 integrity, autonomy and transparency to ensure
6 that the Guidelines represent the best available
7 science and are free of bias that may work
8 against the interest of public health.

9 Today I'd like to underscore the
10 importance of three key points identified in the
11 National Academies' Report redesigning the
12 process for establishing the Dietary Guidelines
13 for Americans.

14 First, we commend the 2015 Dietary
15 Guidelines Advisory Committee for its rigorous
16 evaluation of current nutritional science and its
17 resulting dietary recommendations and support
18 improved methods that could further strengthen
19 future DGA's.

20 Second, we support the National
21 Academies' recommendation that the USDA and
22 Department of Health and Human Services increase

1 transparency in the DGA process, including,
2 providing the public with a clear explanation
3 when discrepancies exists between the Advisory
4 Committee Report and DGAs.

5 The 2015 DGA admitted several key
6 recommendations made by the DGAC, these include
7 recommendations to acknowledge the relationship
8 between dietary patterns and environmental
9 sustainability and advice to reduce red meat
10 intake in the general population.

11 An analysis of 29,000 public comments
12 on the 2015 Advisory Committee Report revealed
13 that 75 percent of comments expressed support for
14 recommendations linking diet with sustainability.
15 That the criteria used to omit these
16 recommendations from the final guidelines were
17 not clear and remain unclear, speaks to the
18 critical need for greater transparency and
19 accountability in the translation of the DGAC
20 Report to the final Guidelines.

21 Third, we strongly agree that managing
22 biases and conflicts of interest is one of the

1 core aims that should drive the comprehensive
2 redesign of the DGA process.

3 We support the recommendations made by
4 the National Academies to reduce and manage
5 sources of bias and encourage circumspection
6 around potential conflicts of interest,
7 financial, or otherwise that would work to the
8 detriment of public health.

9 In conclusion, UCS commends the
10 National Academies for its rigorous review of the
11 DGA process and a commitment to independent,
12 evidence-based Dietary Guidelines in a
13 transparent, unbiased process is imperative,
14 particularly, as the USDA and DHHS undertake the
15 development and new Guidelines addressing the
16 nutritional needs of pregnant women and infants.

17 We trust the Academies' findings will
18 be applied to the DGA process to strengthen
19 methodology, increase transparency, and hold
20 committee members and department secretaries
21 alike accountable for applying the best available
22 science to advance public health not private

1 gain. Thank you for the opportunity to comment
2 today.

3 MR. LIPPS: Thank you all very much.
4 I know it takes a lot out of your days to prepare
5 and come up to give us three minutes of comments,
6 but they really are important to us, to give us
7 an overview of where the issues are, where we
8 need to look at, as we plan this process going
9 forward.

10 And there's going to be a lot more
11 opportunities for comments, so you're not just
12 limited to three minutes. I know it's a short
13 time period, but we appreciate you all taking
14 time to come this morning. It's important to
15 hear from you.

16 We'll be around for a few minutes. I
17 would love to meet a few of you and then, as you
18 know, we have additional panels today, so we need
19 to get ready for those relatively quickly. But,
20 thanks again for coming.

21 As we move forward everything will be
22 posted on dietaryguidelines.gov, we will try to

1 get everything up there. Again, if you're not
2 seeing something, or you question where we are in
3 the process, please don't hesitate to reach out.

4 I've introduced you to the political
5 team and the CNPP team, I think, most of which
6 you probably know now. We want to hear from you,
7 as we go forward, probably, nobody's going to be
8 happy with everything that comes out of the
9 process, but that might mean we've done a good
10 job.

11 But we do want to make sure that we're
12 transparent as we move forward and we want you
13 all to talk to us about that as we go. So thank
14 you, again, appreciate you being here today.

15 (Whereupon, the foregoing matter went
16 off the record at 9:12 a.m. and resumed at 10:32
17 a.m.)

18 MR. LIPPS: Good morning, everyone.
19 This is a quiet group. It's Friday. Good
20 morning, everyone.

21 (Chorus of good morning.)

22 MR. LIPPS: That's better. Thank you,

1 all, for taking the time to be here this morning.
2 It's really important for us to hear from you on
3 the front end of our 2020 Dietary Guidelines
4 process, which we're officially kicking off today
5 with this listening session.

6 It's an important time to hear from
7 you on these things, I think, one, because we
8 just had the Independent Study come back.
9 Hopefully, you've all had a chance to review
10 those and we will hear some comments on those
11 from you today.

12 They descended last month. We wanted
13 to give folks a little bit of time to process
14 that. We want to hear from you and then we'll
15 officially kick off moving forward on our process
16 from that.

17 We had birth to 24 added to the
18 process this time. That's an interesting factor
19 for us to balance and carrying out with our
20 limited resources, so I know some of you have
21 interests in how we should carry that out. But,
22 most of all, we just want to hear from you about

1 anything that you have with regard to the
2 process.

3 We, some of you heard Secretary Purdue
4 say, and he talks about this not just in relation
5 to the Dietary Guidelines process, but he wants
6 USDA to be a facts-based, data-driven, and
7 customer-focused agency. That is no less true at
8 CNPP than it is anywhere else and with regard to
9 this process. So we want you all to help inform
10 us how we can make each of those things true, as
11 we move forward.

12 Transparency is important at anything
13 the Government does, but particularly when we're
14 telling Americans what they should eat for a
15 healthy lifestyle, we want to make sure that
16 everybody has input in that process and hear from
17 all of you, as we go forward.

18 So this is just the beginning of the
19 process. You're going to have lots of
20 opportunities to communicate with us. There are
21 familiar faces in this room, who have come to
22 meet with us, I think, Maggie and Kailee and I

1 have been on the job around four-ish months now,
2 so we know everything that there is to know.

3 (Laughter.)

4 MR. LIPPS: But we haven't heard from
5 some of you. If you want to come meet with us,
6 we would encourage you to do that. Our door is
7 open, both, on the political side and on the
8 career staff side. We want to hear from you, as
9 we move forward. I will say that about 42 times
10 today, to make sure that everybody hears that, so
11 you all come talk to us.

12 I want to quickly introduce the team.
13 I know a lot of you know some of us on the
14 political side and a lot of you probably worked
15 with our career staff in the past, but I think
16 it's important to introduce everybody, as we move
17 forward.

18 I'm first going to introduce, lest I
19 forget, our dear partners from HHs. Rick, would
20 you stand up, momentarily. Rick Olson is the
21 Director in the Division of Prevention Science at
22 the Office of the Disease Prevention and Health

1 Promotion at HHS. Thanks for coming today, Rick.
2 We will be working closely with HHS, as we move
3 forward, and appreciate them being here today.

4 On the political team side, I failed
5 to introduce myself, hopefully, you've all read
6 my name tag. I'm Brandon Lipps, the,
7 permanently, the Administrator of the Food
8 Nutrition Service and currently the Acting Deputy
9 Under Secretary of FNCS. Someday we will have an
10 Under Secretary named and I'll get to take that
11 hat off, so I'll be excited about that to come.

12 Helping me hold the wheels on is
13 Maggie Lyons, who many of you know, who is the
14 Chief of Staff and Senior Policy Advisor in the
15 Office of the Under Secretary.

16 Kailee Tkacz is momentarily out of the
17 room. I apologize in advance, some of us are
18 going to be popping in and out. But we will be
19 sharing notes, as we go forward. But Kailee
20 Tkacz is in our Office of Congressional Relations
21 and also a Policy Advisor that's been here just
22 about as long as Maggie and I.

1 We have two Confidential Assistants
2 hiding over here on the back wall, Emily Buckman
3 and Erin Wilson, who just started with us a
4 couple of weeks ago, but they've come from the
5 Hill with a lot of policy experience.

6 And then we have Campbell Shuford,
7 from the Secretary's Office, who's also helping
8 us on Dietary Guidelines and will be a great help
9 as we move forward on this process. So thanks,
10 Campbell.

11 On CNPP side, we have Ms. Jackie
12 Haven, who I think all of you know. She has more
13 knowledge than all the rest of us put together.

14 MS. HAVEN: Why sure, yes.

15 MR. LIPPS: So she advices us well.
16 Stephanie Fu. Everybody's moved since our last
17 round so I'm not sure--

18 (Laughter.)

19 MR. LIPPS: Stephanie Fu. Colette
20 Rihane. Hello, Colette. And, last but not
21 least, is Eve Stoady. So -- and we have a few
22 others from CNPP, but I don't have the full list

1 of names, so we, you can meet them as we go
2 around.

3 With that, I'm going to turn it over
4 to Jackie, who is going to lay the ground rules
5 for today. She's a tough enforcer. We have a
6 couple of timekeepers.

7 I know three minutes is short, but it
8 really is a great opportunity for us to see you
9 narrow what's really important to you and to
10 share that with us in a forum with your peers
11 around the table, so we're excited to hear from
12 you all today.

13 MS. HAVEN: Thank you, Brandon, and
14 welcome, everybody. Thank you for participating.
15 We really appreciate hearing your insights and
16 interests in the Dietary Guidelines process.

17 There are three listening sessions
18 today, as Brandon mentioned, we've already held
19 one and they've included representation from
20 professional health organizations, consumer
21 advocacy groups, trade associations,
22 organizations and others that have engaged in the

1 Dietary Guidelines process.

2 Today you'll have the opportunity to
3 provide three minutes of oral remarks. Please
4 note, your remarks are going to be recorded.
5 We're going to pass around the mics starting
6 alphabetically over there.

7 All the oral remarks will be
8 transcribed and posed publically on the website
9 within one month of today. Written comments
10 submitted by folks that are not here will also be
11 included.

12 I just wanted to talk about this
13 table. No one's allowed to bring any food or
14 beverage. We appreciate your cooperation on
15 that.

16 It's actually a little piece of
17 history. It's a 35-year-old mahogany and leather
18 table built specifically for the Summit of
19 Industrial Nations hosted by President Ronald
20 Reagan in 1983. So we appreciate your
21 understanding of not bringing any food in here
22 today.

1 At the beginning of your remarks, we'd
2 really appreciate it if you can say your name
3 clearly and loudly so the transcriber can know
4 when someone is starting and who they are. If
5 you're a consultant representing a client, please
6 state so.

7 And we do have two timekeepers, as
8 Brandon mentioned, on either side, so when you're
9 speaking you'll be able to see and they will mark
10 the time for you, so that you'll know when you
11 have a minute left, 30 seconds, and then,
12 finally, when your time is up.

13 So we look forward to hearing your
14 perspectives and I'm going to start in
15 alphabetical order, so starting with you, Mike.
16 Thank you.

17 MR. GOSCINSKI: Great. Thank you.
18 Good morning. My name is Mike Goscinski and I'm
19 the Director of Government Relations for the
20 American Bakers Association. Thank you for the
21 opportunity to comment today on the 2020 Dietary
22 Guidelines for Americans process.

1 ABA supports the Trump
2 Administration's priority to focus on policy that
3 is transparent, data-driven, and science-based
4 and applauds its willingness to work with all
5 stakeholders.

6 ABA believes that the Dietary
7 Guidelines can further promote chronic disease
8 prevention and ensure nutritional sufficiency by
9 recognizing the critical importance of folic acid
10 enrichment and including comprehensive
11 information on health benefits of both enriched
12 and whole grains.

13 The Dietary Guidelines fundamental
14 purpose is to assist Americans in making
15 healthful food choices. Unfortunately, it may
16 not be accomplishing this purpose, since
17 diet-related chronic diseases and obesity rates
18 have increased since the process began. This may
19 be due, in part, to challenges in creating
20 recommendations that are both able to be
21 implemented, accepted by costumers and translated
22 into food free formulation.

1 It is essential that the Dietary
2 Guidelines Advisory Committee include expertise
3 not only health outcomes and chronic disease, but
4 also in understanding the practical implications
5 and implementation of its recommendations.

6 Per ABA's previous comments, the DGA
7 may be failing to achieve its purpose, in part,
8 due to a lack of variety and expertise on the
9 DGAC.

10 ABA believes that the perspective DGAC
11 members should include experts in, at least,
12 fields of Food Science and Technology, Basic and
13 Applied Nutrition Research, Health Sciences,
14 Regulatory and Study Design.

15 ABA also believes that perspective
16 committee members should be selected from a cross
17 section of relevant professionals, including, but
18 not limited to, academia, practicing healthcare
19 professionals, food industry and NGOs.

20 Finally, given the realities of
21 managing such a large committee, the Chair of the
22 DGAC should have management expertise, as well.

1 ABA supports the recommendations of both the
2 NAS's HMD Report and the five values identified
3 to improve the integrity of the purpose, process,
4 excuse me.

5 Further, ABA agrees that the approach
6 to divide tasks and responsibilities into smaller
7 working groups. This lends itself to a more
8 thoughtful and robust dialog that can produce a
9 more balanced, unbiased, and
10 scientifically-grounded set of recommendations.

11 ABA shares the NAS's HMD
12 recommendations to minimize conflict of interest
13 and bias and believes that such issues exists
14 even within academia.

15 ABA strongly believes that
16 transparency is needed the DGAC process and that
17 one option to ensure transparency is the use of
18 public notice and comment, during the committee
19 selection process.

20 To minimize conflict of interest,
21 committee members could be required to sign
22 conflict of interest agreements and follow

1 Federal Advisory Committee Act requirements.
2 These same requirements should apply to
3 subcommittee selection processes.

4 ABA believes that these two
5 recommendations that the DGAC have sufficient
6 practical expertise and that the DGAC selection
7 process be publically transparent are the most
8 important things the Committee can recommend to
9 improve the process.

10 Again, thank you for the opportunity
11 to provide these comments today. Should there be
12 any questions, please feel free to contact
13 myself, or ABA's SPV of Government Relations, Lee
14 Sanders.

15 MS. HAVEN: Thank you.

16 DR. JACK: Okay. I just want to pass
17 the written testimony to the four of you, at
18 least, to start with. Okay. Good morning, I am
19 Dr. Maia Jack, Vice President of Science and
20 Regulatory Affairs for the American Beverage
21 Association, ABA. The other ABA represents the
22 U.S. Non-Alcoholic Beverage industry.

1 We welcome the opportunity to share
2 our perspectives on the recent National
3 Academies' reports and incorporate, by reference,
4 ABA's previous oral and written comments
5 delivered at the last USDA listening session.

6 ABA supports the National Academies'
7 recommendations for increased transparency of the
8 DGA process. For increased sufficiency through a
9 formal redesign and for balance and relevant
10 expertise among members of each of the three
11 proposed DGA groups.

12 ABA fully supports the need for the DG
13 Technical Expert Panel, which may include food
14 industry experts to provide scientific support to
15 the proposed DG Committee and DG group.

16 If implemented appropriately, these
17 changes should uphold the scientific integrity of
18 the DGA process. As noted by the National
19 Academies, continuing the status quo would result
20 in an unsatisfactory response to the fundamental
21 issue and explicit policy to address bias and
22 conflicts of interest should be made publically

1 available.

2 Relevant biases and conflicts of
3 interest, including those beyond financial gain,
4 must be documented when appointing members to the
5 various groups, to ensure the highest standards
6 of integrity are not compromised.

7 As the National Academies acknowledge
8 the DGAC selection process, itself, could have
9 implications for the rest of the processes used
10 for updating the DGA.

11 Before USDA and HHS solicit
12 nominations for the upcoming Advisory Committee,
13 draft guidelines on improvements to the DGA
14 process should be developed and opened for notice
15 and comment.

16 Per the National Academies and as
17 explained further in our written testimony, the
18 policy document, or guidelines, should encompass
19 transparency of the nominating process, best
20 practices on managing biases and conflicts of
21 interest and topic prioritization and evidence
22 grading criteria.

1 After guideline development, key
2 topics for inquiry should be selected before the
3 DGAC is empaneled. As the National Academies
4 suggested, the composition of the Advisory
5 Committee should be dictated by the content areas
6 under review, which contrasts with the 2015 DGAC
7 process that resulted in the absence of critical
8 and relevant expertise on the panel.

9 On scientific rigor, studies should
10 never be downgraded, based on funding source, but
11 should be evaluated based on quality of study
12 design, adequacy of statistical analyses and
13 measured interpretation of findings.

14 Moreover, NEL and non-NEL systematic
15 reviews should be externally peer reviewed prior
16 to being made available to the DAG Committee to
17 verify scope alignment and to ensure that the
18 totality and the quality of the evidence is
19 considered and graded consistently, fairly, and
20 objectively, regardless of source.

21 Collectively, if implemented
22 effectively, these National Academies'

1 recommendations will lead to a much greater
2 transparent, rigorous and unbiased DGA process
3 resulting in objective nutrition science-based
4 dietary guidance, to promote health for all
5 Americans, while allowing for food enjoyment.

6 Finally, the Guidelines Charter
7 purpose to provide science-based nutritional
8 advice must be its guiding principle and should
9 preempt possible scope creep, for example, into
10 areas of sustainability, ingredient safety and
11 social policy. Thank you.

12 MS. HOSTETTER: I'd also like to pass
13 down the comments. Hello, I'm Sarah Hostetter,
14 Manager of Scientific and Regulatory Affairs with
15 the American Frozen Food Institute, or AFFI.
16 AFFI thanks CNPP for the opportunity to comment
17 on the Dietary Guidelines for Americans and its
18 current process, prior to the DGAC nomination
19 process.

20 AFFI is the voice of the frozen food
21 industry and is the National Trade Association
22 that advances the interest of all segments of the

1 frozen food and beverage industry, including
2 frozen food manufacturers and distributors
3 throughout the United States.

4 First, AFFI commends USDA and HHS for
5 their efforts in developing a science-based
6 Dietary Guidelines document. As the DGA has far
7 reaching implications and impacts important
8 nutrition policies, AFFI appreciates the
9 attention given to how the Dietary Guidelines are
10 researched as they are developed.

11 The scope of the Dietary Guidelines
12 has evolved, since its inception, from providing
13 general nutrition guidance to obesity-specific
14 guidance and more recently to tackling chronic
15 and metabolic disease conditions.

16 Given this evolution, we urge that the
17 process of developing Dietary Guidelines also
18 evolved. There are areas of consensus among
19 industries that AFFI supports, which includes
20 identifying research questions as the first step
21 of the process and prior to constituting the
22 Dietary Guidelines for Americans Committee.

1 That the development of these research
2 questions be transparent and available for public
3 comment. That expertise on the DGAC be broad and
4 representative of public health and nutrition
5 experts, but also food science and food
6 production.

7 That the opportunity exists for public
8 notice and comments from members of the DGAC.
9 The NAS Report recommends the inclusion of a
10 conflict of interest agreement for Committee
11 Members. We ask that USDA follow this
12 recommended protocol.

13 To recognize that the evolving areas
14 of dietary guidance represent extended and
15 long-term health outcomes that are reliant on
16 data accumulated over longer periods of time.

17 Consequently, we urge that in its
18 review, NAS, USDA, and HHS consider allowing
19 sufficient time between future recommendations to
20 enlist a full review of collected data.

21 That these recommendations be based on
22 sound science. Additionally, as AFFI has

1 expressed in previous public comments to enhance
2 the scientific rigor applied in the development
3 of the Dietary Guidelines by using only relevant
4 literature and expanding its reference to data
5 from the NEL.

6 Finally, the DGA process would be
7 well-served with identifying metrics on the
8 impact of DGA on public health initiatives. As
9 an example, promoting the intake of fruits and
10 vegetables has been a central message of the
11 current and past DGAs, yet, a 2016 Produce for a
12 Better Health Foundation Report on primary
13 shoppers attitudes and beliefs, related to fruit
14 and vegetable consumption, found that despite the
15 health benefits of eating more fruits and
16 vegetables, primary shoppers found nearly all
17 forms of fruits and vegetables to be healthier
18 than fruit.

19 Primary shoppers also reported eating
20 too few of fruits and vegetables. PBH research
21 also reveals that those who eat the most fruit
22 and vegetables report having all forms of fruits

1 and vegetables, including frozen, canned, fresh
2 and dried available in their homes.

3 Based on these statements, AFFI
4 highlights that the messages communicated by the
5 DGA can be very beneficial in directing desired
6 outcomes.

7 AFFI is committed to supporting the
8 agencies and the NAS in their review of the DGAC
9 process and we are invested in promoting
10 science-based public health-related guidance.

11 Thank you, again, for the opportunity
12 to provide this feedback. For further interest,
13 AFFI has submitted detailed comments.

14 MS. GREGORY: Passing down my written
15 testimony, as well. Hello, everyone. My name is
16 Emma Gregory. I'm a Registered Dietician at
17 Foodminds, representing the Canned Manufacturers
18 Institute, which represents the U.S. can
19 industry.

20 CMI appreciates the opportunity to
21 provide comments today. Above all, CMI asks that
22 USDA please move forward in a transparent fashion

1 and update stakeholders, as often as possible,
2 about the timeline and what changes to expect and
3 not to expect in the 2020 DGA process.

4 CMI understands that USDA has much to
5 consider from the HMD report. CMI believes USDA
6 should prioritize these three themes from the
7 report.

8 One, enhance food pattern modeling to
9 better reflect the complex interactions involved,
10 variability and intakes and range of possible
11 healthful diets; two, implement more
12 opportunities for public comment; and three,
13 promote diversity of experience throughout the
14 DGA process.

15 Given the time constraints, during my
16 oral comments, I'm focused on the first
17 recommendation to enhance food pattern modeling
18 and lightly touch on the HMD Committee's
19 recommendation to include technical expert
20 panels.

21 First, CMI agrees that food pattern
22 modeling should be less deterministic and more

1 exploratory. CMI conducted menu modeling and
2 demonstrated that a canned food center menu meets
3 MyPlate nutrition guidance, while keeping sodium
4 and saturated fat under recommended levels.

5 CMI's menu modeling exercise is just
6 one of many ways a healthy, a healthy adult can
7 meet nutrient requirements. However, this
8 diversely and nutritiously adequate diets have
9 not been explored, or communicated, effectively
10 in previous iterations of the DGAs.

11 For example, in the 2015 Dietary
12 Guidelines continue, they continue to use
13 limiting language around fruit and vegetable
14 recommendations, such as no sugar added and no
15 salt added when, as CMI demonstrated, it is
16 entirely possible to eat canned foods of all
17 types and meet nutrient requirements.

18 As USDA is aware, all language in the
19 DGA effects important food policies and feeding
20 programs and these feeding programs are often the
21 source of nutrition and food education to those
22 who depend on them.

1 The Produce for a Better Health
2 Foundation found that Government Guidelines
3 reinforcing the healthfulness of all forms of
4 fruits and vegetables positively impacts
5 consumers' perception of packaged fruits and
6 vegetables.

7 Limiting language over-emphasizes the
8 benefits of fresh fruits and vegetables distracts
9 from the perceived helpfulness of packaged fruits
10 and vegetables. And CMI urges USDA to better
11 translate the Guidelines into consumer-friendly
12 messages, without using limiting language.

13 We hope USDA considers the HMD
14 recommendation to use dietary modeling to explore
15 the possible healthy diets and re-frame and
16 re-communicate their food-based recommendations
17 accordingly.

18 Finally, CMI concurs with the HMD
19 Committee recommendation to create technical
20 expert panels that can provide new unspecific
21 guidance to the DGAC on highly technical areas.

22 Because of the cross-cutting

1 implications of the DGAC, TEPs will be necessary
2 to inform the selected academics of the DGAC how
3 their recommendations may affect food policy and
4 feeding program implementation, food product
5 reformulation and distribution, food
6 accessibility, waste, and economics.

7 Thank you for the opportunity to
8 provide comment. Please contact us with any
9 questions.

10 MR. BODE: Thank you. I'm John Bode,
11 President of the Corn Refiners Association. I
12 appreciate the opportunity to present comments.
13 Far too often recommendations, based on weak
14 science, have been included in the Dietary
15 Guidelines.

16 Because of the weak scientific
17 foundation of those recommendations, they have
18 been controversial. And because of the
19 controversy, those recommendations, based on the
20 weakest science, have become the headline
21 recommendation for that addition.

22 Inappropriate recommendations are not

1 benign. They distract from important and
2 appropriate messages, such as consume five or
3 more servings of fruits and vegetables a day.

4 Inappropriate recommendations are a
5 disservice to public health, the economy, and the
6 credibility of nutrition science. Fortunately,
7 the National Academies of Science, Engineering
8 and Medicine has recently issued two reports
9 making recommendations for how to enhance the
10 scientific integrity of this process.

11 While those reports did not question
12 the thin statutory framework established for the
13 Guidelines, they made solid recommendations for
14 improving the independence, objectivity, and
15 transparency of the process.

16 Regrettably, those recommendations
17 were developed without regard to important
18 administrative limitations, such as requirements
19 of the Federal Advisory Committee Act, or
20 availability of funds for a Federal Advisory
21 Committees.

22 To the extent possible, we recommend

1 the 2020 Guidelines process incorporate
2 recommendations of the National Academies.
3 Hopefully, the other recommendations to enhance
4 the scientific integrity of the process may
5 follow.

6 So first, set the precedent of seeking
7 a balanced panel by securing third party support
8 in the selection of Advisory Committee members.
9 Discontinue political appointment of the DGAC.

10 Second, charge the Committee to rely
11 exclusively upon science that is transparent,
12 with respect to its methodology and data. There
13 should be heavy reliance upon the Nutrition
14 Evidence Library.

15 Third, limit the charge of the
16 Committee, so that its workload is reasonable and
17 its recommendations are within its confidence.
18 Further to this point, the Committee should not
19 make recommendations which go beyond the weight
20 of the evidence and beyond what the Committee has
21 the means to evaluate.

22 Fourth, delineate clear requirements

1 regarding conflict of interest. I address that
2 more in my written comments. Fifth, this isn't,
3 and this is admittedly beyond the reach of the
4 2020 Guidelines process, work with Congress, to
5 secure funding for appropriate updating of the
6 DRI's, which should be the foundation of the
7 Dietary Guidelines, establish a separate process
8 and guidelines for Birth to 24 months, upgrade
9 the NEL, and more broadly enhance the scientific
10 integrity of the Dietary Guidelines process.

11 Thank you.

12 MR. LIPPS: Thank you.

13 MR. ZAKHARI: Good morning. I welcome
14 the opportunity to discuss the Dietary Guidelines
15 on beverage alcohol consumption. I am Sam
16 Zakhari, Chief Scientist for the Distilled Spirit
17 Councils. Formerly, I work over 26 years at the
18 National Institute on Alcohol Abuse and
19 Alcoholism National Institutes of Health.

20 I wish to emphasize the importance of
21 maintaining in the Guidelines, the current 2015
22 definition of moderate drinking. The 2015

1 Guidelines state that, if alcohol is consumed, it
2 should be in moderation, up to one drink per day
3 for women and up to two drinks per day for men
4 and only by adults of legal drinking age.

5 To follow these recommended limits,
6 adult need to have a clear definition of a drink
7 equivalent. The 2015 Guidelines state that one
8 alcoholic drink equivalent is described as
9 containing 14 grams, or .6 fluid ounces of pure
10 alcohol.

11 As a reference, the Guidelines
12 describe one alcohol drink equivalent as 12 fluid
13 ounces of regular beer, five percent alcohol,
14 five fluid ounces of wine, 12 percent alcohol, or
15 one-and-a-half fluid ounces of 80-proof distilled
16 spirits, 40 percent alcohol.

17 Throughout the case the Department of
18 Health and Human Service and the U.S. Department
19 of Agriculture have integrated beverage alcohol
20 consumption in the Dietary Guidelines for
21 Americans, including a definition of what
22 constitutes a drink equivalent.

1 We urge that the 2020 Guidelines
2 incorporate the potential benefits and risks of
3 alcohol consumption, as was the case in the 2010
4 Dietary Guidelines. This information provides
5 all adults of legal drinking age with a
6 stand-alone guidelines about alcohol and health.
7 Thank you.

8 MS. BARNES: Good morning. I'm
9 Stephanie Barnes, with the Food Marketing
10 Institute. We're, actually, not going to be
11 submitting oral remarks today, but we look
12 forward to following up with comments in writing.

13 MR. LIPPS: Thank you.

14 MS. SCOTT: Good morning. My name is
15 Kristen Scott from the Grocery Manufacturers
16 Association. The Grocery Manufacturers
17 Association represents the majority of food
18 manufacturers. We fully support the development
19 of the Dietary Guidelines for Americans to help
20 guide and publish policies that allow consumers
21 to develop healthier eating patterns. We
22 appreciate the huge amount of work contributed by

1 the advisory groups and USDA and HHS over the
2 past 35 plus years to periodic update the DGA
3 recommendations, based upon new science. We also
4 appreciate the efforts by the departments to
5 ensure that the DGAs have a solid scientific
6 basis. It's critical that these recommendations
7 are widely viewed as credible and an
8 authoritative sources of dietary recommendations.

9 In regards to the process for
10 selecting the Advisory Committee members, it's
11 important that appropriate measures be taken to
12 provide transparency around bias, or any
13 conflicts of interest, to guaranty a balanced and
14 relevant experience and perspectives on the
15 panel.

16 In order to facilitate the selection
17 of these members, USDA and HHS should first
18 prioritize the detailed topic areas, which will
19 be reviewed. The areas of priority can be open
20 to public comment with this finalized list being
21 used to select the experts.

22 A broad range of science, specific

1 science and subject matter expertise is needed,
2 including, but not limited to dietitians, oral
3 health experts, methodologists, food
4 technologists, as well as members with industry
5 experience, to provide a practical perspective.

6 And as recommended by the NAS
7 Committee, the Department should make a list of
8 provisional appointees open for public comment,
9 for a reasonable, reasonable period of time,
10 prior to their appointment.

11 In regards to the methods used to
12 review the scientific evidence, we support the
13 recommendations from the National Academies that
14 the Secretary of USDA should ensure all NEL
15 systematic reviews in line with best practices,
16 as well as ensuring that they are clear and
17 separate roles for the USDA, NEL staff, and the
18 DGAC members.

19 Transparency in this process is
20 important. More clarification is needed on the
21 selection criteria, both inclusion and exclusion
22 for research to be included in the NEL review

1 process.

2 While looking at that criteria, a
3 funding source for scientific research should not
4 be used in assessing the quality of data, other
5 elements, such as experimental design and data
6 analysis should be used to assess that quality.

7 A consistent process and level of
8 evidence should be used to support each nutrient,
9 or food base recommendation. The use of modeling
10 should not be used to replace the NEL process for
11 establishing recommendations.

12 When examining the recommendations for
13 the new age group of Birth to 24 months, it's
14 important to note the complexity and unique
15 limitations for this group involving their
16 specific areas of research. Any resulting
17 guidelines should be balanced and practical in
18 their perspective for use by any caregivers.

19 And, finally, to provide transparency
20 throughout the entire process, Secretaries of
21 USDA and HHS should provide the public with clear
22 explanation when the DGA policy document omits or

1 accepts only part of the scientific report, as
2 well as allow for public notice and comment
3 period, prior to the publication of the final
4 document.

5 Thank you for the opportunity to
6 provide comments and more details can be found in
7 our written comments. Thank you.

8 MR. MARTIN: Good morning. I'm Cory
9 Martin, Vice President of Government Relations
10 for the International Bottled Water Association,
11 or IBWA.

12 IBWA represents all segments of the
13 bottled water industry, including spring,
14 artisan, mineral, sparkling, and purified bottled
15 water.

16 Founded in 1958, IBWA member companies
17 include domestic and international bottlers,
18 distributors, and suppliers. IBWA represents
19 small, medium and large companies, including many
20 family-owned businesses.

21 Water, including tap, filtered and
22 bottled plays a vital role in supporting

1 nutritional health. IBWA applauds the 2015
2 Dietary Guidelines for recognizing the importance
3 of water in a healthy diet and the U.S.
4 Department of Agriculture for promoting water in
5 the MyPlate MyWins Online Nutrition Guide.

6 IBWA supports the National Academies'
7 recommendation to identify, select and prioritize
8 topics, prior to selecting members of the
9 Scientific Advisory Committee. With this in
10 mind, IBWA recommends that water be include, as a
11 topic, for the Advisory Committee to consider
12 when preparing the 2020 Guidelines. This will
13 allow the Committee and the nation's best
14 scientists and nutrition experts to consider
15 relevant research on how water impacts healthy
16 hydration among all ages and populations.

17 As mentioned in the NAS reports, the
18 Guidelines provide important, nutritional and
19 dietary information to promote health and prevent
20 disease. There is strong evidence showing that
21 drinking water is associated with the decrease of
22 the incidents of obesity, Type 2 diabetes and

1 cardiovascular disease and it can aid in weight
2 management.

3 In addition, USDA's National Health
4 and Nutrition Examination Survey for Data show
5 that 75 percent of children ages 4 to 8 fail to
6 satisfy their daily recommended intake for water.

7 Since the 2020 Guidelines will also
8 focus on children from Birth to 24 months, it is,
9 it is important to know that the development of
10 chronic disease start at an early age and so do
11 good drinking habits.

12 Since water is essential for the
13 normal healthy functioning of the human body, it
14 simply would be impossible to have a healthy diet
15 without adequate water consumption.

16 Yet, water is noticeably absent on the
17 most prominent educational tool that the
18 Government uses to promote a healthy diet, the
19 MyPlate Nutritional Guidance graphic, along with
20 diary, specifically, milk, which is another vital
21 beverage choice, water should be included on
22 MyPlate, since it is critical to good health.

1 The importance of water in a healthy
2 diet is recognized by governments throughout the
3 world. Currently, 48 countries promote water
4 consumption in their nutrition guidance graphics.

5 For example, you can find water
6 promoted in the Australian Guide to Healthy
7 Eating, China's Food Pagoda, France's Food
8 Stairs, Germany's Nutrition Circle, Japan's
9 Spinning Top Food Guides, Spain's Food Pyramid,
10 and the United Kingdom's Eat Well Guide. The
11 U.S. should be a leader in promoting a healthy
12 diet, which is why water consumption needs to be
13 a topic in the 2020 Guidelines and included on
14 the MyPlate Nutrition Graphic.

15 IBWA hopes that USDA and HHS will
16 support a transparent process throughout the
17 formulation of the 2020 Guidelines, provide ample
18 opportunities for public input and comment and
19 recognize the importance that water plays in a
20 healthy diet.

21 Thank you for the opportunity to
22 provide comments this morning. IBWA looks

1 forward to working with the Advisory Committee
2 and the USDA and HHS staff in preparation of the
3 release of the 2020 Dietary Guidelines for
4 Americans.

5 MS. HAVEN: Thank you.

6 MS. POULOS: Sylvia Poulos, Infant
7 Nutrition Council of America. Good morning.
8 INCA members produce over 95 percent of the
9 infant formula consumed in the U.S. and take our
10 responsibility of providing optimal nutrition to
11 infants, who are not exclusively breast-fed, very
12 seriously.

13 Expanding the Dietary Guidelines for
14 Americans to include recommendations for 0 to 24
15 months presents a significant opportunity to
16 promote health, growth and development, as well
17 as enhance nutrition and feeding experiences for
18 all infants and young children.

19 INCA believes that the B/24
20 Guidelines, like all dietary guidelines, should
21 be based on sound science. That the Dietary
22 Guidelines' process must be transparent and allow

1 for the submission and consideration of public
2 comments to develop recommendations that are
3 impactful and that, the Guidelines should be
4 balanced and address the needs of all families
5 with safe and nutritious feeding choices,
6 including recommendations for pregnant women,
7 infants and young children, is a tremendous
8 opportunity to promote healthy development and
9 eating patterns.

10 However, since nutrition during the
11 fetal and young infant period is provided by a
12 sole source, it is critical that the DGAC include
13 scientists who, with specific expertise in
14 nutrition and development needs of this
15 vulnerable population.

16 Ideally, a subcommittee within the
17 DGAC will specifically consider the nutritional
18 needs of pregnant and breast-feeding women and
19 infants and young children.

20 A subcommittee with experts in
21 nutrition, pediatrics, epidemiology, bio
22 statistics and obstetrics that understand the

1 strengths and limitations of the nutrition
2 science, should have the knowledge to develop
3 guidelines that are balanced, comprehensive,
4 accurate and based on sound science.

5 We continue to be concerned about the
6 lack of transparency of Dietary Guidelines
7 development. The infant nutrition research is
8 complex and has unique limitations compared to
9 other areas of nutrition research.

10 The Guidelines will be strengthened if
11 experts groups participate in the consideration
12 of research framework, literature review
13 findings, development of interim recommendations.

14 INCA members have decades of
15 experience in infant feeding research and would
16 welcome the opportunity to share our knowledge in
17 pediatric nutrition and health outcomes.

18 Our final comments focus on the impact
19 of the Dietary Guidelines. The DGAs set
20 scientific standards for nutrition healthcare and
21 public health and education programs in the U.S.
22 and, possibly, globally.

1 It is critical that the new guidance
2 provided for young infants be balanced, based on
3 science, reflect cultural sensitivities and
4 address the full spectrum of infant feeding,
5 breast-feeding, dumped, donor milk, and infant
6 formula.

7 In addition, the Dietary Guidelines
8 should specifically recommend against infant
9 formula practices that are not safe and are
10 potentially harmful, such as the use of homemade
11 formula.

12 Finally, to most effectively
13 communicate guidelines developed by the DGAC,
14 INCA requests that CNPP conduct specific consumer
15 research to identify successful communications
16 techniques that help ensure clear, impactful
17 communication about the DGAs to parents and
18 caregivers.

19 INCA advocates for infant health and
20 nutrition, supports mothers and families in their
21 infant feeding decisions and provides education
22 on appropriate infant feeding options.

1 INCA appreciates the opportunity to
2 provide comments.

3 MR. JOHNSON: Hi, everybody. I'm Guy
4 Johnson, at the McCormick Science Institute we
5 have two favorite words, flavor and taste. And
6 in our previous comments to this Committee and
7 during part of the process, we've focused on two
8 broad areas.

9 One is that flavor can be an enabler
10 of healthier eating, which is really important,
11 because it's perceived lack of taste is the
12 biggest barrier for people to eat healthier
13 diets. And guess what, if you make healthier
14 foods taste better, people like them more.

15 Also, the second is that the Committee
16 should be broadened to include more expertise in
17 the area of food science and consumer behavior.
18 Because these are also ways to identify
19 opportunities to enable healthier eating. And
20 I'm here to tell you, we are even more committed
21 to these goals now, because of two reasons.

22 One, the science has continued to

1 evolve. We have new data to show that you can
2 compensate for the lack of flavor in lower added
3 sugar foods with spices and herbs, in certain
4 cases.

5 And also, we have data to show that
6 you can increase the consumption of vegetables in
7 a high school cafeteria, and this is a touch
8 audience, simply by making them more flavorful
9 with spices and herbs.

10 The second reason that we're
11 enthusiastic about these approaches is the NAS
12 reports really condone such an approach. The
13 first report promotes diversity in the DGAC.
14 Sounds to me like they're advocating for a food
15 scientist and a consumer behavior person.

16 And the second report recommends in
17 Recommendation 7 that a systems approach for
18 broader understanding of diet-related effects to
19 inform translation of Dietary Guidelines across
20 stakeholders be encouraged. And so that, to me,
21 says more consideration about taste and flavor
22 and consumer behavior.

1 So in summary, I would like to say
2 that we are encouraging the departments to
3 acknowledge that taste is an important
4 determinant of food selection, during the
5 development process of the Dietary Guidelines.
6 It's such an important factor, it ought to be
7 part of the, part of the thought process.

8 And the idea isn't to change the
9 science, or dramatically alter the
10 recommendations, but to look for solutions on how
11 taste and flavor can be appropriately used to
12 foster healthier eating and provide solutions.

13 Thank you so much.

14 DR. LAU-ROSENOW: Hi, I'm Dr. --
15 sorry. I'm Dr. Clara Lau-Rosenow and I'm
16 Director of Nutrition Research at National
17 Cattlemen's Beef Association. Thank you for this
18 opportunity to provide input.

19 NCBA has a long-standing commitment to
20 supporting nutrition research to better
21 understand how people can enjoy beef, as part of
22 a healthy, balanced lifestyle.

1 NCBA supports the recommendations of
2 the National Academies' Health and Medicine
3 Division Report. Specifically, we support their
4 efforts that call for greater scientific rigor,
5 using validated standardized processes and
6 methods informed by an open peer review process
7 and at best available scientific evidence and
8 improved transparency, especially, to ensure that
9 the Advisory Committee's conclusions are
10 accurately applied to the consumer facing
11 messages of the Dietary Guidelines for Americans.

12 We appreciate that applying these
13 recommendations to the 2020 process is no small
14 task and, as such, we encourage you to consider
15 focusing on key areas to address the need for
16 greater scientific rigor and transparency.

17 First, USDA should allow public
18 comments on a systematic literature review
19 conducted through the Nutrition Evidence Library,
20 to consider evidence-based comment on the
21 protocol, research questions, and inclusion and
22 exclusion criteria.

1 For example, the evidence review
2 supporting the B to 24 Project has not yet
3 provided sufficient opportunity for public
4 comment. Without the ability to provide
5 peer-reviewed evidence, or review the research
6 questions, it's unclear if the recommendations
7 will be based on the full body of the available
8 data.

9 Second, NCBA supports an independent
10 peer review of the systematic literature review
11 process and results, which would enhance
12 transparency and integrity of the process.

13 While systematic literature reviews
14 can be effective for assessing evidence, the
15 reliability of the results can be compromised, if
16 the inclusion and exclusion criteria are not
17 consistently applied.

18 It's imperative that the review
19 process accounts for both observational and
20 randomized controlled data, to ensure the
21 Committee can address its research questions.

22 In 2015 the Committee appeared to rely

1 heavily on observational evidence where lean meat
2 was not consistently defined and ignored
3 scientific process. Oh, sorry. Endured
4 scientific evidence for more than 20 randomized
5 controlled trials that showed four to
6 five-and-a-half of lean red meat can be eaten
7 daily, as part of a dietary pattern that promotes
8 good health.

9 Because numerous high quality RCTs are
10 excluded, despite meeting the NEL inclusion
11 criteria, lean red meat recommendations were not
12 based on the totality of the evidence.

13 NCBA applauds the commitment by USDA
14 to carry out the recommendations by the National
15 Academies and we look forward to submitting
16 scientific evidence for the 2020 Advisory
17 Committee's consideration to help ensure a
18 transparent, evidence-based and technically
19 rigorous process. Thank you.

20 MS. TATELBAUM: Good morning. I'm Amy
21 Tatelbaum with the National Confectioners
22 Association. NCA is the trade association that

1 advances, protects and promotes chocolate candy
2 gum and mints and the companies that make these
3 special treats.

4 We educate the public to help ensure
5 that it understands and appreciates the unique
6 role that chocolate and candy can play in a happy
7 balanced lifestyle.

8 America's leading chocolate and candy
9 companies recently announced a major initiative
10 with the Partnership for a Healthier America to
11 provide consumers with more information, options
12 and support, as they seek to manage their sugar
13 intake and gain a better understanding of the
14 ingredients in their favorite treats.

15 By 2022 half of our individually
16 wrapped products will be 200 calories or less per
17 pack and 90 percent of our best-selling treats
18 will have calorie information on the front of the
19 pack.

20 As a result of this voluntary
21 commitment to PHA, consumers will soon see more
22 options in smaller pack sizes and innovative new

1 products, as we continue our journey to help them
2 and their families make informed choices.

3 We appreciate the opportunity to
4 participate in this listening session today. We
5 agree with many of the conclusions in the
6 National Academy of Sciences Reports and applaud
7 USDA for considering the implementation of NAS's
8 recommendations.

9 First, it is essential that the
10 Dietary Guidelines be rooted in the strongest
11 scientific standards, since these Guidelines form
12 the foundation for all federal nutrition policy.

13 Specifically, the process would
14 benefit from developing a standardized evidence
15 review process, based on validated methods.
16 Additionally, as noted in the NAS Reports, as one
17 of the five identified values to improve the
18 integrity of the Guidelines, we would appreciate
19 greater transparency throughout the process.

20 Furthermore, it would be beneficial
21 for the Committee to be apprised of experts from
22 a broad array of disciplines, to ensure that the

1 Committee is balanced and represents diverse
2 perspectives.

3 For instance, we would support
4 including oral health professionals on the 2020
5 Guideline Committee, in order to review the
6 evidence on the role of sugar-free gum and
7 addressing dental issues.

8 Throughout this process, we support
9 the efforts by USDA and HHS to offer consumers
10 realistic nutritional guidance on their favorite
11 treats, like chocolate, candy, gum and mints.
12 Nearly all Americans enjoy chocolate and candy
13 throughout the year, but an average consumption
14 of these treats is moderate. Most people in the
15 U.S. enjoy chocolate and candy about two to three
16 times per week averaging just 40 calories per day
17 and about one teaspoon of added sugar per day
18 from confectionary items.

19 Chocolate and candy are beloved treats
20 that often play a role in holiday celebrations
21 and family traditions. Given this cultural
22 association, recognizing that the body of

1 evidence supports education more than
2 restriction, it is practical to acknowledge to
3 the world that treats can play in a happy
4 balanced lifestyle in the Dietary Guidelines.

5 Thank you.

6 MS. NICHOLLS: Good morning. I'm Jill
7 Nicholls, Senior VP Scientific and Regulatory
8 Affairs at National Dairy Council. NDC is a
9 non-profit organization founded by U.S. Dairy
10 Farmers and we're committed to nutrition,
11 research and education about dairy's role in the
12 diet. Thank you for this opportunity.

13 NDC commends the National Academies'
14 two 2017 reports on the DGA process. The
15 February report about committee selection
16 addressed enhanced transparency, increased
17 objectivity and systematic management of biases
18 and conflicts of interest.

19 In addition, the value of a broader
20 range of expertise and experience among experts
21 to review the science was recognized. For 2020,
22 choosing experts on the B to 24 nutrition will be

1 an important priority.

2 Other relevant disciplines may include
3 food science and behavioral science. The
4 September report outlined a comprehensive
5 redesign to improve objectivity and scientific
6 rigor of the development of the DGA.

7 While it will be the Agency's
8 decision, whether implementing all of the
9 report's recommendations, as possible, for 2020,
10 the reports contain science-based recommendations
11 that would permit the agencies to make choices
12 now, to directly build trust and confidence in
13 both the scientific review and translation of
14 that science to produce the final DGA.

15 This involves establishing a
16 consistent process using accepted practices and
17 standards of evidence to determine what
18 constitutes a healthy eating pattern.

19 Three examples in the September Report
20 that would help meet this goal and that are
21 consistent with good scientific practice include,
22 dividing responsibility for the scientific review

1 process between two main committees, one that
2 would collect and assess the evidence and another
3 that would interpret evidence and make
4 recommendations.

5 Peer review of the Nutrition Evidence
6 Library Reports and increased access to the NEL
7 to the public and increased transparency during
8 the development of the final DGA policy document.

9 The addition of pregnant women and
10 young children to the DGA population will likely
11 identify gaps in our knowledge, such as, the
12 impact of maternal nutrition and long-term health
13 of their children. Understanding this may
14 require new approaches to research.

15 For example, researchers at the
16 University of Illinois conducting this STRONG
17 Kids studies are taking a Trans disciplinary
18 sales to society approach to nutrition collecting
19 comprehensive data from mother child pairs up to
20 5 years of age on nutrition, behavior, and
21 learning and cognition.

22 While food groups, including dairy

1 foods, are established parts of dietary guidance
2 for mothers and their young children, we have
3 more to learn about building healthy dietary
4 habits across the life span.

5 In conclusion, establishing a
6 transparent and objective process, from beginning
7 to end, will enhance the DGA's trust and
8 credibility. Thank you, again, for inviting NDC
9 to this important session.

10 MR. PHILLIPS: Thank you for having
11 us. I'm Brandon Phillips with the National
12 Fisheries Institute, NFI, here on behalf of our
13 Registered Dietitians, who could not be here
14 today.

15 NFI would like to applaud USDA and HHS
16 on your continued commitment to ensuring the DGAs
17 are transparent, data-driven, and science-based.
18 NFI is a science-based non-profit dedicated to
19 education about seafood nutrition at all stages
20 of life, including pregnancy and early childhood.

21 So we're particularly supportive of
22 the 2020 DGA inclusion of pregnant women and

1 children from Birth to 24 months.

2 We know that moms to be and parents of
3 young children are particularly open to behavior
4 change, so they can have the healthiest baby
5 possible.

6 On the other hand, we know that
7 pregnant women and parents of young children are
8 especially risk adverse and receive far too many
9 confusing and conflicting about nutrition. A
10 simple Google search illustrates this.

11 For this reason, the DGAs, the 2020
12 DGAs offer a unique opportunity to empower
13 pregnant women and parents of young children with
14 clear, consistent, actionable and nutritionally
15 sound advice that can greatly improve public
16 health. Not just at birth, or when introducing
17 table foods, but food habits can, can improve
18 health over the child's entire life.

19 Nutrition science shows that pregnant
20 women, who eat eight to 12 ounces of a variety of
21 seafood each week have babies with improved brain
22 development outcomes. But the average pregnant

1 woman in the U.S., currently consumes less than
2 one-sixth the minimum recommendation. This
3 intake gap and resulting Omega 3 deficiency
4 amongst pregnant women in the U.S. is just one
5 example of an important nutrition education
6 opportunity.

7 Additionally, a mere ten percent of
8 U.S. children meet the 2015 DGA recommendations
9 for seafood. Low seafood intake amongst U.S.
10 children is an unfortunate, from a nutrition
11 perspective, but also because early childhood is
12 when habits are being formed. Both WHO and AAP
13 support early introduction of seafood.

14 The need for nutrients in fish is
15 especially high during pregnancy, during the last
16 trimester a fetus' brain and nervous system
17 rapidly develops requiring about 65 mg, per day,
18 of DHA. The heightened demand for DHA continues
19 to the age of 2.

20 It is imperative that DGAC members
21 include real world OBs, pediatricians, and
22 dieticians, who intimately understand both the

1 needs and the fears of pregnant women and birth
2 to 24 populations, as well as how to effectively
3 communicate with them.

4 We look forward to the next round of
5 DGA's clear, consistent and encouraging advice
6 about seafood consumption, as well as how to
7 include more seafood in the diet.

8 Again, thank you for your time today
9 and thank you for all the hard work that you do
10 to encourage all Americans to live more
11 healthfully.

12 MR. KOVICH: Good morning. I'm Dan
13 Kovich, with the National Pork Producers Council.
14 NPPC will not be submitting written comments, at
15 this time.

16 However, we do want to note our strong
17 support for incorporating the NAS recommendations
18 into a more practicable mission-focused,
19 transparent and scientifically rigorous DGA
20 process. Thank you.

21 MS. YARABECH DATLOW: Hi. My name is
22 Lindsay Yarabech Datlow, with Food Directions and

1 I'm commenting on behalf of the National Turkey
2 Federation. NTF would like to thank the USDA for
3 inviting comments on this important process.

4 In general, NTF is supportive of the
5 recent recommendation on committee selection and
6 process redesign released by the National
7 Academies. Most importantly, we strongly support
8 more transparency in the process.

9 We were delighted to be invited to
10 these listening sessions and feel that allowing
11 for comment at the beginning of this process is
12 already showing a sure commitment to
13 transparency.

14 In regards to specific recommendations
15 from the NAS Report, we strongly encourage USDA
16 to better inform the public about what research
17 will be considered early in the process, so that
18 groups like NTF do not waste limited research
19 dollars on data that will not be considered.

20 The NASEM Committee specifically
21 recommended six times throughout the process
22 where the public should be updated on the

1 development underway and where public input
2 should be obtained and properly considered and we
3 strongly support this recommendation.

4 We also concur that systematic reviews
5 should be done with complete transparency,
6 performed by individuals who are adequately
7 trained and completed separate and apart from
8 individuals providing input on the DGA
9 recommendations. We feel that these are key
10 pieces in providing more transparency and gaining
11 the public's trust in the process, as a whole.

12 Something that has been less than
13 transparent is the work on the Guidelines for
14 infants, pregnant and lactating women. Though
15 many questions have been asked of the Agency over
16 the last three years, we have yet to gain clear
17 understanding on how solid the data is on this
18 population, what data is being considered already
19 and what research still needs to be done, in
20 order to feel confident that the recommendations
21 are scientifically sound.

22 We have concerns that there is a

1 dearth of research on this population,
2 especially, when it comes to maternal intake
3 impacts on the child and we feel that moving
4 forward without substantial data will be against
5 the Agency's mission to develop recommendations
6 that are based on strong science.

7 In the spirit of transparency, we
8 would welcome more information from the Agency on
9 the development of these Guidelines, including
10 what research exists and what research gaps are
11 found, so that we can provide useful information.
12 Without an understanding of what the Agency is
13 looking for, in regards to research, we have been
14 unable to help with this process thus far.

15 As the Agency works to begin this next
16 DGA process, we encourage the Agency to follow
17 the recommendations of the NASEM Report and
18 establish areas of review upon which it will
19 focus. These priorities should be made public.

20 This information will assist groups
21 like NTF in providing nominations for experts and
22 appropriate research to best address the key

1 issues identified.

2 From our perspective, we would
3 recommend looking at certain eating patterns,
4 such as including protein at breakfast, which
5 recent research has shown provides key health
6 benefits and which could better inform the
7 federal feeding programs.

8 Additionally, like others who are
9 closely watching the sodium potassium National
10 Academies' Dietary Reference Intake Review, we
11 recommend the Agency wait until their review is
12 complete before undertaking a separate and
13 independent review of the emerging science.

14 In closing, we would like to reiterate
15 support for the DGA process to move forward in a
16 transparent and scientifically rigorous manner,
17 in order to provide the most scientifically sound
18 recommendations to the American public. Thank
19 you.

20 MS. BACKUS: Good morning. I'm Susan
21 Backus, with the North American Meat Institute.
22 Consumer health and safety are the driving forces

1 in the production of meat and poultry products.

2 The meat and poultry industry is
3 committed to offering nutrient dense protein food
4 products, while working continuously to produce
5 safe and wholesome food. The Meat Institute
6 appreciates the opportunity to provide input on
7 this important issue.

8 The Dietary Guidelines serve as the
9 foundation for nutritional policies and are
10 intended to improve the health of Americans. The
11 Meat Institute supports dietary guidance that's
12 practical, achievable, and affordable and that
13 helps Americans achieve a more healthful diet.

14 The Meat Institute appreciates USDA's
15 priorities for the 2020 Dietary Guidelines for
16 Americans to be transparent, data-driven, and
17 science-based.

18 There are two key areas from the
19 National Academies' report on the Dietary
20 Guidelines Advisory Committee selection process
21 that are relevant for the 2020 Advisory
22 Committee, promoting diversity of expertise and

1 experience among the committee members and
2 managing conflicts of interest and biases.

3 The Advisory Committee must include
4 representatives from a cross section of
5 disciplines and professions to ensure a balance
6 of experiences and perspectives are considered.

7 Broad representation would minimize
8 bias and make sure all perspectives are
9 considered based scientific merit. In order to
10 minimize conflicts of interest and bias and
11 preserve a wide range of viewpoints, it is
12 important the Advisory Committee is selected
13 through a transparent process.

14 The second National Academies' report
15 has several recommendations that can improve the
16 development of future guidelines. These include
17 USDA and HHS prioritizing topics to be reviewed
18 in each Dietary Guidelines cycle, a clear
19 separation between USDA's Nutrition Evidence
20 Library staff and the Advisory Committee and
21 ensuring all Nutrition Evidence Library
22 systematic reviews alignment thus practices.

1 USDA and HHS identifying and
2 prioritizing topics allows for thorough
3 evaluation on issues where there are data gaps,
4 or where new scientific evidence may be used to
5 determine if there is support to change dietary
6 advice.

7 A more narrowed focus aids time and
8 resource management, while ensuring the breadth
9 and scope of the evidence supports the scientific
10 recommendations. The Nutrition Evidence Library
11 should also function in a transparent,
12 independent fashion, using established evidence
13 evaluation procedures and with formal oversight
14 to ensure that the Library serves its function as
15 a repository of high quality evidence and to
16 confirm its use of evidence-based methodology to
17 evaluate this evidence.

18 Ensuring the systematic reviews adhere
19 to best practices provides another layer of
20 transparency and demonstrates the evidentiary
21 standards supporting dietary recommendations.

22 In addition to the National Academies'

1 report, the Meat Institute believes it is
2 important to make systematic review study design
3 criteria publically available to ensure
4 appropriate research can be submitted for
5 inclusion of the review, or design for future
6 reviews.

7 The 2002 Dietary Guidelines will
8 include recommendations for pregnant and Birth to
9 24 months populations. Given its new
10 responsibility, it is imperative for the Advisory
11 Committee and departments to development
12 recommendations transparently and supported by
13 strong scientific evidence.

14 However, the evidence is limited in
15 these populations and in the absence of strong
16 evidence, recommendations should not be made.
17 The Meat Institute looks forward to participating
18 in the 2020 Dietary Guidelines for Americans
19 process. Thank you.

20 DR. HARVEY: Good morning. I'm Dr.
21 Lynn Harvey, President of the School Nutrition
22 Association. And thank you for the opportunity

1 to speak on behalf of the 57,000 members of our
2 association, who plan, prepare and serve
3 nutritious, affordable, appealing meals to
4 students every day, as an important component of
5 their instructional day.

6 Each year, American schools serve more
7 than five billion lunches and nearly
8 two-and-a-half billion breakfasts to fuel
9 students' success. Federal Regulations mandate
10 all these meals be prepared in accordance with
11 the Dietary Guidelines for Americans.

12 Schools and economically disadvantaged
13 communities increasingly operate as nutrition
14 hubs, thus ensuring that students have access to
15 nutritious foods not only during the school day,
16 but also beyond the school day.

17 The DGA's influence the nutritional
18 requirements for after school snacks and suppers,
19 as well as meals, provided during the summer
20 months when school is not in session.

21 School nutrition professionals are the
22 living cornerstones for all these programs, which

1 serve more than 30 million students each school
2 day, with the potential to reach more than 50
3 million students nationwide.

4 We work on the front lines to
5 transform the recommendations from the DGAs into
6 the meals the students will eat and enjoy, while
7 simultaneously teaching them lifelong healthful
8 eating habits that will positively impact their
9 future dietary practices.

10 Given this tremendous influence on
11 children's long-term health and well-being, we
12 strongly recommend the Dietary Guidelines
13 Advisory Committee permanently include a school
14 nutrition practitioner.

15 We offer a unique and critical
16 perspective on both the opportunities for
17 continued achievement and advancement of the
18 Guidelines in shaping children's food preferences
19 and ultimately, their adult food habits.

20 Unfortunately, as we all know, the
21 DGAs do not mirror the current dietary practices
22 of many American families, as a result, school

1 nutrition professionals are tasked with the job
2 of enticing students to make healthful food
3 choices at school, when those choices are seldom
4 reinforced in other settings.

5 We've accepted this opportunity to
6 help shape students' current and future food
7 choices and we've made tremendous progress in
8 this area by utilizing creative menu strategies,
9 taste tests, farm to school programs, and other
10 nutrition education initiatives intended to
11 promote the adoption of lifelong healthful eating
12 habits.

13 However, school nutrition
14 professionals face challenges, given the
15 prescriptive manner in which the Guidelines have
16 been applied to the programs.

17 While the Guidelines are intended to
18 serve as recommendations to guide the Americans
19 towards healthier food choices, the school
20 nutrition programs have implemented them as
21 inflexible mandates.

22 Our members are grateful for USDA

1 providing flexibility under the recent rules to
2 make meals more appealing to students. The rapid
3 implementation of meal standards have contributed
4 to a decline in student meals participation in
5 both the national school lunch and breakfast
6 programs, with research showing school meals are
7 more nutritious than ever and more nutritious
8 than other alternatives, the drop in the number
9 of students eating healthy school meals is a
10 missed opportunity that undermines the goals of
11 the DGAs.

12 The members of the School Nutrition
13 Association are proud to be partners in the
14 national effort to promote a stronger, healthier
15 America. We stand with you on the front lines to
16 help promote the formation of healthful food
17 advocates among all children.

18 We're uniquely positioned to partner
19 with parents teachers communities and other to
20 influence the food habits of children beginning
21 at preschool programs and extending through high
22 schools.

1 We hope that by sharing the expertise
2 of school nutrition practitioners, as part of the
3 Dietary Guidelines Commission, we can work
4 together to make these important guidelines a way
5 of life in our nation. Thank you.

6 MR. LIPPS: Thanks.

7 MS. HIXSON: Good morning. My name is
8 Jessica Hixson and I am the Director of
9 Government Affairs at SNAC International. SNAC
10 International is the international trade
11 association of the snack industry representing
12 snack manufacturers, marketers, and suppliers.

13 As USDA initiates the Dietary
14 Guidelines process, SNAC recommends the Agency
15 start by outlining its 2020 priorities,
16 specifically clarifying the scope and priorities
17 at onset would help avoid concerns that the
18 Committee has ventured outside of nutrition
19 recommendations and ensure appropriate, qualified
20 committee members are chosen. This will also
21 help SNAC recommend the appropriate Advisory
22 Committee experts and will provide us the

1 opportunity to submit the most helpful research
2 to aid the Committee during their review.

3 SNAC was pleased to review the NASEM's
4 thoughtful evaluation of the current Dietary
5 Guidelines process and its specific
6 recommendations for areas of improvement.

7 Particularly, we would be, we were
8 pleased to see they noted the importance of
9 increased transparency and enhanced scientific
10 rigor throughout their two reports.

11 SNAC had had concerns, as it relates
12 to transparency in the past. Loss of trust when
13 recommendations are made and then changed or
14 removed, because seemingly definitive guidance
15 was provided before ensuring adequate and
16 rigorous scientific data was available to make
17 such a decisive conclusion.

18 In particular, SNAC recommends the
19 Agency consider prioritizing review of the
20 benefits of meal and snack time and refrain from
21 making any recommendations around sodium and
22 potassium intake, until the National Academies'

1 dietary reference intake review is complete.

2 In regard to increased transparency,
3 SNAC supports the Academies' recommendations,
4 which suggest, one, increased agencies -- excuse
5 me.

6 Increased agency updates to the public
7 throughout the multi-year process and more in
8 person meetings, better management and
9 notification throughout the Advisory Committee
10 selection process, in regards to conflicts of
11 interest, including conflicts of interest in
12 advocacy organizations, increase NEL transparency
13 and public availability so that stakeholders know
14 and understand what will be included or excluded
15 prior to conducting research.

16 More opportunities for the public and
17 organizations like SNAC to share feedback through
18 public and written comments. In regards to
19 enhanced scientific rigor, SNAC supports the
20 Academies' recommendations, which suggest all
21 science need to be peer reviewed and NEL process
22 needs to be strengthened, according to Cochrane

1 and AHRQ standards.

2 Clear separation of the NEL staff and
3 those that draft the scientific recommendations
4 document. Provide additional technical training
5 for the NEL staff. And, lastly, improve the
6 advances science -- excuse me, advance systematic
7 review protocols. Thank you for the opportunity
8 to be with you today. SNAC International looks
9 forward to participating in the 2020 Dietary
10 Guidelines process.

11 MS. BIONDO: Good morning. My name is
12 Lia Bondo and I'm here today on behalf of the
13 United States Cattlemen's Association and its
14 nationwide membership of cow calf producers,
15 feedlot operators, backgrounders and livestock
16 callers.

17 Historically, the Guidelines have been
18 used as a means to adopt new scientific findings
19 into the diets of American citizens.
20 Unfortunately, as we witnessed in the process of
21 writing the 2015 Guidelines, these nutrition
22 guides can stray from the sound science they are

1 built on, if we do not make it a clear priority
2 to only support guidelines that are based on
3 current and best available nutrition and diet
4 research.

5 Our citizens benefit from the most
6 bountiful and safest food supply in the world and
7 the Dietary Guidelines ensure that Americans seek
8 out and take advantage of those foods that
9 provide the best nutrition.

10 It's important that we provide
11 multiple opportunities for Americans to get it
12 right when it comes to consuming the correct of
13 macro and micro nutrients.

14 Of the three macro nutrients, protein
15 serves as a building block of life and used in
16 every single cell in the human body. In fact,
17 the only material, which is more common in the
18 body than protein is water.

19 At its most basic structure, protein
20 is made up of long strings of amino acids, but
21 not all foods provide these amino acids in the
22 same way. Animal products provide a more

1 complete amino acid profile giving the body
2 greater opportunities to utilize these protein
3 chains.

4 In particular, beef provides 22 grams
5 of protein per three ounce serving and is an
6 excellent source of many micro nutrients, such as
7 iron, zinc and B vitamins that cannot be found in
8 plant-based foods. These nutrients are essential
9 for the cognitive health and brain function of
10 the U.S. population.

11 Despite this, we were disappointed to
12 see the only mention of red meat in the 2015
13 Dietary Guidelines was contained within a
14 footnote and not within the actual text of the
15 document.

16 The 2020 Dietary Guidelines need to
17 expand on this mention by acknowledging in the
18 text that meat is a protein source.
19 Additionally, the importance of whole foods
20 animal products should be included in the next
21 set of Guidelines, as opposed to laboratory grown
22 meat that is mechanically made and whose effects

1 on the human body have not yet been studied
2 extensively.

3 USCA looks forward to participating in
4 the discussions that will shape the 2020 Dietary
5 Guidelines and we remain in support of guidelines
6 that are committed to following sound science and
7 best available research, not political ideals and
8 philosophies.

9 The next addition to the Dietary
10 Guidelines should remain within the scope of
11 nutrition and diet and reflect that red meat is
12 an essential part of a whole foods diet. A
13 conclusion that is supported by peer reviewed
14 publically available research.

15 Thank you again for the opportunity to
16 comment today. You can find additional
17 information on our written remarks.

18 MR. LIPPS: Thank you. Once we
19 officially get the website revamped and the
20 process officially kicked off, you'll be able to
21 find all of our information on
22 dietaryguidelines.gov. Hopefully, you all are

1 familiar with that. We're working on getting a
2 more transparent website.

3 We, folks who have been around a while
4 genuinely believe a lot of our transparency
5 issues were simply in people being able to find
6 stuff. So we're updating that.

7 I do realize there's some issues with
8 the process in the past that some of you all have
9 raised today and we'll be looking at those. So I
10 appreciate all of you taking the time to come and
11 set through this today.

12 It's extremely beneficial, I think,
13 especially to those of us who were new to being
14 inside the process instead of outside of the
15 process, and so thanks for your time in that.

16 Our door is always open, please, don't
17 hesitate to call, email, send us a letter, any
18 form of communication is fine. And if you feel
19 that we're not being transparent, or
20 science-based, we want to hear from you on the
21 front-end not on the back end, so please do come
22 talk to us often. Thanks, again. Have a good

1 day.

2 (Whereupon, the foregoing matter went
3 off the record at 11:35 a.m. and resumed at 2:01
4 p.m.)

5 MR. LIPPS: How are you all?

6 (Off the record comments.)

7 MR. LIPPS: It's quite a bunch.

8 (Off the record comments.)

9 MR. LIPPS: Good afternoon.

10 (Off the record comments.)

11 MR. LIPPS: We've got to stay on time,
12 everybody only has three minutes.

13 (Off the record comments.)

14 MR. LIPPS: Thank you all for coming
15 today. This is officially the beginning of the
16 beginning of our 2020 Dietary Guidelines process.
17 We are committed to being transparent. We will
18 talk about that a lot and, hopefully, you will
19 see us follow through on that. And part of that
20 is making sure that we hear from you. We want to
21 hear from you early on in this part of the
22 process and we want to hear from you as we go

1 throughout the process.

2 A little bit about the timing of this
3 listening session, as you know, the last National
4 Academies' report came out about a month ago. We
5 wanted to give everybody a little time to process
6 that and then hear from you on your thoughts on
7 that.

8 In addition to that, we obviously have
9 additions to the Dietary Guidelines process year,
10 the birth to 24 that was added in the 2014 Farm
11 Bill.

12 So we want to hear from you on those
13 things and anything else that you want to share
14 with us today. I know we've only given you three
15 minutes and that's a short amount of time, but we
16 do find that when you ask people to boil it down
17 to three minutes that you find the things that
18 are most important to them. So it's very
19 interesting to us to listen to that. And we've
20 got an important group here for that today.

21 I want to introduce, first, our
22 political team. There are some familiar faces in

1 here, some of you we haven't met yet. I am the
2 Administrator of the Food Nutrition Service and
3 currently Acting Deputy Under Secretary of Food
4 and Consumer and Nutrition Services at USDA.

5 Maggie Lyons is Chief of Staff and
6 Senior Policy Advisor in the Office of the Under
7 Secretary. Kailee Tkacz started about the same
8 time as us and she's in the Office of
9 Congressional Relations and also a policy
10 advisor. Campbell is not in here with us now.

11 We have two Confidential Assistants,
12 who are seasoned folks, who've been around for
13 almost two weeks now, Emily Buckman over here and
14 Erin Wilson, over on this side. They both come
15 from the Hill and do have experience in this
16 area. Some of you probably know them well.

17 And then, our great team, at the
18 Center on Nutrition Policy and Promotion, our
19 career folks, who give us good guidance on this
20 and is as committed to the open and transparent
21 process and we are. You all know Jackie Haven,
22 who has seen how many of these processes?

1 MS. HAVEN: A bunch.

2 MR. LIPPS: Okay, a, a few.

3 (Laughter.)

4 MS. HAVEN: Bunches.

5 MR. LIPPS: We won't ask her --

6 MS. HAVEN: Yes, don't ask --

7 MR. LIPPS: -- to count.

8 MS. HAVEN: Don't ask a lady how many
9 times they've done the battles.

10 (Laughter.)

11 MR. LIPPS: Yes, ma'am. We have
12 Stephanie Fu. Over against the wall is Colette
13 Rihane and Eve Stoody. Did I get those rights?

14 (Off the record comments.)

15 MR. LIPPS: Yes. All right. If you
16 all have heard Secretary Purdue talk, not just
17 about the Dietary Guidelines, but about USDA in
18 general, he says, we want to be a facts-based,
19 data-driven and customer-focused agency.

20 And, hopefully, you will find each of
21 those things to be true, as we move through the
22 Dietary Guidelines process and we want to make

1 sure that you all are holding us accountable for
2 that and staying in contact with us on that, as
3 we move forward.

4 As our dear friend, I think the HHS
5 folks had to run back over to HHS, so he may pop
6 in a, in a minute. Earlier today we had Rick
7 Olson, who's the Director of the Division of
8 Prevention Science in the Office of Disease
9 Prevention and Health Promotion from HHS. As you
10 know, they're our partners on this process and we
11 were thankful to have him here, have them here
12 this morning.

13 With that intro, I will turn it over
14 to Jackie, who will set your ground rules on
15 everything on how to treat the table to stay
16 within your time limit.

17 MS. HAVEN: Exactly. You got a nice
18 heads up on what I'm going to be talking about.
19 So again, I'm Jackie Haven. I'm the Deputy
20 Director of the Center for Nutrition Policy and
21 Promotion.

22 I just want to thank you for taking

1 time to come out today and share your thoughts
2 with us on the Dietary Guidelines process. We've
3 had two other listening sessions, so there's
4 three altogether.

5 We've had lots of folks, like
6 yourselves in. We've had health professionals,
7 professional health organizations, consumer
8 advocacy groups, trade associations and others,
9 who've had interest in the Dietary Guidelines.

10 So today, we look forward to hearing
11 your three minutes of oral remarks. Your remarks
12 are going to be recorded and they'll be on our
13 website within a month from today. We will also,
14 of course, put the written comments of those that
15 were not able to come today.

16 As Brandon hinted, I want to tell you
17 about this amazing mahogany and leather table
18 that was actually -- it's 35 years old. It was
19 built specifically for the Summit of Industrial
20 Nations and President Reagan officiated that, so
21 there's not food and beverage allowed in here and
22 I appreciate your understanding of that.

1 And back to the logistics, please,
2 when you have your turn speak clearly and loudly
3 and state your name first, so the transcription
4 person can mark that down efficiently.

5 And we do have two timekeepers, Jamie
6 and Sam and they will be timekeeping so you can
7 look straight ahead and see, so it'll be on the
8 opposite side of you, but they'll mark when
9 there's a minute, 30 seconds, and then time is
10 up. So we appreciate you staying on time.

11 So now I look forward to hearing what
12 you want to share with us and we'll start with
13 Tia. Oh, and we need a microphone to travel
14 along. Is there one? Oh there it is. Great.

15 (Off the record comments.)

16 MS. HAVEN: Thank you.

17 MS. RAINES: It's good to be first.

18 Tia Raines, Executive Director of the Egg
19 Nutrition Center. On behalf of my organization,
20 thank you for this opportunity.

21 ENC is a team of food and nutrition
22 experts. Our primary function is to fund and

1 monitor nutrition research on eggs and
2 egg-related nutrients and interpret new research
3 findings.

4 We translate this information to
5 health practitioners and consumers and educate on
6 how eggs fit within the healthy dietary patterns
7 recommended in the Dietary Guidelines for
8 Americans. So my comments today are primarily
9 focused on transparency and the rigor of the
10 scientific review process.

11 The recent National Academies' report
12 on the Guidelines process places strong emphasis
13 on the need to apply an objective and consistent
14 set of standards and to create separation between
15 the identification of topics for review and
16 subsequent interpretation of the evidence.

17 It's important to understand how
18 research is identified and considered for review,
19 including a relevant selection criteria, such
20 that researchers might bring forward other
21 studies that meet this criteria, or conduct new
22 research that adheres to such principles.

1 Users of the Guidelines and the
2 Advisory Report will benefit from a clear
3 understanding of the approach for evaluating
4 scientific evidence and the relative rigor of the
5 evidence-based and how such evidence is applied
6 to the strength grades.

7 This includes describing the standards
8 by which the grades of strong, moderate, or weak
9 are assigned, so that the reader can have
10 confidence that recommendations generally
11 represent how compelling the science is behind a
12 particular topic.

13 Due to the nature of nature of
14 nutrition science, it will sometimes be necessary
15 to rely on observational studies in circumstances
16 where randomized controlled trials, the gold
17 standard, are not practical or possible.

18 Understanding how observational data
19 is translated into evidentiary grades compared to
20 topics with randomized controlled trial evidence
21 is important in a transparent process.

22 The National Academies recommended

1 that the Government disclose the rationale when
2 the final guidelines differ from an Advisory
3 Committee recommendations.

4 Transparency around the principles
5 that are applied in such instances ensures the
6 scientific rigor of the entire guidelines
7 process.

8 For the 2020 Committee, there will
9 clearly be a need for a diverse set of experts,
10 including those with an understanding of infants,
11 toddlers, and pregnant women. Concepts unique to
12 these populations, such as the introduction of
13 food allergens, during early feeding will require
14 additional expertise.

15 A committee that is diverse, not only
16 in expertise, but also in geography,
17 institutional affiliation, and life experience
18 may provide a richer mix of scientific discussion
19 and deliberation.

20 In addition, a history of changing
21 one's mind when the scientific evidence evolves
22 is a valuable quality in an Advisory Committee

1 member.

2 Finally, the report recommended that
3 the Government utilize a third party to initially
4 vet nominations received from the public. Should
5 the Government choose to follow this
6 recommendation, it will become relevant to
7 consider the composition of that third party and
8 how individuals will be identified for that
9 committee, in addition to ensuring the committee
10 operates in a transparent manner and is free from
11 bias, or conflicts of interest.

12 Thank you for the opportunity to speak
13 with you and thank you for your important work on
14 the Guidelines.

15 MS. HAVEN: Perfect timing.

16 MS. HEIMOWITZ: Good afternoon. I'm
17 Colette Heimowitz, Vice President of Nutrition
18 and Education at Atkins Nutritionals. I want to
19 start my comments today by commending the
20 National Academies of Sciences on the consensus
21 study report redesigning the process of
22 establishing the Dietary Guidelines for

1 Americans.

2 The Report is step in the right
3 direction, as it recognizes the areas that need
4 improvement in the current U.S. Dietary
5 Guidelines and recommends the process to be
6 amended to represent all Americans.

7 The Report did an excellent job of
8 acknowledging the need for adaptation given the
9 changing landscape in America, providing counsel
10 for all Americans and recognizing that the
11 nutrition recommendations must allow for the
12 prevention of chronic disease.

13 We also appreciate the recommendations
14 around modifying the Dietary Guidelines to
15 enhance transparency, promote diversity and
16 expertise, better manage conflict of interest and
17 address disease-related issues.

18 The Report reflects the need for a new
19 food modeling methodology, as well as the methods
20 for including scientific studies with the best
21 available evidence and analyses that are
22 continuously evolving.

1 We firmly believe that people can
2 benefit from alternative dietary patterns, such
3 as carbohydrate-managed approach. With the
4 changing landscape in America, it's critical to
5 provide counsel for all Americans and recognize
6 that the nutrition recommendations must allow for
7 the prevention of certain diseases.

8 Currently, 52 percent of the
9 population has been diagnosed with pre-diabetes
10 and diabetes. Just last week, the gal up at
11 Share Care Well-being Index reported that
12 diabetes costs the United States approximately
13 \$245 billion dollars in healthcare cost this year
14 alone.

15 In addition, the group reported that
16 the obesity rate in the United States reached
17 28.4 percent nationally in 2016, an increase of
18 nearly three percentage points since 2008.
19 Obesity is the significant respect for the
20 development of Type 2 diabetes.

21 When you look at the current United
22 States Dietary Guidelines recommendation, with

1 the one size fits all approach, and approximately
2 50 percent of the calories in the form of
3 carbohydrates, while the quality of carbohydrates
4 are in the right place, the quantity may be too
5 much for this particular of segmented population
6 and the incidents of diabetes will continue to
7 increase, if we continue this counsel.

8 Modifying the United States Dietary
9 Guidelines to accommodate the unhealthy portion
10 of these individuals will help Americans make
11 better food choices, based on their personalized
12 needs.

13 To ensure the best guidelines are
14 developed to reflect this need, Advisory
15 Committee members -- okay. Thank you for your
16 time.

17 MR. QUARLES: I am, I'm Kam Quarles.
18 I'm the Vice President of Public Policy for the
19 National Potato Council. We, we represent the
20 U.S. potato industry on, on national issues.
21 Thanks very much for, for holding this, this
22 listening session today.

1 We'd like to highlight three key ways
2 that the National Academies' report can be used
3 to improve the 2020 DGAs. One is to enhance
4 transparency, second is through prioritization of
5 topics, and third is through increased scientific
6 rigor.

7 We strongly support more transparency
8 in this process. The fact that that these
9 listening sessions are occurring today is
10 evidence that, that you're, you're taking that to
11 heart.

12 As the Agency works to begin the new
13 DGA process, we encourage the, the determination
14 of clear priorities and that those priorities are
15 made public.

16 By taking that action it would allow
17 us to help you in targeting experts and a variety
18 of different resources that the industry has to,
19 to try to answer some of the questions that
20 you're, you're looking at.

21 Specifically, it would be valuable for
22 the Agency to recommend priorities that would

1 better inform the policies in the federal feeding
2 programs, such as WIC and school meals.

3 Lastly, when it comes to making
4 recommendations that can be relied upon for
5 future policy decisions, we feel it's imperative
6 that the Agency let the science lead the policy
7 development.

8 The DGA process should use the best
9 available science to identify the nutrients of
10 concern and the relationship of those nutrients
11 to the needs of eligible program participants.

12 In that regard, the National Academies
13 recently reviewed the WIC package and looked at
14 the nutrient availability of white potatoes to
15 WIC participants. Based on that review, the
16 Committee recommended including white potatoes in
17 the WIC program.

18 Looking forward, we understand that
19 work is being done on the development of
20 guidelines for Birth to 24 months and pregnant
21 and lactating mothers.

22 However, we have not been informed on

1 where this process stands and are somewhat
2 concerned that adequate research may be too
3 limited for the Government to publish
4 scientifically sound and definitive
5 recommendations for such a vulnerable group.

6 Given potatoes' role in the WIC
7 program, we would enjoy any opportunity to assist
8 the Agency with filling research gaps that likely
9 exist among this very special population.

10 We feel solid research is the only
11 basis for which strong recommendations can be
12 made and encourage the Agency to consider
13 providing an update on the research gaps. Final
14 recommendations should not be published until
15 those gaps are filled.

16 The dietary reference intake on sodium
17 and potassium is about to be underway. We urge
18 the Agency to wait to make recommendations on
19 those two nutrients until that review is
20 complete.

21 In closing we'd like to reiterate
22 support for the DGA process moving forward at a

1 transparency manner, to provide the most
2 scientifically sound recommendations to the
3 American public. Thank you, again, for offering
4 us this opportunity.

5 MS. HECHT: Christina Hecht. On
6 behalf of the University of California's
7 Nutrition Policy Institute, I would like to offer
8 feedback on the NASEM Reports reviewing the
9 process to update the Dietary Guidelines and make
10 two recommendations.

11 Nutrition Policy Institute is known
12 for conducting rigorous research to inform and
13 strengthen nutrition policy, with an emphasis on
14 the Federal Nutrition Assistance Programs, young
15 children and families, we also coordinate the
16 National Drinking Water Alliance, a network
17 dedicated to enabling children to drink water
18 instead of sugar sweetened beverages.

19 We agree with the Report's
20 recommendation to increase transparency. While
21 continuing to utilize the strong evidence-based
22 approach of past DGA committees, we urge complete

1 transparency in the translation process from the
2 committee recommendations to the final
3 guidelines.

4 The translation process should be just
5 as transparent as the DGAC process to help ensure
6 trust in the final DGAs. We urge consideration
7 of emerging issues, asking, should there a
8 mechanism for input from the public, or
9 scientists not on the DGA Committee, and can the
10 DGAC be tasked with making recommendations to
11 fill the gaps in evidence.

12 We recommend that the B/24 project
13 examine existing and soon to be released findings
14 from USDA's WIC infant toddler feeding practices
15 study II, as well as the Robert Wood Johnson
16 Foundation Report Feeding Guidelines for infants
17 and young toddlers, developed recently by a group
18 of national child nutrition experts,
19 evidence-based recommendations on not only the
20 what, but also the how, to feed young children
21 should be incorporated into the DGAs.

22 We recommend also that the 2020

1 process include a focus on beverages and
2 specifically on drinking water instead of sugar
3 sweetened beverages, or SSBs.

4 SSBs are the single largest source of
5 added sugars and among the largest single sources
6 of calories in the American diet. Further, these
7 calories don't fully trigger satiety mechanisms.
8 Replaced with the inclusion of Birth to 24
9 months, in part, because it provides an
10 opportunity to prevent the introduction of sugar
11 sweetened beverages and to help form healthful
12 beverage preferences and habits.

13 Recent research finds that, while
14 Americans are starting to substitute water for
15 SSBs, there remain strong disparities in SSB
16 consumption by race and ethnicity.

17 National Drinking Water Alliance
18 Researchers, health professionals, educators, and
19 industry members urge addition of a symbol for
20 water on the MyPlate graphic, the primary
21 translation of the DGAs out to the public. Thank
22 you very much for this opportunity.

1 (Off the record comments.)

2 MS. GROSSMAN: Joanna Grossman, Senior
3 Policy Specialist for the Good Food Institute.
4 Sorry, I'm getting over laryngitis, apologies, if
5 I lose my, lose my voice.

6 We're all here because the Dietary
7 Guidelines has such a critical role to play in
8 shaping healthy habits. Many thanks to USDA for
9 engaging stakeholders and starting a dialog well
10 in advance to the finalized guidelines and for
11 asking for comments on the recent NAS Reports.

12 The Good Food Institute is a
13 Washington, D.C.-based non-profit that advocates
14 for healthy, humane and sustainable food supply.
15 To that end, I'd like to focus my comments on the
16 importance of setting Dietary Guidelines that
17 encourage the intake of plant-based foods and
18 minimize animal products.

19 A lot of Americans understandably view
20 meat as a healthy diet, but medical knowledge
21 about long-term impacts is rapidly changing. The
22 World Health Organization classified processed

1 meats as carcinogenic in the same group as
2 tobacco and asbestos.

3 Red meat was categorized as a likely
4 carcinogen with the WHO noting the strong
5 evidence of the link between consumption and
6 various cancers.

7 A recent past president of the
8 American College of Cardiology advocated for a
9 plant-based diet, given the substantial
10 cardiovascular benefits, stating that plant-based
11 diets, in particular, deserve more emphasis in
12 dietary recommendations.

13 Just this past summer, the American
14 Medical Association passed resolutions calling on
15 hospitals to provide more plant-based meals and
16 eliminate processed meats from their offerings.

17 A list of this examples of this nature
18 could go on and on, but suffice it to say, with
19 obesity, Type 2 diabetes and cardiovascular
20 disease reaching alarming levels, the agencies
21 charged with designing the guidelines have a
22 moral imperative to act in the best interest of

1 all Americans. That means more than saying that
2 fruits, vegetables, grains, and legumes are part
3 of a balanced diet, rather, they should form the
4 basis.

5 And with the proliferation of
6 plant-based options hitting the market, foregoing
7 cheese and meat in favor of versions that are
8 cholesterol free and lower in saturated fat is
9 easier now than ever before.

10 We recognize individuals are motivated
11 in large part by taste and not everyone is going
12 to want to pick a salad for every meal. The
13 Guidelines would be wise to note that plant-based
14 meat alternatives are becoming more and more
15 prevalent, ones that have the texture, mouth feel
16 and taste of meat, but with no cholesterol, more
17 fiber, and a much healthier nutrient profile.

18 In particular, we applaud the
19 Guideline's recommendation of following a healthy
20 vegetarian eating pattern and hope the DGA will
21 expand on that.

22 The other I wanted to turn to briefly

1 is committee selection. From our perspective,
2 arguably, the most important factor is to avoid
3 any semblance of industry capture in the process.
4 And to the most degree, the Guidelines should be
5 shaped in an unbiased and transparent manner, but
6 what that looks like in practice, might be
7 subject to dispute.

8 It's worth emphasizing the selection
9 of report's finding that biases and conflicts of
10 interest may unduly influence the deliberations
11 and outcomes of the Advisory Committee. In view
12 of this risk, USDA should ensure that committee
13 members do not have any conflicts of interest,
14 not an insignificant amount of controversy
15 surrounding the previous process, not just the
16 highly publicized congressional attacks on the
17 environmental and sustainability concerns that
18 drew considerable media attention, but questions
19 surrounding the committee's cholesterol
20 recommendations and a reliance on ag industry
21 funded research.

22 Ultimately, the real stakeholders in

1 this process are, of course, the American people,
2 not the food industry, or certain segments of it.
3 We look forward to this next cycle and thanks,
4 again, to USDA for soliciting stakeholder input.

5 MS. TEICHOLZ: My name is Nina
6 Teicholz. I'm the founder of the Nutrition
7 Coalition. And thank you very much for the
8 opportunity to provide this testimony.

9 I'm speaking on behalf of our group,
10 which is comprised of researchers, doctors,
11 journalists, and members of the public, who share
12 a belief the Dietary Guidelines for Americans are
13 not currently based on rigorous science and need
14 to be, in order to reverse the obesity and Type 2
15 diabetes epidemics that we suffer from today.

16 The Nutrition Coalition receives no
17 funds from any interested industry. We stand for
18 science alone, solely in the interest of the
19 public health. We believe that the Guidelines
20 have long been based on weak and inconclusive
21 science causing them to err in a number of ways.

22 And the Academy report that recently

1 came out agrees with that assessment, which
2 stating that the Guidelines, quote, lack
3 scientific rigor, unquote, the science falls
4 short of meeting the, quote, best practices for
5 systematic reviews, unquote, and, quote,
6 methodological approaches and scientific rigor
7 for evaluating the scientific evidence need to be
8 strengthened, unquote, it said.

9 There are a number of ways in which
10 this can be seen in the Guidelines causing them
11 to err in their recommendations. For example,
12 from the start, the Guidelines told Americans to
13 limit their consumption of dietary cholesterol
14 and Americans complied, reducing their
15 consumption of eggs, for instance, by 13 percent
16 in recent decades.

17 And this, undoubtedly, harmed American
18 health, since egg yolks, but not the whites,
19 contain many crucial nutrients, including choline
20 and lutein, which are essential for healthy brain
21 and eye development.

22 In 2015 the Guidelines eliminated

1 those caps on cholesterol, but the health of many
2 millions of Americans suffered from inadequate
3 nutrition, due to erroneous advice in those
4 intervening decades.

5 The Guidelines have also, also long
6 recommended a low fat diet. However, for the
7 last decade, at least, the Guidelines dropped any
8 low fat language, because clinical trials funded
9 by the National Institutes of Health on tens of
10 thousands of people found that this diet did
11 nothing to prevent obesity, Type 2 diabetes,
12 heart disease, or any kind of cancer.

13 These are but two examples of how the
14 Guidelines have made serious errors, ultimately
15 damaging American health. Why these mistakes
16 came to pass, is a complex issue, but one simple
17 fact stands out, namely that the Guidelines have
18 long been based on weak, insufficient evidence.

19 Many experts make the argument that we
20 must leap ahead with recommendations based even
21 on this insufficient evidence, due to the urgency
22 of the public health problems we face, but this

1 logic can lead to tragic mistakes. Indeed, it
2 has led to tragic mistakes.

3 Our current Guidelines still contain
4 numerous recommendations based on little to no
5 rigorous science. These include the caps on
6 saturated fats, which were also based on weak
7 epidemiological data that has since been
8 contradicted by large rigorous NIH-funded
9 clinical trials looking at conclusive, hard and
10 point data.

11 Number two, the lower is better
12 recommendation on salt. Number three, the
13 vegetarian diet. The recent systematic review of
14 the literature about the USDA's Nutrition
15 Evidence Library concluded that the evidence for
16 this disease fighting powers is only, quote
17 unquote, limited, which is the lowest rank
18 available for data, moreover that NEL review
19 conducted eight reviews on fruits and vegetables
20 and found no strong Grade 1 evidence to support
21 that the assertion of, that these foods can
22 provide health benefits of any kind. Okay.

1 Sorry. Thanks.

2 MS. LATIFI: Hi. I'm Alexis Latifi,
3 on behalf of the Sugar Association, thank you for
4 the opportunity to provide comment today on the
5 process to develop the 2020 Dietary Guidelines
6 for Americans. The Sugar Association represents
7 the sugar beet and sugar cane farmers and
8 processors to make up the U.S. Sugar Industry.

9 The Association commends USDA's
10 commitment to updating the Dietary Guidelines, as
11 the Guidelines have expanded and evolved to
12 address public health concerns and nutrition
13 needs. As special populations, it is now more
14 important than ever to ensure Americans are
15 provided with evidence-based nutrition guidance
16 to help them make healthful choices.

17 The detailed review of the Dietary
18 Guidelines, conducted by the National Academies,
19 provides a timely opportunity to consider ways by
20 which to reform and modernize the Dietary
21 Guidelines process and rebuild the credibility of
22 federal dietary standards in the general public's

1 eyes.

2 The Association strongly supports the
3 recommendations set forth in the National
4 Academies' reports. For the 2020 DGA process,
5 the Sugar Association endorses, including the
6 following National Academies recommendations.

7 For the selection and composition of
8 the Advisory Committee an external third party
9 should be employed to screen and review nominees,
10 while ensuring the Committee represents a
11 balanced panel of professional experts with a
12 wide range of expertise and viewpoints.

13 Potential conflicts of interest and
14 bias should be publically disclosed and policies
15 to manage conflicts of interest, without
16 disqualifying a well-publicized scientist need to
17 be developed.

18 Selecting a high quality committee
19 with proper expertise is paramount to achieving
20 the goal that the DGAs to provide dietary
21 guidance to the general public.

22 The Association supports a redesign

1 process to allow for the prioritization of topics
2 that will be reviewed during each DGA cycle. The
3 current functions of the DGAC should be
4 redistributed into three groups to allow for more
5 target expertise and opportunities to engage
6 stakeholders.

7 Questions should be developed with
8 quality in mind and released for public comment
9 to further enhance transparency in the process.
10 The development of questions is vital to output.

11 Attention should be paid to ensure the
12 right questions are being asked, in order to find
13 high quality conclusions and science-based
14 recommendations.

15 The Association has serious concerns
16 regarding the National Academies' recommendation
17 to enhance food pattern modeling. Modeling is a
18 great tool to show how recommended food and
19 nutrient intakes can be achieved, can be achieved
20 a variety of ways within certain caloric
21 requirements.

22 However, modeling is not imperial

1 evidence suggesting positive health outcomes and
2 should not be used to set recommendations for
3 food, or nutrients.

4 There was an over-reliance on modeling
5 in the 2015 edition and the influence that USDA
6 food pattern modeling now has over the DGAs is
7 far too great, given the fact that these patterns
8 remain untested.

9 Until trials are conducted to test
10 USDA food patterns versus other patterns, food
11 patterns should be de-emphasized. Food pattern
12 modeling is a method, but is not a means to
13 recommendation.

14 With regards to the inclusion of
15 nutrition guidance for infants and toddlers Birth
16 to 24 months, we would be remiss if we did not
17 express concern over the lack of quality evidence
18 to support the development of comprehensive
19 guidelines.

20 To address current state of knowledge
21 and identify areas of research, a separate
22 committee of experts should be assembled. Thank

1 you for the opportunity to speak.

2 MS. VAN LIEU: Hi. I'm Mollie van
3 Lieu and I'm the Senior Director of Nutrition
4 Policy at United Fresh Produce Association.
5 United Fresh is the National Trade Association
6 representing the entire distribution chain of
7 fresh fruits and vegetables, including growers,
8 shippers, wholesale distributors, processors, and
9 retailers.

10 We appreciate the opportunity to
11 provide input, as you can consider the 2020
12 Dietary Guidelines. We value the feedback
13 provided by the National Academies on the DGA
14 process through the two reports released earlier
15 this year.

16 As stated in the second report, the
17 DGA's the primary federal source of consistent
18 evidence-based nutrition and dietary information
19 for promoting health and preventing chronic
20 disease.

21 Improving transparency can only serve
22 to strengthen the integrity of the Guidelines.

1 Specifically, recommendations in the report,
2 including posting potential conflict of interest
3 by committee members, whether they be financial
4 or general affiliations and disclosing any
5 omissions, or deviations from the scientific
6 evidence in the final version of the DGA will
7 prove important to public trust and the quality
8 of the Guidelines.

9 Ultimately, we believe DGA is
10 critically important to public health, policy
11 making and industry innovation. As the process
12 is reviewed and any additional steps are put into
13 place, we encourage the consideration of the
14 additional time that will be needed to make
15 adjustments and recommend putting benchmarks in
16 place to ensure the DGA is released on time.

17 If you're aiming to increase
18 transparency and public trust in the process, you
19 must ensure the DGA's consistent and reliable and
20 that includes timeliness.

21 One of the most frequently sited
22 critiques is the lack of rapid improvement of

1 public health outcomes, related to dietary
2 behavior that contribute to chronic disease.

3 It's important to recognize that
4 federal nutrition programs have really only begun
5 to align with the Dietary Guidelines within the
6 last decade.

7 The DGA can only improve public health
8 if they're adopted and adoption takes time and
9 requires multiple levers, individual change,
10 policy change, societal change and more. We
11 encourage all federal programs to align with the
12 Dietary Guidelines.

13 As it relates to fruits and
14 vegetables, multiple cycles of the DGA have
15 addressed the importance of eating more produce
16 linking their consumption to decreased risk, to a
17 decreased risk of dietary-related chronic
18 disease.

19 While recommendations have change
20 little over time what has evolved is the general
21 messaging. For example, first it was eat more,
22 then it was five to nine servings and now it

1 reflects composing half the plate with fruits and
2 vegetables.

3 United Fresh views this as a positive
4 message and one that is attainable to a broad
5 range of Americans, including those of differing
6 generations, cultures and geography. We
7 encourage the continued use of the
8 consumer-friendly MyPlate messaging.

9 Everything possible should be done in
10 future DGA to communicate the critical importance
11 of changing diets to meet half a plate goal for
12 both personal health and controlling healthcare
13 costs.

14 Increasing fruit and vegetable
15 consumption is the most scientifically valid
16 dietary advice for both chronic disease and
17 obesity prevention, and the most under-met of all
18 dietary recommendations.

19 Just this month, the CDC released data
20 that only one in ten Americans are eating
21 recommended amount of fruits and vegetables.
22 Americans and policymakers need an evidence-based

1 and transparent and consistent foundation of
2 information for improving public health.

3 We thank you for your work and ensure,
4 in ensuring the DGA process is stronger and
5 appreciate the opportunity to provide feedback.

6 MS. SLAVIN: Thanks for the
7 opportunity to testify today. My name is Joanne
8 Slavin. I'm a Professor in the Department of
9 Food Science and Nutrition at the University of
10 Minnesota. I'm also a dietician and own a farm.

11 I thank the Government, commodity
12 groups, food companies and non-profits for
13 supporting my diverse research portfolio. I also
14 had the honor of serving on the 2010 Dietary
15 Guidelines Advisory Committee, so I'm well-versed
16 on the challenges of dietary guidance.

17 Just like a Minnesota hockey game,
18 dietary guidance is full contact sport. Despite
19 all the hoopla, I believe the DGA process works
20 amazingly well and is admired around the world,
21 especially, in countries without access to strong
22 scientists and food science departments.

1 The system that was followed by the
2 2010 USDA was transparent, data-driven,
3 science-based, and included stakeholders. The
4 Committee Members were encouraged to stick to the
5 script and update the scientific findings on diet
6 and disease relationships.

7 Topics of politics, taxation and
8 public policy were considered outside the scope
9 of the DGAC. But today's challenges are bigger.
10 The 2020 DGAs will include recommendations from
11 Birth to 24 months, not just to ages 2 and above.

12 Nutrition is never more important than
13 during infancy, so it's imperative that this be
14 done with scientific rigor and thought.

15 Additionally, the voices of social scientists,
16 like Ellen Satter, who support feeding with love
17 and good sense will be needed to agree on dietary
18 guidance for a groups in this critical group.

19 I would also support including strong
20 scientists on your committee with expertise in
21 food production, food processing, food economics,
22 food safety, and food security.

1 Many nutrition scientists have narrow
2 expertise that does not well, work well on a
3 Dietary Guidelines Advisory Committee.

4 Backgrounds and extension, dietetics and feeding
5 programs are particularly helpful to guide the
6 work of the committee.

7 In my remaining time I would like to
8 list a few topics of highest need and ask that
9 you ensure that these topics are updated by the
10 Advisory Committee.

11 Carbohydrates. Obviously, my baby.
12 For sustainability, we need to consume at least
13 50 percent of our calories as carbohydrates and
14 we agree that whole grains, pulses, vegetables,
15 and fruits are recommended food groups.

16 Although our health links for these
17 components are quite strong, the relationship
18 between 10 percent intake of added sugars and
19 disease outcome is weak.

20 Public health approaches that fixate
21 on a single nutrient can have profound effects,
22 both, intended and unintended, across multiple

1 sectors, including policy, industry, and health
2 professionals and consumers.

3 A single nutrient approach has failed
4 to yield meaningful units in health, while
5 creating consumer confusion and problematic
6 changes in the food environment.

7 Proteins were not included, so I
8 wanted to talk about those. I only have 30
9 seconds. Sodium, also incredibly important. I
10 think I want to put that in, and then, just food
11 processing and enrichment.

12 In conclusion, public health
13 strategies that focus on overall diet patterns,
14 emphasizing diet quality and moderation are much
15 more effective at improving health outcomes, as
16 the DGAs effect all nutrition policy in the
17 United States, recommended dietary patterns must
18 be evaluated for cost, practicality, and access
19 for all. Thank you.

20 MR. LIPPS: Thank you. As we said at
21 the beginning, this is just the beginning of this
22 process. It's the first formal opportunity for

1 you all to provide us input.

2 If you want to come meet with us, our
3 door is always open, both, at CNPP and over on
4 the political side. We want to continue to hear
5 from you. We're going to have other formal
6 opportunities for you to provide input. We heard
7 a lot about that today and you'll see that
8 throughout the process.

9 So please continue to stay engaged.
10 Make sure your colleagues are engaged. We want
11 everybody to participate all along in the
12 process.

13 So we appreciate you taking time to
14 come here today to give three minutes' worth of
15 comments, but I assure you, it was informative
16 for us and will inform the process, as we go
17 forward. Soon, the dietaryguidelines.gov website
18 will be revamped and, hopefully, more
19 user-friendly for everyone.

20 If you find that you're not able to
21 find stuff there, let us know and we will work on
22 that, there's no intent to make that difficult

1 for anyone. We are working on a better website
2 on that. So thank you, all, for coming today.

3 (Whereupon, the meeting in the above-
4 entitled matter was concluded at 2:36 p.m.)

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Before: USDA Center for Nutrition Policy and Promotion

Date: 11-28-17

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was duly recorded and accurately transcribed under
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