

KATHY VETTER

44

1071

Vetter

JUL 22 2004

*[Handwritten initials]*



CARRINGTON, ND

FOOD GUIDE TEAM,

I WOULD LIKE TO EXPRESS MY CONCERN FOR THE HIGH RATE OF OBESITY IN THE USA. I TRULY AND DESPERATLY FEEL WE NEED TO GET THE ATKINS LIFESTYLE PRYAMID OUT TO THE US AMERICANS AS SOON AS POSSIBLE ESPECIALLY IN THE SCHOOLS AND HEALTH CARE INCLUDING THE ADA AND ALL PEOPLE WHO ASSIST IN NUTRITIONAL EDUCATION.

I HAVE BEEN ON THE ATKINS APPROACH FOR ONE YEAR AND AM AMAZED AS TO HOW WELL IT WORKS FOR WEIGHT LOSS, CONSTPATION , AND GENERAL WELL BEING. I HAVE ENCOURGED AND EDUCATED MANY PEOPLE ON THIS WEIGHT LOSS PROGRAM. IT IS ALSO AN APPROACH EVERYONE CAN AFFORD ECONOMICALLY, YOU DON'T HAVE TO SPEND A HUGE AMOUNT OF MONEY ON IT.

THANKS FOR THIS OPPORTUNITY TO EXPRESS MY CONCERN. IT IS GREAT TO BE AN AMERICAN FOR THIS REASON NOW LETS PUT THIS APPROACH TO WORK AND DO OUR DUTY TO ALL AMERICANS FOR IMPROVED WEIGHT CONTROL. WE CAN DO IT!

*Truly  
Kathy Vetter sm.  
7-19-04*

LOPI  
Guida

JUL 22 2004

45

Food Guide Pyramid Reassessment Team  
USDA Center for Nutrition Policy and Promotion  
3101 Park Center Drive, Room 1034  
Alexandria, VA 22303

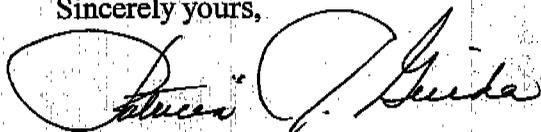
18 July 2004

To the Team:

Regarding suggestions for an updated Food Guidance System, my idea addresses the area of *design of the new graphic*. An AP story on 15 June 2004 quoted the opinion of Carol Tucker Foreman of the Consumer Federation of America that "up-ending the pyramid . . . would make the graphic look strange." My suggestion is to up-end the very familiar pyramid, but change the shape of the pyramid to the shape of a heart. When I read the article, my mind's eye saw a heart rather like an effusive or exaggerated heart, a cartoon heart as it were, such as teens would draw to memorialize a new love. From my experience, these expressions of romance are usually drawn a little lavishly on the shape. This would permit the required nutritional text within. We can forget the arrow piercing the middle as counter to the message..

Thank you for the opportunity to make a suggestion.

Sincerely yours,



Patricia C. Guida

Denton, MD

JUL 22 2004

10711

Hershberger

46

July 19, 2004

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

To Whom It May Concern:

This is the second time in my life that I am trying the Atkins diet. Perhaps because I am more mature and no longer have children to cook for, this is an easy diet to follow. It will be one I continue the rest of my life. Although I have only lost 7 lbs, I have almost completely alleviated *all* of my irritable bowel symptoms.

And this is flexible enough, that while I was on vacation I could still have an occasional dessert or my personal favorite, pasta and I haven't regained an ounce! Now that my vacation is over, I plan to go back to stage one and try to lose a little more. And I just can't believe how much better I feel and how easy it was to give up the starches. I was never a sweets person but potatoes and pasta were my main staples. Now a salmon steak, steamed broccoli and a small dinner salad leave me feeling satisfied all evening long.

Please take into serious consideration the Atkins Life-style Food pyramid. I believe if the diet is followed reasonably by people (not just stage one forever) they could find a healthy lifestyle change.

Thank you for your time and attention,

*Catherine L. Hershberger*

Catherine L. Hershberger

Costa Mesa, Ca.

JUL 22 2004

*JS*

47

1072  
Frank

Carlsbad, NM  
July 19, 2004

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

Dear FGPR:

I heard that you are in the process of revising the Food Pyramid. This is a good thing because I believe it is the cause of the obesity problem in the USA. It was developed on emotional, biased scientific studies that have fallen into disrepute.

The current Food Pyramid emphasizes grains, fruits, and other foods heavy in starches and sugars, whether natural or added. These foods may be nutritious but they are also high in calories. Starches and sugars raise your blood sugar quickly, but don't stay with you over time. The current government food pyramid recommends as many as 11 to 20 servings of carbohydrates per day, but does not differentiate between healthy carbs and those that are less nutrient dense. It also severely limits healthy, life-sustaining fats and many healthy proteins.

My grandchildren have been taught to live by the current Food Pyramid and the results are obvious. Both are overweight; both eat carbohydrates with sugar added; neither eats good protein; and protein is often missing from meals. I think it is too late to save my grandchildren, but you can save their children.

The Food Pyramid needs to be turned upside down. There is enough scientific evidence concerning the "high-protein" diet to do this. The South Beach and the Atkins systems are good starting points. Atkins has even developed their own Food Pyramid that fits more in line with scientific results.

I believed in the current Food Pyramid until January 1, 2003. At that time I went on a high-protein diet to see what would happen.

My personal results with following a high-protein diet are as follows:

Characteristic	Before (1/1/2003)	After (7/1/2004)
Blood Pressure	190/110	120/89
Triglycerides	?	49
Cholesterol	200	170
HDL	14	50
Cholesterol / HDL	14.3	3.1
LDL	?	93

20P2  
Frank

VDL	?	10
Glucose	110	104
Weight	305	235

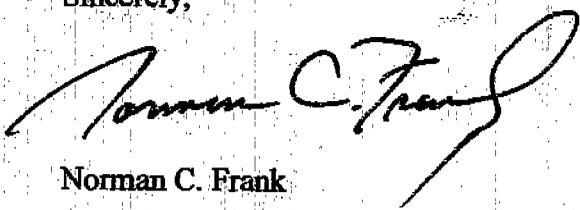
The number of Tums taken daily went from at least 20 to zero from January 1, 2003 to May 1 2003. At that time I threw our about seven bottles of Tums because they were no longer needed, and still aren't needed.

I have been following a high-protein diet since January 1, 2003. From January 1, 2003 to November 2003 I lost 70 pounds without hunger (if I am hungry, I eat). I have stabilized at 235 pounds and have no trouble maintaining this weight. I have been in "ketosis" for the entire time, except for a few days now and then when I would indulge. My only supplementation has been a daily multi-vitamin tablet, when I remember to take it. I kept detailed records of the food I ate for a six-month period in 2003.

How do I feel? Just fine, thank you. If all the naysayers were right, I'd be dead from kidney failure, heart disease, liver failure, or any other of the myriad problems put forward. None of them affect me at this time. Yes, I am being followed by my doctor. He is very happy with my progress.

I strongly urge you to turn the Food Pyramid upside down to more accurately depict human nutritional needs. This change then needs to be incorporated into the teachings of nutritionists, doctors, elementary school teachers, and other people who influence society now and in the future.

Sincerely,



Norman C. Frank

48

OF 1  
Rendek

JUL 22 2004

James F. Rendek

New Bedford, Ma.

07/20/04

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

Dear Sirs,

I am taking the time to write to you (and I am not a letter writer) to implore you to consider the carb controlled diet when you overhaul the nations food pyramid.

Eight years ago I was on deaths door due to congestive heart failure. I weighed approximately 375 lbs. The doctor had informed me that I must lose weight or die. I certainly tried, as I had in the past using the governments guidelines but due to relentless food cravings it was not a change I could maintain indefinitely and I sadly resolved myself to death.

A friend then introduced me to the low carb diet which was completely new and unbelievable to me but it was my last ditch effort so what did I have to lose? I tried it and my food cravings became few and far between. Eating became a choice rather than a driving addiction and I lost over 200 lbs and I have kept all but 20 lbs of it off to this day. Needless to say it saved my life and that is why I'm writing to you about the importance of this issue on a national basis.

So I ask you to look past any bias or economic issues and do what I know in my heart is right. I have met far too many people who have experienced the weight loss and health benefits for this to be an isolated incident.

In closing I would like to say please give proper "weight" to this issue.

Thank You,  
James F. Rendek

JUL 22 2004

July 17, 2004  
[07-1] Curtin

49

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

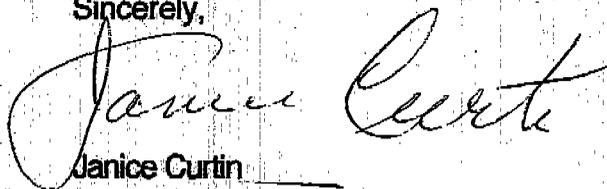
Dear Team:

America is in a health crisis and the decisions you make can bring us out of it or make it worse. They are critical. If we do not go back to eating real nutrient dense food, we will not have many generations left. We need to eat the way our ancestors ate before 1900 when we did not have heart disease and cancer. Our species cannot survive on factory made "food". My recommendations are:

1. Forget about the pyramid. It did not work. Look at us.
2. Tell people to make the basis of their diet produce.
3. Eat old fashioned natural fats.
4. Stay away from the toxic factory produced junk fats. They are chemically like plastic and immune suppressive.
5. Don't eat sugar. It is immune suppressive and puts on weight.

Especially, don't let industry have their way. Our health is too important.

Sincerely,



Janice Curtin

Alexandria, VA

JUL 22 2004

*[Handwritten initials]*

1 OF 1

Innes

50

July 18, 2004

Food Guide Pyramid Reassessment Team  
USDA Center for Nutrition Policy and Promotion  
31301 Park Center Drive, Room 1034  
Alexandria, Va. 22302

Dear Sir or Madam,

How to get the public to understand and use the food pyramid is actually quite simple. You were aiming at adults reading and following through with appropriate purchases of food weren't you?

The people you should be reaching are in about 6<sup>th</sup> grade.

As a retired home economist who helped write the original cook books and "use and care" manuals for Litton Microwave and the microwave/combo ovens, we wrote the recipe instructions so a person with a sixth grade vocabulary could comprehend them.

Many of the home economics departments have been dropped from high schools and juniors highs and the space now used for computer labs. No one is there for hands-on food preparation to this generation.

I suggest the pyramid be thrown out. Put a list of good foods versus not so good foods on every carry out bag in grocery stores and chain food bags i.e. MacDonald's and Burger King. And second have a very clever computer site with pictures of obese cartoon characters and what they ate next to pictures of real people making sensible choices.

Your ads need to be in teen magazines not adult women's magazines. The "soccer moms" are looking for quick not nutritious choices and the kids are picking what they want at the "drive-thru". Keep it a short and simple list on the bags. Pictures of foods help with our multi-cultural population.

I thought the old pyramid was fine but I'm afraid a farmer's daughter from the Midwest who had nutrition explained in 4-H at 10 years of age and grew up eating home grown "veggies" isn't the norm any more!

Good luck and thanks for reading my letter.

Sincerely,  
Sara Innes

Council Bluffs, Iowa

Page 21

51

4/12/04

Jul 22 2004

Green

Rogersville, TN

To: USDA

Re: Revamping Fed Guide Pyramid. (formerly of NY)

Dear USDA:

I've known of the food pyramid, and it's intent to serve as a basic guide, for proper nutrition, for many years (going way back, to Home Economics classes every year of Junior high + high school.)

(A) why is it that we understood all about "decent nutrition", and what constituted "healthy foods", (and what wasn't,) over 40 years ago?

(B) why were people "healthier" way back then?

Several factors have caused the physical and mental health decline of humans since then.

(#1) Fast food chains of smaller city areas + rural did not exist on every corner... or even within several miles, back then. We had our "restaurants" where "home cooking" (not pre-made frozen, "trucked in") was the thing... and nobody wanted what was considered inferior "food"... they wanted real food and a decent meal which included main entree, salad, potato (or pasta) + veggies. Most of the people whom we knew, were not "obese" (or what we then simply called "FAT!") Some were chubby... but NOT grossly so... nor

ZOP 21  
Green

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considered inferior "food"... they wanted real  
food and a decent meal which included  
main entree, salad, potatoes (or pasta) + veggies.  
Most of the people whom we knew, were not  
"obese" (or what we then simply called "FAT!")  
Some were chubby, but not grossly so... nor  
were there multitudes of fat children or  
"unhealthy children".

I recall ice cream parlors + Dairy Queens,  
that were always packed, yet to us, back  
then, this was NOT a daily thing, but a  
"Special treat", as was "soda", potato chips

or 2X also, the Dairy Queen was 32 miles away!)

(#2) Back then people "peaked" and my "self-respecting" wife and/or mom, thoughtfully prepared a "balanced meal", and saved the leftovers for later in week's dinner, or lunch... OR made them into pot-pies, soup, stew etc. (or froze them) We grew gardens (although both parents worked) raised chickens, grew fruit trees + grapevines... and guess what? the parents worked all day and still managed to: have spots home, mowed yard, garden, animals plus "mom" made cakes, pies, breadrolls, jellies and canned garden produce!

{ I have no idea why nobody can manage that now! People cannot even manage to go to work and clean their homes any more... and certainly, they're "too tired to cook!"

What is that?? After all, do we not have everything done for us, with the touch of a button, and computers + high tech??

(#3) Even in the late 80's +, I worked 16 hrs per day, (LW primary care nursing / 18 patient) and raised 3 children ALONE. Kept my home spotless + organized nicely, had supervised parties (+ my parties, stable, + lingerie + clothing parties), was president of local Vol fire dept. Area where we had functions every month, dinners + social + marched in parade competitions each

707-2-1070

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(certainly, they're "too tired to cook!")

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touch of a button, and computers + high  
tech??

(#3) Even in the late 80's +, I worked 16 hrs  
per day, (L/N primary care nursing / 18 patients  
per shift)  
and raised 3 children ALONE, kept my home  
spotted + arranged nicely, had numerous parties,  
(+ toy parties, stables + lingerie + clothing parties),  
was president 9 yrs for local vol. fire dept. AUX  
where we had functions every month, dinners  
+ socials + marched in parade competitions each  
year - plus a 2 day fair + going to serve food +  
coffee at major fire search + rescue etc.  
we also held community showers for funeral  
families, and did wedding reception, showers  
+ prepared home made food for dances we held  
(i.e. 50 lbs potato salad, Swedish meatballs, onion

5 of 21 Green

Now, I see people much younger than I, who cannot muster the energy to even attend a fire meeting Nor tolerate "shopping" in the Supermarket for more than 40 mins. tops. "Because I worked today 8 hours - 10 hours, and I haven't done laundry for 3 weeks or cleaned my house" (what were they doing all week, that none of this got done??)

there is a problem, when every store, "anywhere" must have 3 different Brands of dish detergent, in 3 size bottles, in choices of 4 colors and 6 different scents, ... with antibacterial (or not) or grease cutting power (or not) etc etc etc ... then when one wishes "Normal Oatmeal" .. there's individual packets, instant (or not) with brown sugar, apples, cinnamon, peach, the new flavor & that ... when All you want is plain old damn "Oatmeal" (usually which they don't have!)

then there's "the quickies" oatmeal bars, (with stuff in it that has never "constituted" breakfast" and never will! and the "power bars" with mineral(?) + vit. 9,000 Added to Sugar + Palm Kernel oils + Glycerin! Since when can anyone consider "Pop tarts" breakfast??

the most outrageous breakfast food when I was young - was Wheaties or Corn flakes with 2 scoops of ice cream (instead of milk)

6 of 2 / Green

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Oatmeal", there's individual packets, (instead  
not) with brown sugar, apples, cinnamon,  
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(usually which they don't have!)  
then there's "the quickie" Oatmeal bars,  
(with stuff in it that has never "constituted  
breakfast" and never will!  
and the "power bars" with minerals(?) + vitamins...  
Added to Sugar + Palmkernel oils + glycerin!  
Since when can anyone consider "Pop Tarts"  
breakfast??

the most outrageous breakfast food when I was  
young - was Wheaties or Corn flakes with  
scoops of ice cream (instead of milk)  
that few parents allowed their kids to have  
(very few!) Now, the ideal kids breakfast is:  
biscuits + gravy, egg McMuffin (2 or 3)  
and a can of Pepsi or Coke, or Mountain Dew  
(or a Healthy Breakfast - recently advertised  
= pancakes, an Omelette (with ham, sausage +

a slice of ham and fried potatoes.

ALL in a "healthy meal" as in "healthy meal"

(I almost got chest pain, just watching the Ad, on TV!)

7 of 21 Green

MSG is now making an in-depth appearance in many "prepared Mexican items" in fast-food section... and 90+ % of everything has 3 different oils (that aren't healthy) plus 3-4 "different types" of Sodium in unnatural way (wasn't that in Car polish?)... and most everything has tons of other things (phosphorus we don't need/shouldn't have... yet none of it has "Minerals" but has tons of sugars & corn syrups, & Red dye # "whatevs", yellow dye & Blue dye.

I do not need green ketchup for good health nor do I need to drink Vegetable oil in my orange drinks or sodas. And why does every "Bean" company "think" Bacon & Ham must be in every can of "otherwise healthy" Beans. Except for Bush's vegetarian Beans, which one has to hunt for as every store doesn't stock it! Why does "anything that's healthy" to eat, cost more than "junk food" ?? or "prepared food / prepackaged food" ?? Why does ALL "fast food places" have Bacon, Ham & Sausage on, or in literally every breakfast food item they serve? Whatever happened to the potato skin craze (at least there was some form of healthy - even if the toppings weren't fat?)

8 of 21 / 800

section... and not 10 of everything" was:  
3 different oils (that aren't healthy) plus  
3-4 "different types" of Sodium; Mineral  
wax (wasn't that in Car polish?) ... and most  
everything has tons of other things (phosphorus  
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of it has "Minerals" - but has tons of sugars  
& corn syrups, + Red dye # "whatave", + yellow  
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to eat, cost more than "junk food" ??  
or "prepared food / prepackaged food" ??

Why does ALL "fast food places", have Bacon, Ham  
& Sausage on, or in literally every breakfast  
food item they serve?

Whatever happened to the potato skin craze (at least  
there was some form of healthy - even if the toppings  
weren't fat?)

Better yet - if saturated fats are killing us  
(which it is!!) then why can't the food  
industry stop it from literally "saturating"  
everything on the market??

Fact - If they kill everyone off, there's nobody  
left to "Buy"! And this new low carb thing ->

9 of 21/Gen

Get real... Your body needs carbs  
(But the ones that are substantial enough  
to last the longest... to maintain longer,  
& stable Blood sugar levels etc.  
(Such as pastas meals, potatoes, beans etc  
& watch what's in the "Sauces"... (no bacon  
or ham

Bottom line: There's been lapses in the  
"wisdom of the past" when Grandma's  
ideals are considered obsolete... in a  
Society based upon "progressiveness &  
high tech"... which has promoted:

(A) "push-button - do absolutely nothing yourself"

(B) Have every advanced technology item, so  
it can do All prior "physical work"

So you can work your 10-12 hr shifts  
and have more leisure time... to try to  
regain some means to straighten out  
All the computer glitches & errors  
that have messed up your: bills,  
telephone cable service, electric bills  
heating deliveries, and whatever else one  
has "handled by machine" where one  
cannot reach any "Human" to speak  
with for 6 months, to straighten out  
anything... ( & if one does get them personally,  
(they are usually "Brain dead" & unable  
to follow your sensible reasoning of  
"what went wrong" ("Because my computer  
says, we're right & you have no idea  
what we're talking about - a good-Kue!")

Green  
[0021]

Bottom line: There's been lapses in the "wisdom of the past" when Grandma's ideals are considered obsolete in a society based upon "progressiveness + high tech" ... which has promoted:

- (A) push-button - do-absolutely-nothing-yourself
- (B) Have every advanced technology item, so it can do ALL prior "physical work"

So you can work your 10-12 hr shifts and have non-leisure time ... to try to reclaim some means to straighten out all the computer glitches + errors that have messed up your: bills, telephone, cable service, electric bill, heating deliveries, and whatever else one has "handled by machine" where one cannot reach any "Human" to speak with for 6 months, to straighten out anything... ( & if one does get them personally, they are usually "Brain dead" + unable to follow your sensible reasoning of "what went wrong" ) ( "Because my computer says, we're right + you have no idea what you're talking about - good-bye!" )

So ... frustration + exhaustion are products of our "progress" (which fosters: no routine mealtimes, no family mealtimes, no time to cook ... + no urge to do so. no time to sit down + relax. no eat an "entree meal" and no physical activity



Had: 2 quick chocolate delights, + coffee.

1/2 of 21 then

Because all you had for breakfast was a slice of cold pizza + a can of Coke! ( + you were too tired to eat dinner last pm, so you had 3 grilled cheese sandwiches + a bag of chips, (And dip) washed down with the chocolate shake you got on the way home.

This is your life!

\*Now, Again... why are Americans ill, dying early, obese, lacking proper nutrition?

It certainly is Not Because A new food guide pyramid needs to be made, + taught... It's Because life is too

Nuts + crazy, time consuming, (thanks to machines) (that do not handle what humans can) too fast paced (no time to eat), no time AT home. No time to exercise (just pass out from long hours + frustrations + job demands)

\*and We Have so many varieties of everything that Human Nature dictates we must have it all, try it all, pick out what we can stuff ourselves to the max with... that we like AS we deserve some sort of pleasure Because we certainly haven't time to do anything else. Exercise? (haven't the time nor the energy) Sleep? (mind's too bogged to sleep properly - haven't enough hours to do so decently) ... vegetables? "I like greasy meat + fries"

( + "who has time to chop up stuff for salads anyway?" )  
Cook?? "I heat stuff up in microwave!" )

34  
If people keep making excuses of why  
they can't eat right... they certainly

will Not bother "noticing" a new food  
guide pyramid! If parents are too  
drugged up, involved in things  
"other than" properly raising their kids  
they won't bother to notice a new  
food pyramid. If parents work at  
the average American wage of \$5.50 →  
\$8.00 per hour... they cannot afford  
to buy "good food/healthy food" that must be  
"home cooked". Because fast food is cheap!  
If they cannot afford "gas" for the kitchen stove  
to cook on... the food pyramid is useless to  
them. If food corporations continue to  
ruin literally every form of food that's  
put on the market, with food additives,  
preservatives + chemicals + carcinogens  
your "new" food pyramid is useless.  
If your kids sneak "what they want"  
while you work & have a babysitter - It's  
useless. And while the Federal + State  
"School Lunches" serve biscuits + gravy,  
turkey + gravy, french fries 3 times a week,  
& have soda machines + snack machines  
(Even though in class is taught the "New"  
food pyramid... It's "useless" because  
the lunch program serves foods that I  
do not have them eat at home!

13 of 24 Green

14 of 21 / page

"other than" properly raising their kids they won't bother to notice a new food pyramid. If parents work at the average American wage of \$5.50 → \$8.00 per hour ... they cannot afford to buy "good food / healthy food" that must be "home cooked". Because fast food is cheap. If they cannot afford "gas" for the kitchen stove to cook on the food pyramid is useless to them. If food corporations continue to ruin literally every form of food that's put on the market, with food additives, preservatives + chemicals + carcinogens your "new" food pyramid is useless. If your kids sneak "what they want" while you work & have a babysitter - It's useless. And while the Federal & State "school lunches" serve biscuits + gravy, turkey + gravy, french fries 3 times a week, & have soda machines + snack machines. (Even though in class is taught the "New" food pyramid ... It's "useless", because the lunch program serves foods that I do not have them eat at home!

Fact: In today's world there are multitudes of good American Christians, who regularly attend churches of their choice. Correct: then tell me why few of them appear to know of God's dietary laws set down "for the proper working of the human body".

50721  
Green

As set down "by the manufacturer" ...  
 to assure that the "parts" will not need  
 replacement or repair ... if the  
instructions, for maintenance ARE heeded  
& followed! Exodus chapt 11 & Deuteronomy  
 Chapt 14 ... No, it's not for the Jews nor is it obsolete  
 Old Jewish law!! It's for All Mankind  
 (AKA Jews & Gentiles) -> Also otherwise known as  
 All God's children (children of Israel who are  
 all Jews by faith in Jesus Christ. (AKA the seed of  
 Abraham) - God gave us every instruction  
 to survive & flourish in healthy ways  
 Both mentally & physically & nutritionally  
 we have, as humans, made our own  
 problems by wanting much more than we  
 actually "need" ... and not caring how  
we get it, nor "why" we must have, what  
we don't need!

No "New public education" can work  
 in a self-centered society intent only  
 on pleasing one's inner self & ignoring  
 the consequences ... in a world intent  
 upon everything "being done for us" so we  
 can do less & less for ourselves, & be  
 more & more depressed at not doing anything  
 that fulfills us & replacing the fulfillment  
 "need" of humanness with the replacement  
 of "Excess" & what we well-know is unhealthy.  
 That is God can't get His message

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Green

Chapt 14.00% No, it's not for the Jews nor is it obsolete Old Jewish law!! It's for All Mankind (AKA Jews & Gentiles) -> Also otherwise known as All God's children (children of Israel who are all Jews by faith in Jesus Christ (AKA the seed of Abraham)) - God gave us every instruction to survive & flourish in healthy ways Both mentally & physically & nutritionally we have, as humans, made our own problems by wanting much more than we actually "need" and not caring how we get it, nor "why" we must have, what we don't need!

No "New public education" can work in a self-centered society intent only on pleasing one's inner self & ignoring the consequences ... in a world intent upon everything "being done for us" so we can do less & less for ourselves, & be more & more depressed at not doing anything that fulfills us & replacing the fulfillment "need" of human "needs" with the replacement of "Excess" & what we well-know is unhealthy

Fact If God can't get His message across to those who do "Believe",

How Do You, at the U.S.D.A, propose to get through to everyone?

How can you "Alter" Human Behaviors gone Amuck ... if they don't wish to be Altered? the solution would be to

slow down the addition, saturated fats, sugars, chemicals & preservatives, Sodium, phosphorous uses which are not being even disclosed on labels.

(17 of 21) Gen

(+ we're getting TONS of it in most of our foods!!)

And have them Replaced with healthful things — (If we can put men on the moon } why can we not attain healthy foods at affordable prices for everyone??

Ex: increase Soybean production... so it becomes Available everywhere & cheap.

Publish the proper info, that lets everyone know that the Human Body Requires 90 nutrients per Day, 60 of which are Minerals.

Something that does not appear in our foods anymore \* per mass production & hormonal additives, which are detrimental to health, ARE added to much of our foods & should be identified on labels that contains them.

\* In addition to the 60 necessary "Minerals per Day") the body Also Needs: 12 essential Amino Acids 15 Vitamins & 3 fatty acids

However, even though some foods may contain for Ex: "iron" (spinach), to get the RDA, one would have to consume 40+ pounds, to get the RDA! We need to get "Minerals" Back into the food production... AS Every illness or

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We need to get "minerals" Back into the food production... AS every illness or disease, Does begin with "mineral deficiency" of some sort! And someone needs to Admit, that poor nutrition is at the root-cause of all health problems. People Need to know this! Perhaps then, they may sit up & take notice...

1/8 of 21  
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119 of 211 items

They also must realize that no "diet,"  
of any type, can help one lose weight  
except for eating 3 meals per day,  
that remains consistent, each day,  
& consists of healthful foods, in  
the amounts - sufficient for "filling one  
up so they're NOT hungry" ... until the  
next mealtime!

(Meals that are Homemade, do not have to be  
"time consuming" ... even meals can be,  
"cooking", while you shower, do laundry,  
clean, or nap!

\* Supplements should be more accepted  
by the medical field ... since Nothing  
in our foods are "healthy" any more!

\* Slower "paces" should be considered, in  
life, in U.S.

\* Wolfing down food is an American way,  
as Europeans take 2 hours to eat (& have  
less gastro, & other health problems)

\* Job demands, in actuality, are taking  
the worst toll upon workers in the U.S.  
{ Fatigue of major magnitude, no time to properly  
rest = health problems

\* So where does computer & high tech "Help us"?

\* Take Back "Human Dignity", decency &  
better treatment of one's relationships with  
others "Differences between each person,  
was made purposely, by our Creator,  
to not know it's OK to be different. & ob

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different opinions. Everyone can't think the  
same way, & Nobody would "get Anywhere",  
in life.

So... All of this is "why" we are Not healthy  
why medical costs are so high & why  
medications cannot "fix" our problems.

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Now tell me... Do you really "think" people don't know about

2/21/80

water + exercise, and a few other things that a "New" food guide pyramid might address?

You know that carrying around continuous "water" is equally as bad for one's health... + so is too strenuous exercise!

By now, you should also realize the human inner self is totally in charge of changing it's habits if it really wants to. Many just don't want to, Bad enough to change their habits!

Respectfully,  
Mrs. Evelyn J. Green  
30 years medical  
(LPN)