

AUG 11 2004

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Zajac 10F2

Linda Zajac

Vernon CT 0

August 7, 2004

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

Dear Health Care Professionals:

This letter is in response to your interest in obtaining comments from the general public concerning the redesign of the Food Guide Pyramid.

I am aware that one proposed shape was an upside down pyramid. In my opinion, this may be confusing. Traditionally, the top of the pyramid was the area labeled "use sparingly." On an upside down pyramid this area would be the largest, contradicting that statement.

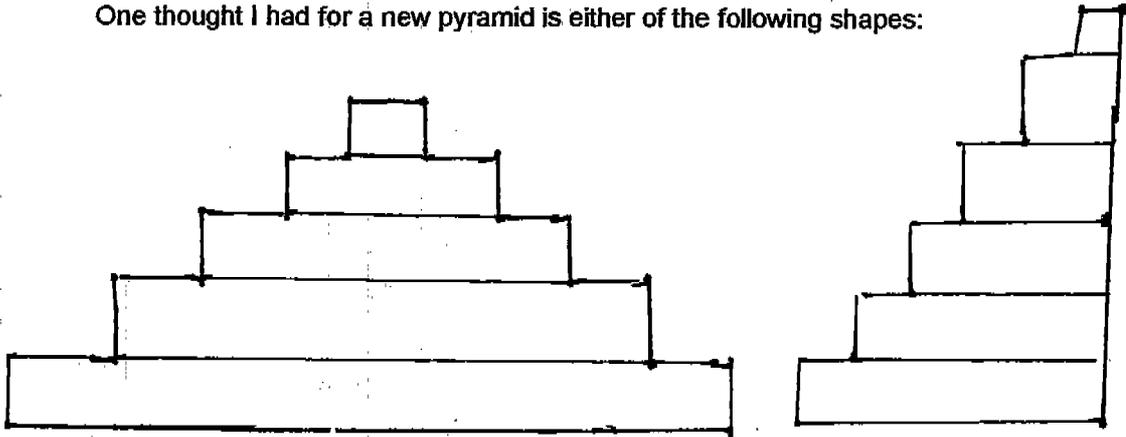
The Food Guide Pyramid is a well known symbol. More literature and education would be needed to introduce a vastly different symbol. Although this symbol appears on many food products, it is doubtful that a change on those boxes would be noticed. The only time I would read the back of a cereal box is if my morning paper were not available. That never happens. I am wondering if mailed literature would be noticed more. Another thought is a magnet stuck to the front of the refrigerator. It would be a daily reminder.

Serving size has always been an enigma. No one eats dinner next to measuring cups. I've heard portions expressed in the size of your fist, the size of your thumb.... This concept is easier for the public to grasp. Can portions be accurately quantified this way for different ages? Is a fistful of oatmeal a serving for an adult and also a serving for a

Zajac 2002

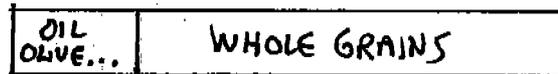
three year old? This I do not know.

One thought I had for a new pyramid is either of the following shapes:



My reasons are as follows:

- It is similar to the existing shape, yet different enough for a person to take notice.
- The blocks can be easily subdivided. For example the bottom block could be divided



- The shape is steps, therefore some possible slogans are

Step into healthy eating or Step up to a healthy you.

- I am aware that the need to exercise was proposed as an addition to the pyramid. The most common and easiest manner of exercise is walking. McDonalds recently had a stepometer promotion. The shape reinforces that. A one line recommendation expressed in minutes, miles or steps per day could be added to the recommendations thus keeping it simple.

Lastly, I have read about the negative effects of trans fats. Perhaps products such as shortening (none in my house!) should contain warning labels like cigarettes do.

Sincerely,

Linda Zajac

Linda Zajac

AUG 17 2004

Wolstenhulme

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8/9/04

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10F1

I offer the following
as a new slogan for
the new pyramid:

Get on the New Pyramid
Good Wagon

Mrs. Phyllis Wolstenhulme

Wendham, Me

159

Herbert S. Hartley
Falmouth, Maine

Hartley 1 of 1

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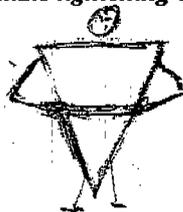
Att: Food Guide Reassessment Team
USDA Center for Nutrition
Park Center Drive
Alexandria, VA 22302

Here's my suggestion for a snazzy slogan:

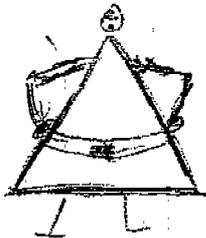
"Make your choice: Curb your calories or expand your skin."

(Add cartoons as follows:

1. Pyramid shaped male/female tightening belt. (Inverted pyramid)



2. Pyramid shaped male/female loosening belt. (Regular pyramid)



PS I'm no artist but someone can surely draw this properly.

AUG 11 2004

[Handwritten initials]

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Yonash 10-1

Robin N. Yonash

Colfax, CA

August 8, 2004

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

Dear Food Guide Team,

I have three suggestions for the new Food Guide Pyramid:

- Include information on the Glycemic index for carbohydrates—not all carbs are created equal! Note that there are two methods for determining the Glycemic index—white bread-based and glucose-based. It would be great if there was a link to such a list on the USDA web site; perhaps a list with both values so that whichever system people were using, they would have the data readily available.
- Not all fats are created equal either—people need essential fatty acids, so please list Omega 3 (especially), Omega 6, other monounsaturated fats, polyunsaturated fats, saturated fats, trans fats.
- Fiber—people need both soluble and insoluble fiber

Sincerely,

Robin N. Yonash

(Miss) Robin N. Yonash