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To the 2015 Dietary Guidelines Advisory Committee:

The North American Branch of the International Life Sciences Institute (ILSI North America) welcomes this opportunity to provide comments to the 2015 Dietary Guidelines Advisory Committee (DGAC) throughout this process. ILSI North America is a public, non-profit organization that actively collaborates with government and academia to identify and resolve scientific issues important to the health of the public. The organization carries out its mission by sponsoring relevant research programs, professional education programs and workshops, seminars and publications, as well as providing a neutral forum for government, academic, and industry scientists to discuss and resolve scientific issues of common concern for the well-being of the general public. ILSI North America's programs are supported primarily by its industry membership.

Our comments in this letter include suggested evidence-based questions for the committee to consider addressing through the use of the Nutrition Evidence Library. Specifically, these questions are grouped into five categories, representing various ILSI North America Committees. The categories include: Carbohydrates, Food Value Decisions, Low-Calorie Sweeteners, Protein and Sodium & Potassium. The Food Value Decisions related questions include a citation to relevant committee work. The questions with citations can be found in the attached Appendix I.

ILSI North America applauds the DGAC for their work and diligence toward evidence-based recommendations and the continued enhancements to the process since 2010. The Nutrition Evidence Library (NEL) has been an invaluable resource to ILSI North America in helping inform and guide the work of our committees.

With Sincere Regards,



Eric J. Hentges, PhD on behalf of the ILSI North America
Executive Director
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Attachment: Appendix I

CARBOHYDRATE RELATED QUESTIONS

1. What is the evidence that total sugar intake affects body weight in children and adults?
2. What is the evidence that fiber has been added to foods versus fiber that is intrinsic to foods differs with regard to health benefits in adults?
3. What is the evidence that measures of post-prandial glycemia are associated with long-term health outcomes in adults? (i.e. diabetes, obesity, CVD, inflammation)

FOOD VALUE DECISIONS RELATED QUESTIONS

1. What is the evidence there is a difference in actual cost (including purchase price, nutrition, preparation time, shelf life, food safety concerns) per meal, for U.S. households when selecting processed foods versus preparing foods from scratch?
 - a. Food Value Analysis. RTI International, 2013. Web. <foodvalueanalysis.org>.
2. What is the evidence that multiple factors (including purchase price, nutrition, preparation time, shelf life, and food safety concerns) influence consumers to choose processed food versus preparing food from scratch?
 - a. Food Value Analysis. RTI International, 2013. Web. <foodvalueanalysis.org>.

LOW-CALORIE/NON-NUTRITIVE SWEETENER RELATED QUESTIONS

1. What is the evidence that low-calorie and non-nutritive sweeteners impact compliance to reduced-calorie, weight loss diets in adults?
2. What is the evidence that the inclusion of low-calorie sweeteners in the diet alters preference for sweetness in children and adults?
3. What is the evidence that the inclusion of low-calorie sweeteners in the diet increase overall caloric intake in children and adults?

PROTEIN RELATED QUESTIONS

1. In 2010, many of the questions that were asked by the Committee related to dietary protein focused on the health outcomes associated with the intake of specific types of protein and not intake of total dietary protein. An important question that remains is what is the evidence that various levels of protein intake (percent of energy) influence body weight and other health outcomes? (i.e., bone health, strength, body fatness)
2. What is the evidence that total protein intake is associated with diet quality and nutrient adequacy in children and adults?

3. What is the evidence that adults who consume a greater amount (20-35% of energy, upper range of the AMDR) of protein have a more favorable lean body composition (increase in lean body mass, decrease in body fat) than those who consume protein at the lower end of the AMDR (10-20%).

SODIUM AND POTASSIUM RELATED QUESTIONS

1. What is the evidence that consuming sodium chloride versus other sodium compounds has differing effects on blood pressure in adults?
2. What is the evidence that absolute intake of sodium is a better predictor of blood pressure change than the sodium to potassium ratio? Is there an optimal sodium/potassium range that best predicts blood pressure, compared to absolute sodium intake?
3. What is the evidence that potassium intakes of 3000 and 4700 mg per day have differing effects on blood pressure in adults?
4. What is the evidence that the DASH diet would reduce the risk of cardiovascular disease, Type 2 diabetes, blood pressure, and obesity in children?