

July 28, 2009

Carole Davis, Co-Executive Secretary  
2010 Dietary Guidelines Advisory Committee  
Center for Nutrition Policy and Promotion  
United States Department of Agriculture  
3101 Park Center Drive, Room 1034  
Alexandria, VA 22302

Dear Chairman Van Horn and Advisory Committee Members:

Thank you for the opportunity to submit comments regarding the 2010 Dietary Guidelines for Americans. The domestic wheat industry would like to make you aware of a recent study published in the July 2009 Journal of the American Dietetic Association (JADA). We know that Chairman Van Horn, as Editor-in-Chief of JADA, is very familiar with this study, but we realize you all subscribe to numerous journals and may not have seen this particular study.

At a time when our country is searching for solutions to the national obesity epidemic, the DGAC's recognition of the role carbohydrates may play in decreasing obesity would have a tremendous influence on the media, the consumer and the numerous government food programs that must comply with the guidelines.

Here is a brief overview of the study findings:

- ✓ The Canadian Community Health Survey Cycle 2.2 is a cross-sectional survey of Canadians conducted in 2004-2005. There were 4,451 healthy, free-living participants ages 18 years and older.
- ✓ The purpose of the survey was to compare food intakes and BMI (Body Mass Index) of free-living, healthy adults who were not dieting.
- ✓ The researchers looked at the individual food intake as well as total caloric intake, leisure time energy expenditure, gender, smoking, education and income.
- ✓ Their findings showed that those participants who consumed 47% to 64% of their diet in the form of carbohydrates had the lowest risk of being over-weight or obese.

- ✓ Calculated accordingly to a standard 2000 calorie/day diet, those participants who ate 940 – 1280 calories from carbohydrates were the slimmest.
- ✓ These individuals also ate more fruits, vegetables and fiber and less saturated fat; a higher percentage reported being more physically active than those who ate fewer carbohydrates.

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You may access a copy of the abstract at [http://www.adajournal.org/article/S0002-8223\(09\)00451-9/abstract](http://www.adajournal.org/article/S0002-8223(09)00451-9/abstract)

Please feel free to Email any of us with questions. Thank you for the time you spend on this very important committee.

Sincerely,

Robb MacKie, President, American Bakers Association  
Stacy Sharpless, President, Biscuit and Crackers Manufacturers Association  
Judi Adams, MS, RD, President, Grain Foods Foundation  
W. Daren Coppock, Chief Executive Officer, National Association of Wheat Growers  
Carol Freysinger, Executive Director, National Pasta Association  
Betsy Faga, President, North American Millers' Association  
Lynn Holly, Interim Director, Wheat Foods Council

**The American Bakers Association** (ABA) is the Washington D.C.-based trade association that has been the voice of the wholesale baking industry since 1897. ABA has a long and dedicated history of representing the interests of the wholesale baking industry before the U.S. Congress, federal agencies, state legislatures and international regulatory authorities. ABA represents approximately 80 percent of the wholesale bakeries in the U.S. and their suppliers. [RMackie@americanbakers.org](mailto:RMackie@americanbakers.org)

**The Biscuit and Cracker Manufacturers' Association** (B&CMA) is a 108 year old full service international trade organization representing the entire spectrum of companies involved in the manufacturing of biscuits and crackers and the suppliers to the baking industry. The B&CMA is dedicated to providing the best in industry education to the cookie and cracker manufacturer. The B&CMA membership collectively manufactures approximately 85% of all cookies and crackers baked in the United States and has a growing international membership. [SSharpless@thebcma.org](mailto:SSharpless@thebcma.org)

**The Grain Foods Foundation** (GFF), a joint venture of members of the milling, baking and allied industries formed in 2004, is dedicated to advancing the public's understanding of the beneficial role grain-based foods play in the human diet. Directed by a board of trustees, funding for the Foundation is provided through voluntary donations from private grain-based food companies and is supplemented by industry associations. [Judi.Adams@grainsfoundation.org](mailto:Judi.Adams@grainsfoundation.org)

**The National Association of Wheat Growers** (NAWG) is a federation of 20 state wheat grower associations that works to represent the needs and interests of wheat producers before Congress and federal agencies. Based in Washington, D.C., NAWG is grower-governed and grower-funded, and works in areas as diverse as federal farm policy, trade, environmental regulation, research and climate change. [DCoppock@wheatworld.org](mailto:DCoppock@wheatworld.org)

**National Pasta Association** (NPA) Founded in 1904, the National Pasta Association is the trade association for the United States pasta industry, with members including the manufacturers, industry suppliers and allied industry representatives. The NPA provides leadership to the industry on public policy issues, serving as its voice in Washington, D.C. NPA also forges alliances with key organizations, monitors and addresses technical issues, and organizes events and seminars for the industry. [CFreysinger@kellencompany.com](mailto:CFreysinger@kellencompany.com)

**The North American Millers' Association** (NAMA) is the trade association representing 48 companies that operate 170 wheat, rye, oat and corn mills in 38 states and Canada. Their collective production capacity exceeds 160 million pounds of product each day, more than 95 percent of the total industry production. [BFaga@Namamillers.org](mailto:BFaga@Namamillers.org)

**The Wheat Foods Council** (WFC) is a nonprofit organization formed in 1972 to help increase public awareness of grains, both whole and enriched, complex carbohydrates, and fiber as essential components of a healthful diet. The Council is supported voluntarily by wheat producers, millers, bakers, and related industries. [LHolly@wheatfoods.org](mailto:LHolly@wheatfoods.org)