



Center for Food and Nutrition Policy
Virginia Tech - Alexandria

Diet, Nutrition and the Prevention of Chronic Diseases

Comments to the WHO and FAO

Maureen L. Storey, Ph.D.
Acting Director

Richard A. Forshee, Ph.D.
Research Assistant Professor

March, 2004

The Center for Food and Nutrition Policy (CFNP) is an independent, non-profit, center chartered at Virginia Polytechnic Institute and State University. The CFNP mission is to advance rational, science-based food and nutrition policy, and it is recognized as a Center of Excellence on such matters by the Food and Agriculture Organization of the United Nations (FAO).

March 19, 2004

Kathryn McMurry
HHS Office of Disease Prevention and Health Promotion
Office of Public Health and Science
Room 738-G
200 Independence Avenue, SW
Washington, D.C. 20201

**RE: Comments to the Dietary Guidelines for Americans
Advisory Committee**

The Center for Food and Nutrition Policy ("Center" or CFNP) at Virginia Tech in Alexandria is an independent, non-profit research and education organization that is dedicated to advancing rational, science-based food and nutrition policy. It is recognized as a Center of Excellence on such matters by the Food and Agriculture Organization of the United Nations (FAO). The Center uniquely operates like an independent "think-tank" while maintaining its academic affiliation with Virginia Tech, a major land-grant university.¹ The research, education, outreach, and communications activities of the faculty are conducted in a relevant, time-sensitive manner that helps inform the public policy process on food and nutrition issues.

Encompassed in the Center's activities on nutrition policy are its interests in policy and regulatory issues involving dietary guidance.

The Center respectfully submits 13 reprints of a recent publication that was published by Storey, Forshee, and Anderson in February, 2004 issue of the *Journal of the American College of Nutrition*. The submission is in response to the solicitation of written comments to be sent to the Dietary Guidelines for Americans Advisory Committee (DGAC) as published in the *Federal Register*.²

Key findings in this study are:

- Data from the National Health and Nutrition Examination Survey (NHANES) I, 1971-74; National Food Consumption Survey, 1977-78; NHANES II, 1976-80; NHANES III, 1988-91; the Continuing Survey of Food Intake by Individuals (CSFII, 1989-91; and CSFII, 1994-96, 98 show that calcium intake among adolescent girls 12-15 and 16-19 years of age has been inadequate for 30 years or more.

¹ The center is supported by gifts, grants, and contracts from the federal and state government, private industry, foundations, conference registration fees, and other organizations.

² Federal Register: Notice. March 10, 2004, Volume 69, Number 47, pages 11364-11365.

- African-American children and adolescents have significantly lower calcium intake than do white and Hispanic children and adolescents.
- Consumption of milk and dairy products is positively associated with calcium intake, but consumption of carbonated soft drinks is not linked to lower calcium intake.
- The data suggest that milk and soft drinks are not close dietary substitutes. Rather, when trade-offs in beverage choices occur, carbonated soft drinks tend to compete with fruit drinks and ades.
- Strategies to increase calcium intake among adolescent girls, especially African-American girls could include offering a variety of milk products including flavored milks; calcium-fortified beverages and foods; and supplementation if calcium intake from foods and beverages remains low.

Respectfully submitted,

A handwritten signature in black ink that reads "Maureen L. Storey". The signature is written in a cursive style and is positioned to the left of a vertical line.

Maureen Storey, PhD
Director, CFNP

A handwritten signature in black ink that reads "Richard Forshee". The signature is written in a cursive style.

Richard Forshee, PhD
Associate Director, CFNP
Director, Research

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13 reprints—*Journal of the American College of Nutrition* article by Storey, Forshee, Anderson, "Association of Adequate Intake of Calcium with Diet, Beverage Consumption, and Demographic Characteristics among Children and Adolescents."