

CAPE COD COMMERCIAL
**FISHERMEN'S
ALLIANCE**

Small Boats. Big Ideas.

August 10, 2020

The Honorable Secretary Sonny Perdue
Secretary of Agriculture
U.S. Department of Agriculture
1400 Independence Ave. SW
Washington, D.C. 20250

The Honorable Alex M. Azar II
Secretary of Health and Human Services
200 Independence Avenue, S.W.
Washington, D.C. 20201

Dear Secretaries Perdue and Azar:

We would like to share our appreciation with both yourselves and the members of the 2020 Dietary Guidelines Advisory Committee for their service in leading the thorough review of the latest and best science to help inform the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services' (HHS) development of the 2020-2025 Dietary Guidelines.

For 25 years, the Cape Cod Commercial Fishermen's Alliance, a 501(c)(3) non-profit organization, has worked with small-scale, independent fishermen for a balanced ecosystem and sustainable fishing communities.

We were pleased to see the continued recognition of fish as a crucial component of diet for all Americans, with special recognition of the critical role fish can play in the health of women before, during, and after pregnancy, and while they are nursing. The Committee came to several important conclusions in this space, including that the reviews suggest "seafood intake before pregnancy as part of a healthy dietary pattern, particularly intake of fish high in omega-3 fatty acids, may be related to reduced risk of gestational diabetes and hypertensive disorders, and that consumption during pregnancy may be related to reduced risk of hypertensive disorders and preterm birth and better cognitive development and language and communication development in children."

We also want to highlight the recognition of the Committee that "establishing and perpetuating dietary patterns that favor fruits, vegetables, whole grains, lean meats, fish, nuts and appropriate dairy foods, should minimize diet-related chronic disease risk."

BOARD OF DIRECTORS Nick Muto, *Chairman* • Gwen Holden Kelly, *Treasurer* • Greg Connors, *Vice-Chairman* • Brian Sherin, *Clerk*
Richard Banks • Gregory Bilezikian • Charles Borkoski • Beau Gribbin • Eric Hesse • Barry LaBar • Tim Linnell

1566 Main Street, Chatham, MA 02633 (508) 945-2432 info@capecodfishermen.org www.capecodfishermen.org

As USDA and HHS work together to integrate the recommendations of the Advisory Committee into the new Dietary Guidelines, we encourage you to closely consider the Committee's recommendations.

Our organization looks forward to continuing to work hard to make available this important and healthy food product to consumers, including as we participate in the nationwide response to COVID-19, which is causing unprecedented hunger across this country and the world. We are proud to do our part to feed this great nation and to contribute to healthful outcomes for our neighbors.

Again, thank you to USDA and HHS for the opportunity to share our comments on this process. We appreciate your leadership in this important work. We stand as a resource to USDA and HHS should we be able to be of service in any way as this process continues.

Sincerely,

A handwritten signature in black ink, appearing to read "John Pappalardo". The signature is fluid and cursive, with a prominent initial "J" and "P".

John Pappalardo
Chief Executive Officer
Cape Cod Commercial Fishermen's Alliance

