

112TH CONGRESS  
2D SESSION

# H. RES. 804

Recognizing the importance of animal-based protein as a component of the balanced diet of most individuals in the United States.

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## IN THE HOUSE OF REPRESENTATIVES

SEPTEMBER 21, 2012

Mrs. LUMMIS (for herself and Mr. BISHOP of Utah) submitted the following resolution; which was referred to the Committee on Agriculture

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## RESOLUTION

Recognizing the importance of animal-based protein as a component of the balanced diet of most individuals in the United States.

Whereas the report of the Dietary Guidelines Advisory Committee on the 2010 Dietary Guidelines for Americans (published in June 2010 under section 301 of the National Nutrition Monitoring and Related Research Act of 1990 (7 U.S.C. 5341)) provides that protein is the most important macronutrient in the diet because protein provides essential amino acids and is a source of energy;

Whereas the 2010 Dietary Guidelines for Americans recommend choosing a variety of protein-rich foods, including seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds;

Whereas protein-rich foods contribute B vitamins (including niacin, thiamin, riboflavin, and B<sub>6</sub>), vitamin E, iron, zinc, and magnesium to the diet;

Whereas zinc, iron, and other nutrients are critical for brain development and function;

Whereas meat and poultry are complete proteins that offer all the essential amino acids in a single serving;

Whereas most people, ages 9 and older, should eat 5 to 7 ounces of protein foods each day;

Whereas when protein needs are high, as during growth and development, the consumption of meat and poultry provides both a greater quantity and quality of protein than the consumption of plant-based food;

Whereas plant-based foods can be combined to improve protein quality, the number of calories of plant-based food that must be consumed to provide an adequate intake of protein must be considered;

Whereas a substantial number of women of childbearing age are iron deficient;

Whereas women of a childbearing age can increase iron levels in the body by choosing foods that supply heme iron, which is more readily absorbed by the body, other iron sources, and enhancers of iron absorption, such as vitamin C-rich foods;

Whereas sources of heme iron include lean meat, poultry, and seafood;

Whereas plant-based foods, including white beans, lentils, spinach, and foods enriched with iron, such as most breads and cereals, do not contain heme iron;

Whereas nonheme iron is not as readily absorbed by the body; and

Whereas the 2010 Dietary Guidelines for Americans provide that: “All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry—when prepared without solid fats or added sugars—are nutrient-dense foods.”: Now, therefore, be it

1       *Resolved*, That the House of Representatives—

2               (1) recognizes the importance of animal-based  
3       protein as a component of the balanced diet of most  
4       individuals in the United States; and

5               (2) encourages the Department of Agriculture  
6       to continue promoting the health benefits of and  
7       consumption of animal-based protein under the  
8       science-based 2010 Dietary Guidelines for Ameri-  
9       cans.

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