

Dietary Reference Intakes (DRIs)

2. Recommended Dietary Allowance (RDAs):

- Average amount of nutrients considered adequate to meet the needs of 98% of healthy people

3. Adequate Intakes (AI):

- Used for nutrients where there is insufficient evidence to determine an EAR.
- Based on average amount of nutrient that a group of healthy people consumes

Dietary Reference Intakes Dietary Reference Intakes

**Panel on
Micronutrients, Subcommittees on
Upper Reference Levels of Nutrients
and of Interpretation and Use of
Dietary Reference Intakes, Standing
Committee on the Scientific Evaluation
of Dietary Reference Intakes, Food and
Nutrition Board, Institute of Medicine**

Dietary Reference Intakes Dietary Reference Intakes:

Dietary Reference Intakes Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, 2001-05-30 Since 1994 the Institute of Medicine's Food and Nutrition Board has been involved in developing an expanded approach to developing dietary reference standards This approach the Dietary Reference Intakes DRIs provides a set of four nutrient based reference values designed to replace the Recommended Dietary Allowances RDAs in the United States and the Recommended Nutrient Intakes RNIs in Canada These reference values include Estimated Average Requirement EAR Recommended Dietary Allowance RDA Adequate Intake AI and Tolerable Upper Intake Level UL To date several volumes in this series have been published This new book *Applications in Dietary Assessment* provides guidance to nutrition and health research professionals on the application of the new DRIs It represents both a how to manual and a why manual Specific examples of both appropriate and inappropriate uses of the DRIs in assessing nutrient adequacy of groups and of individuals are provided along with detailed statistical approaches for the methods described In addition a clear distinction is made between assessing individuals and assessing groups as the approaches used are quite different *Applications in Dietary Assessment* will be an essential companion to any or all of the DRI volumes

Dietary Reference Intakes Institute of Medicine, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, 2003-11-07 The Dietary Reference Intakes DRIs are quantitative estimates of nutrient intakes to be used for planning and assessing diets for apparently healthy people This volume is the second of two reports in the DRI series aimed at providing specific guidance on the appropriate uses of the DRIs The first report provided guidance on appropriate methods for using DRIs in dietary assessment This volume builds on the statistical foundations of the assessment report to provide specific guidance on how to use the appropriate DRIs in planning diets for individuals and for groups Dietary planning whether for an individual or a group involves developing a diet that is nutritionally adequate without being excessive The planning goal for individuals is to achieve recommended and adequate nutrient intakes using food based guides For group planning the report presents a new approach based on considering the entire distribution of usual nutrient intakes rather than focusing on the mean intake of the group The report stresses that dietary planning using the DRIs is a cyclical activity that involves assessment planning implementation and reassessment Nutrition and public health researchers dietitians and nutritionists responsible for the education of the next generation of practitioners and government professionals involved in the development and implementation of national diet and health assessments public education efforts and food assistance programs will find this volume indispensable for setting intake goals for individuals and groups

Dietary Reference Intakes Institute of Medicine, 2006-09-29 Widely regarded as the classic reference work for the nutrition dietetic and allied health professions since its introduction in 1943 Recommended Dietary Allowances has been the accepted source

in nutrient allowances for healthy people Responding to the expansion of scientific knowledge about the roles of nutrients in human health the Food and Nutrition Board of the Institute of Medicine in partnership with Health Canada has updated what used to be known as Recommended Dietary Allowances RDAs and renamed their new approach to these guidelines Dietary Reference Intakes DRIs Since 1998 the Institute of Medicine has issued eight exhaustive volumes of DRIs that offer quantitative estimates of nutrient intakes to be used for planning and assessing diets applicable to healthy individuals in the United States and Canada Now for the first time all eight volumes are summarized in one easy to use reference volume Dietary Reference Intakes The Essential Reference for Dietary Planning and Assessment Organized by nutrient for ready use this popular reference volume reviews the function of each nutrient in the human body food sources usual dietary intakes and effects of deficiencies and excessive intakes For each nutrient of food component information includes Estimated average requirement and its standard deviation by age and gender Recommended dietary allowance based on the estimated average requirement and deviation Adequate intake level where a recommended dietary allowance cannot be based on an estimated average requirement Tolerable upper intake levels above which risk of toxicity would increase Along with dietary reference values for the intakes of nutrients by Americans and Canadians this book presents recommendations for health maintenance and the reduction of chronic disease risk Also included is a Summary Table of Dietary Reference Intakes an updated practical summary of the recommendations In addition Dietary Reference Intakes The Essential Reference for Dietary Planning and Assessment provides information about Guiding principles for nutrition labeling and fortification Applications in dietary planning Proposed definition of dietary fiber A risk assessment model for establishing upper intake levels for nutrients Proposed definition and plan for review of dietary antioxidants and related compounds Dietitians community nutritionists nutrition educators nutritionists working in government agencies and nutrition students at the postsecondary level as well as other health professionals will find Dietary Reference Intakes The Essential Reference for Dietary Planning and Assessment an invaluable resource

Dietary Reference Intakes A Report of the Subcommittees on Interpretation and Uses of Dietary Reference Intakes and Upper Reference Levels of Nutrients, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine, 2001-05-14 Since 1994 the Institute of Medicine's Food and Nutrition Board has been involved in developing an expanded approach to developing dietary reference standards This approach the Dietary Reference Intakes DRIs provides a set of four nutrient based reference values designed to replace the Recommended Dietary Allowances RDAs in the United States and the Recommended Nutrient Intakes RNIs in Canada These reference values include Estimated Average Requirement EAR Recommended Dietary Allowance RDA Adequate Intake AI and Tolerable Upper Intake Level UL To date several volumes in this series have been published This new book Applications in Dietary Assessment provides guidance to nutrition and health research professionals on the application of the new DRIs It represents both a how to manual and a why manual Specific examples of both appropriate and inappropriate uses of the DRIs

in assessing nutrient adequacy of groups and of individuals are provided along with detailed statistical approaches for the methods described. In addition, a clear distinction is made between assessing individuals and assessing groups as the approaches used are quite different. Applications in Dietary Assessment will be an essential companion to any or all of the DRI volumes.

Dietary Reference Intakes Institute of Medicine, Food and Nutrition Board, Committee on Use of Dietary Reference Intakes in Nutrition Labeling, 2004-05-12. Since 1997, the Institute of Medicine has issued a series of nutrient reference values that are collectively termed Dietary Reference Intakes (DRIs). The DRIs offer quantitative estimates of nutrient intakes to be used for planning and assessing diets. Using the information from these reports, this newest volume in the DRI series focuses on how the DRIs and the science for each nutrient in the DRI reports can be used to develop current and appropriate reference values for nutrition labeling and food fortification. Focusing its analysis on the existing DRIs, the book examines the purpose of nutrition labeling, current labeling practices in the United States and Canada, food fortification practices and policies, and offers recommendations as a series of guiding principles to assist the regulatory agencies that oversee food labeling and fortification in the United States and Canada. The overarching goal of the information in this book is to provide updated nutrition labeling that consumers can use to compare products and make informed food choices. Diet-related chronic diseases are a leading cause of preventable deaths in the United States and Canada, and helping customers make healthy food choices has never been more important.

Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, Subcommittee on Upper Reference Levels of Nutrients, Panel on the Definition of Dietary Fiber, Panel on Macronutrients, 2005-11-28. Responding to the expansion of scientific knowledge about the roles of nutrients in human health, the Institute of Medicine has developed a new approach to establish Recommended Dietary Allowances (RDAs) and other nutrient reference values. The new title for these values, Dietary Reference Intakes (DRIs), is the inclusive name being given to this new approach. These are quantitative estimates of nutrient intakes applicable to healthy individuals in the United States and Canada. This new book is part of a series of books presenting dietary reference values for the intakes of nutrients. It establishes recommendations for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids. This book presents new approaches and findings which include the following: The establishment of Estimated Energy Requirements at four levels of energy expenditure; Recommendations for levels of physical activity to decrease risk of chronic disease; The establishment of RDAs for dietary carbohydrate and protein; The development of the definitions of Dietary Fiber, Functional Fiber, and Total Fiber; The establishment of Adequate Intakes (AI) for Total Fiber; The establishment of AIs for linolenic and a linolenic acids; Acceptable Macronutrient Distribution Ranges as a percent of energy intake for fat, carbohydrate, linolenic, and a linolenic acids; and protein. Research recommendations for information needed to advance understanding of macronutrient

requirements and the adverse effects associated with intake of higher amounts Also detailed are recommendations for both physical activity and energy expenditure to maintain health and decrease the risk of disease *Dietary Reference Intakes Research Synthesis* Institute of Medicine, Food and Nutrition Board, 2007-01-05 What information is available to inform the planning of a nutrition research agenda for the United States and Canada This question provided the backdrop for the Dietary Reference Intakes Research Synthesis project undertaken by the Food and Nutrition Board of the Institute of Medicine IOM of the National Academies The Dietary Reference Intakes DRIs are quantitative reference values for recommended intakes and tolerable upper intake levels for a range of nutrients They are used widely by dietitians in individual counseling by federal nutrition officials in program and policy development and by the nutrition research and education communities in government academia and industry Between 1997 and 2005 the IOM published a series of six DRI reports covering a total of 45 nutrients energy and other food components The IOM also issued two reports describing ways to apply the DRIs in assessment and planning Together these eight reports contain more than 450 research recommendations and thus a wealth of information pertinent to a nutrition research agenda To make the recommendations more accessible the Food and Nutrition Board undertook a project with two major elements 1 the development of a searchable database of all the DRI research recommendations and 2 the Dietary Reference Intakes Research Synthesis Workshop held June 7 8 2006 which was designed to provide a venue for hearing and discussing experts perspectives on the research recommendations identified in the DRI reports Two members of the workshop planning group Drs John W Suttie and Susan J Whiting moderated the DRI Research Synthesis Workshop After an overview and demonstration of the DRI Research Synthesis Database panels of experts addressed DRI research recommendations related to each of the six DRI nutrient reports the two DRI applications reports and three cross cutting topics 1 setting DRIs for children 2 Tolerable Upper Intake Levels and 3 relevant new and underutilized research techniques This report is a summary of the workshop presentations and discussions **Dietary Reference Intakes** Food and Nutrition Board, Institute of Medicine, 2006-09-12 Widely regarded as the classic reference work for the nutrition dietetic and allied health professions since its introduction in 1943 Recommended Dietary Allowances has been the accepted source in nutrient allowances for healthy people Responding to the expansion of scientific knowledge about the roles of nutrients in human health the Food and Nutrition Board of the Institute of Medicine in partnership with Health Canada has updated what used to be known as Recommended Dietary Allowances RDAs and renamed their new approach to these guidelines Dietary Reference Intakes DRIs Since 1998 the Institute of Medicine has issued eight exhaustive volumes of DRIs that offer quantitative estimates of nutrient intakes to be used for planning and assessing diets applicable to healthy individuals in the United States and Canada Now for the first time all eight volumes are summarized in one easy to use reference volume Dietary Reference Intakes The Essential Reference for Dietary Planning and Assessment Organized by nutrient for ready use this popular reference volume reviews the function of each nutrient in the human body

food sources usual dietary intakes and effects of deficiencies and excessive intakes For each nutrient of food component information includes Estimated average requirement and its standard deviation by age and gender Recommended dietary allowance based on the estimated average requirement and deviation Adequate intake level where a recommended dietary allowance cannot be based on an estimated average requirement Tolerable upper intake levels above which risk of toxicity would increase Along with dietary reference values for the intakes of nutrients by Americans and Canadians this book presents recommendations for health maintenance and the reduction of chronic disease risk Also included is a Summary Table of Dietary Reference Intakes an updated practical summary of the recommendations In addition Dietary Reference Intakes The Essential Reference for Dietary Planning and Assessment provides information about Guiding principles for nutrition labeling and fortification Applications in dietary planning Proposed definition of dietary fiber A risk assessment model for establishing upper intake levels for nutrients Proposed definition and plan for review of dietary antioxidants and related compounds Dietitians community nutritionists nutrition educators nutritionists working in government agencies and nutrition students at the postsecondary level as well as other health professionals will find Dietary Reference Intakes The Essential Reference for Dietary Planning and Assessment an invaluable resource Dietary Reference Intakes Institute of Medicine, Food and Nutrition Board, 1999-05-07 The model for risk assessment of nutrients used to develop tolerable upper intake levels ULs is one of the key elements of the developing framework for Dietary Reference Intakes DRIs DRIs are dietary reference values for the intake of nutrients and food components by Americans and Canadians The U S National Academy of Sciences recently released two reports in the series IOM 1997 1998 The overall project is a comprehensive effort undertaken by the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes DRI Committee of the Food and Nutrition Board FNB Institute of Medicine National Academy of Sciences in the United States with active involvement of Health Canada The DRI project is the result of significant discussion from 1991 to 1996 by the FNB regarding how to approach the growing concern that one set of quantitative estimates of recommended intakes the Recommended Dietary Allowances RDAs was scientifically inappropriate to be used as the basis for many of the uses to which it had come to be applied Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee of Interpretation and Uses of Dietary Reference Intakes, Subcommittee on Upper Reference Levels of Nutrients, Panel on Micronutrients, 2002-07-19 This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes DRIs This series provides recommended intakes such as Recommended Dietary Allowances RDAs for use in planning nutritionally adequate diets for individuals based on age and gender In addition a new reference intake the Tolerable Upper Intake Level UL has also been established to assist an individual in knowing how much is too much of a nutrient Based on the Institute of

Medicine's review of the scientific literature regarding dietary micronutrients recommendations have been formulated regarding vitamins A and K iron iodine chromium copper manganese molybdenum zinc and other potentially beneficial trace elements such as boron to determine the roles if any they play in health The book also Reviews selected components of food that may influence the bioavailability of these compounds Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups Identifies research needed to improve knowledge of the role of these micronutrients in human health This book will be important to professionals in nutrition research and education

Guiding Principles for Developing Dietary Reference Intakes Based on Chronic Disease National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee on the Development of Guiding Principles for the Inclusion of Chronic Disease Endpoints in Future Dietary Reference Intakes, 2017-11-21 Since 1938 and 1941 nutrient intake recommendations have been issued to the public in Canada and the United States respectively Currently defined as the Dietary Reference Intakes DRIs these values are a set of standards established by consensus committees under the National Academies of Sciences Engineering and Medicine and used for planning and assessing diets of apparently healthy individuals and groups In 2015 a multidisciplinary working group sponsored by the Canadian and U S government DRI steering committees convened to identify key scientific challenges encountered in the use of chronic disease endpoints to establish DRI values Their report Options for Basing Dietary Reference Intakes DRIs on Chronic Disease Report from a Joint US Canadian Sponsored Working Group outlined and proposed ways to address conceptual and methodological challenges related to the work of future DRI Committees This report assesses the options presented in the previous report and determines guiding principles for including chronic disease endpoints for food substances that will be used by future National Academies committees in establishing DRIs

Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids Panel on Macronutrients, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, 2005-10-28 Tables Dietary Reference Intakes

Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Panel on Dietary Reference Intakes for Electrolytes and Water, 2005-06-18 Dietary Reference Intakes for Water Potassium Sodium Chloride and Sulfate The Dietary Reference Intakes DRIs are quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people This new report the sixth in a series of reports presenting dietary reference values for the intakes of nutrients by Americans and Canadians establishes nutrient recommendations on water potassium and salt for health maintenance and the reduction of chronic disease risk Dietary Reference Intakes for Water Potassium Sodium Chloride and Sulfate discusses in detail the role of water

potassium salt chloride and sulfate in human physiology and health The major findings in this book include the establishment of Adequate Intakes for total water drinking water beverages and food potassium sodium and chloride and the establishment of Tolerable Upper Intake levels for sodium and chloride The book makes research recommendations for information needed to advance the understanding of human requirements for water and electrolytes as well as adverse effects associated with the intake of excessive amounts of water sodium chloride potassium and sulfate This book will be an invaluable reference for nutritionists nutrition researchers and food manufacturers Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc Panel on Micronutrients, Subcommittees on Upper Reference Levels of Nutrients and of Interpretation and Use of Dietary Reference Intakes, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine, 2002-06-18 This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes DRIs This series provides recommended intakes such as Recommended Dietary Allowances RDAs for use in planning nutritionally adequate diets for individuals based on age and gender In addition a new reference intake the Tolerable Upper Intake Level UL has also been established to assist an individual in knowing how much is too much of a nutrient Based on the Institute of Medicine's review of the scientific literature regarding dietary micronutrients recommendations have been formulated regarding vitamins A and K iron iodine chromium copper manganese molybdenum zinc and other potentially beneficial trace elements such as boron to determine the roles if any they play in health The book also Reviews selected components of food that may influence the bioavailability of these compounds Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups Identifies research needed to improve knowledge of the role of these micronutrients in human health This book will be important to professionals in nutrition research and education Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline Institute of Medicine, Food and Nutrition Board, Subcommittee on Upper Reference Levels of Nutrients, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes and its Panel on Folate, Other B Vitamins, and Choline, 2000-06-15 Since 1941 Recommended Dietary Allowances RDAs has been recognized as the most authoritative source of information on nutrient levels for healthy people Since publication of the 10th edition in 1989 there has been rising awareness of the impact of nutrition on chronic disease In light of new research findings and a growing public focus on nutrition and health the expert panel responsible for formulation RDAs reviewed and expanded its approach the result Dietary Reference Intakes This new series of references greatly extends the scope and application of previous nutrient guidelines For each nutrient the book presents what is known about how the nutrient

functions in the human body what the best method is to determine its requirements which factors caffeine or exercise for example may affect how it works and how the nutrient may be related to chronic disease This volume of the series presents information about thiamin riboflavin niacin vitamin B6 folate vitamin B12 pantothenic acid biotin and choline Based on analysis of nutrient metabolism in humans and data on intakes in the U S population the committee recommends intakes for each age group from the first days of life through childhood sexual maturity midlife and the later years Recommendations for pregnancy and lactation also are made and the book identifies when intake of a nutrient may be too much Representing a new paradigm for the nutrition community Dietary Reference Intakes encompasses Estimated Average Requirements EARs These are used to set Recommended Dietary Allowances Recommended Dietary Allowances RDAs Intakes that meet the RDA are likely to meet the nutrient requirement of nearly all individuals in a life stage and gender group Adequate Intakes AIs These are used instead of RDAs when an EAR cannot be calculated Both the RDA and the AI may be used as goals for individual intake Tolerable Upper Intake Levels ULs Intakes below the UL are unlikely to pose risks of adverse health effects in healthy people This new framework encompasses both essential nutrients and other food components thought to play a role in health such as dietary fiber It incorporates functional endpoints and examines the relationship between dose and response in determining adequacy and the hazards of excess intake for each nutrient

Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, Subcommittee on Upper Reference Levels of Nutrients, Panel on Dietary Antioxidants and Related Compounds, 2000-08-27 This volume is the newest release in the authoritative series of quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people Dietary Reference Intakes DRIs is the newest framework for an expanded approach developed by U S and Canadian scientists This book discusses in detail the role of vitamin C vitamin E selenium and the carotenoids in human physiology and health For each nutrient the committee presents what is known about how it functions in the human body which factors may affect how it works and how the nutrient may be related to chronic disease Dietary Reference Intakes provides reference intakes such as Recommended Dietary Allowances RDAs for use in planning nutritionally adequate diets for different groups based on age and gender along with a new reference intake the Tolerable Upper Intake Level UL designed to assist an individual in knowing how much is too much of a nutrient

Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, 1999-10-17 Since 1941 Recommended Dietary Allowances RDAs has been recognized as the most authoritative source of information on nutrient levels for healthy people Since publication of the 10th edition in 1989 there has been rising awareness of the impact of nutrition on chronic disease In light of new research findings and a growing public focus on

nutrition and health the expert panel responsible for formulation RDAs reviewed and expanded its approach the result Dietary Reference Intakes This new series of references greatly extends the scope and application of previous nutrient guidelines For each nutrient the book presents what is known about how the nutrient functions in the human body what the best method is to determine its requirements which factors caffeine or exercise for example may affect how it works and how the nutrient may be related to chronic disease The first volume of Dietary Reference Intakes includes calcium phosphorus magnesium vitamin D and fluoride The second book in the series presents information about thiamin riboflavin niacin vitamin B6 folate vitamin B12 pantothenic acid biotin and choline Based on analysis of nutrient metabolism in humans and data on intakes in the U S population the committee recommends intakes for each age group from the first days of life through childhood sexual maturity midlife and the later years Recommendations for pregnancy and lactation also are made and the book identifies when intake of a nutrient may be too much Representing a new paradigm for the nutrition community Dietary Reference Intakes encompasses Estimated Average Requirements EARs These are used to set Recommended Dietary Allowances Recommended Dietary Allowances RDAs Intakes that meet the RDA are likely to meet the nutrient requirement of nearly all individuals in a life stage and gender group Adequate Intakes AIs These are used instead of RDAs when an EAR cannot be calculated Both the RDA and the AI may be used as goals for individual intake Tolerable Upper Intake Levels ULs Intakes below the UL are unlikely to pose risks of adverse health effects in healthy people This new framework encompasses both essential nutrients and other food components thought to play a role in health such as dietary fiber It incorporates functional endpoints and examines the relationship between dose and response in determining adequacy and the hazards of excess intake for each nutrient

Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate

Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Panel on Dietary Reference Intakes for Electrolytes and Water, 2005-06-18 Dietary Reference Intakes for Water Potassium Sodium Chloride and Sulfate The Dietary Reference Intakes DRIs are quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people This new report the sixth in a series of reports presenting dietary reference values for the intakes of nutrients by Americans and Canadians establishes nutrient recommendations on water potassium and salt for health maintenance and the reduction of chronic disease risk Dietary Reference Intakes for Water Potassium Sodium Chloride and Sulfate discusses in detail the role of water potassium salt chloride and sulfate in human physiology and health The major findings in this book include the establishment of Adequate Intakes for total water drinking water beverages and food potassium sodium and chloride and the establishment of Tolerable Upper Intake levels for sodium and chloride The book makes research recommendations for information needed to advance the understanding of human requirements for water and electrolytes as well as adverse effects associated with the intake of excessive amounts of water sodium chloride potassium and sulfate This book will be an invaluable reference for nutritionists nutrition researchers and

food manufacturers *Dietary Reference Intakes for Calcium and Vitamin D* Institute of Medicine, Food and Nutrition Board, Committee to Review Dietary Reference Intakes for Vitamin D and Calcium, 2011-03-30 Calcium and vitamin D are essential nutrients for the human body Establishing the levels of these nutrients that are needed by the North American population is based on the understanding of the health outcomes that calcium and vitamin D affect It is also important to establish how much of each nutrient may be too much Dietary Reference Intakes for Calcium and Vitamin D provides reference intake values for these two nutrients The report updates the DRI values defined in Dietary Reference Intakes for Calcium Phosphorus Magnesium Vitamin D and Fluoride the 1997 study from the Institute of Medicine This 2011 book provides background information on the biological functions of each nutrient reviews health outcomes that are associated with the intake of calcium and vitamin D and specifies Estimated Average Requirements and Recommended Dietary Allowances for both It also identifies Tolerable Upper Intake Levels which are levels above which the risk for harm may increase The book includes an overview of current dietary intake in the U S and Canada and discusses implications of the study A final chapter provides research recommendations The DRIs established in this book incorporate current scientific evidence about the roles of vitamin D and calcium in human health and will serve as a valuable guide for a range of stakeholders including dietitians and other health professionals those who set national nutrition policy researchers the food industry and private and public health organizations and partnerships *Dietary Reference Intakes for Sodium and Potassium* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee to Review the Dietary Reference Intakes for Sodium and Potassium, 2019-08-26 As essential nutrients sodium and potassium contribute to the fundamentals of physiology and pathology of human health and disease In clinical settings these are two important blood electrolytes are frequently measured and influence care decisions Yet blood electrolyte concentrations are usually not influenced by dietary intake as kidney and hormone systems carefully regulate blood values Over the years increasing evidence suggests that sodium and potassium intake patterns of children and adults influence long term population health mostly through complex relationships among dietary intake blood pressure and cardiovascular health The public health importance of understanding these relationships based upon the best available evidence and establishing recommendations to support the development of population clinical practice guidelines and medical care of patients is clear This report reviews evidence on the relationship between sodium and potassium intakes and indicators of adequacy toxicity and chronic disease It updates the Dietary Reference Intakes DRIs using an expanded DRI model that includes consideration of chronic disease endpoints and outlines research gaps to address the uncertainties identified in the process of deriving the reference values and evaluating public health implications

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