DRIs for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc

1. Nutrient function
2. Status indices
3. Criteria for adequacy, excess
4. Physiological requirement
5. Dietary bioavailability

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1. Nutrient function
2. Status indices
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6. Set EAR, RDA, UL for specific groups

Zinc from Food (9th to 99th Percentile) and DRIs

Vitamin A from Food (9th to 99th Percentile) and DRIs

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1. Nutrient function

2. Status indices

3. Criteria for adequacy, excess

4. Physiological requirement

5. Dietary bioavailability

6. Set EAR, RDA, UL for specific groups

7. Apply to plan & assess diets, make public recommendations

8. Identify needed research

9. Conduct needed research

DRI process

Evaluate

Plan

Implement

Assess

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