Dietary Reference Intakes

Developed by the Institute of Medicine (IOM), the Dietary Reference Intakes (DRIs) are nutrient reference values that support many program, policy, and regulatory initiatives. They serve as a guide for good nutrition and provide the scientific basis for the development of food guidelines in both the United States and Canada – making it important that they remain up-to-date.

**Provide Nutrient Standards For:**
- Requirements
- Excessive levels

**Recommendations Include:**
- Protein, fats, & carbs
- Vitamins & minerals
- Fiber
- Calories and physical activity
- Water

**DRIs Promote Health Through:**
- Nutrition monitoring
- Food policies
- Dietary guidelines
- Assistance programs
- Military
- Nutrition labeling
- Health professionals
- Food and supplement industries
- Global nutrient standards
- Nutrition research

**Current DRIs Can Result In:**
- Healthier Americans
- Healthier Canadians
- Healthier Global Population

For more information, visit www.iom.edu/dri
CRITICAL HEALTH APPLICATIONS
That Depend on the Dietary Reference Intakes (DRIs)

NUTRITION MONITORING
Assess nutritional health on a national level
- U.S. National Health and Nutrition Examination Survey (NHANES) and What We Eat in America (WWEIA) analyses
- Canadian Community Health Survey (CCHS) analyses

DIETARY GUIDELINES
U.S. Dietary Guidelines for Americans
USDA Food Patterns
Canada’s Food Guide

NUTRITION RESEARCH
Study how diet can help prevent diseases
Provide a frame of reference in research

HEALTH PROFESSIONALS
Dietary counseling and education
Healthy diets for institutions (hospitals, long-term care, prisons)

ASSISTANCE PROGRAMS
Guide the design of healthier federal nutrition assistance programs
- School Meals, WIC, SNAP, Child and Adult Care programs
- Administration on Aging programs

MILITARY
Ensure nutrient needs are met for armed forces
Plan meals
Procure food, including military rations

FOOD POLICIES
National, state/province, and local food policies to improve health
Wellness policies in schools

FOOD AND SUPPLEMENT INDUSTRIES
Develop healthy foods and safe supplements

NUTRITION LABELING
May be used for Nutrition Facts label and Supplement Facts label
Key tools to help consumers make healthier food choices

GLOBAL NUTRIENT STANDARDS
Provide a framework that is used by many other countries and international organizations when setting their own standards

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