Dietary Reference Intakes

Developed by the National Academies of Sciences, Engineering, and Medicine, 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
- Water
- Fiber
- Calories and Physical Activity

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

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

To learn more, visit www.nationalacademies.org/dri
CRITICAL HEALTH APPLICATIONS
That Depend on the Dietary Reference Intakes (DRIs)

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

**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

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

**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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