

Dietary Reference Intakes

Developed by the National Academies of Sciences, Engineering, and Medicine, the Dietary Reference Intakes (DRIs) are a set of nutrient reference values that

- support many program, policy, and regulatory initiatives,
- serve as a guide for meeting nutritional needs, safe upper limits, and reduction of chronic disease risk,
- 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 GUIDANCE FOR:



Nutrient requirements



Safe intakes



Energy requirements



Chronic disease risk reduction

RECOMMENDATIONS INCLUDE:



Fiber



Water



Vitamins and minerals



Protein, fats, and carbs



Energy

DRIs SUPPORT NUTRITIONAL HEALTH THROUGH:

Nutrition monitoring



Dietary guidelines



Food and nutrition assistance programs



Health professionals



Nutrition research



Food and nutrition policies



Military



Nutrition labeling



Food and supplement industries



Global nutrient standards and policies



KEEPING THE DRIs UPDATED SUPPORTS THE HEALTH OF:

Americans



Canadians



Global Populations



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



HEALTH PROFESSIONALS

Dietary counseling and education

Healthful diets for institutions (hospitals, longterm care, prisons)



NUTRITION RESEARCH

Study how diet can help prevent diseases

Provide a frame of reference in research



FOOD AND NUTRITION ASSISTANCE PROGRAMS

Guide the design of healthier federal food and nutrition assistance programs

- School Meals, WIC, SNAP, Child and Adult Care programs
- Older Americans Act Nutrition Program



MILITARY

Ensure nutrient needs are met for armed forces

Plan meals

Procure food, including military rations



FOOD AND NUTRITION POLICIES

National, state/province, and local food and nutrition policies to improve health

Wellness policies in schools



NUTRITION LABELING

May be used for Nutrition Facts label and Supplement Facts label

Key tools to help consumers make healthier food choices



FOOD AND SUPPLEMENT INDUSTRIES

Provide guidance for product composition and safety



GLOBAL NUTRIENT STANDARDS AND POLICIES

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