

# Asapscience Dietary Reference Values

## *Dietary Guidelines for Americans 2015-2020*

Department of Health and Human Services 2017-09-05  
Dietary Guidelines for Americans 2015-2020 provides the government's most up-to-date information on diet and health in order to help all children and their families consume a healthy, nutritionally adequate diet. Previous editions of the Dietary Guidelines focused primarily on individual dietary components of the food pyramid, such as dairy, meats, fruits, and vegetables. However, a growing body of new research has examined the relationship between overall eating patterns, health, and risk of chronic disease, and findings on these relationships are sufficiently well established to support dietary guidance. As a result, eating patterns and their food and nutrient characteristics are a focus of

the recommendations in the 2015-2020 Dietary Guidelines . This edition provides guidelines for the seven million Americans who follow vegetarian diets—a number that has tripled in the last ten years. The information in the Dietary Guidelines is used in developing Federal food, nutrition, and health policies, educational materials, and programs. These guidelines are a necessary reference for policymakers and nutrition and health professionals, and a great resource for parents who strive to create a healthy lifestyle for their families. Additional audiences who may use Dietary Guidelines information to develop programs, policies, and communication for the general public include businesses, schools, community groups, media, the food industry, and State and local governments.  
**Dietary Reference Values**  
Jenny Salmon 1991 Guidance

on recommended nutritional intake.

*P2-23-02 - An Interactive Webtool to Retrieve Dietary Reference Values: the EFSA DRV Finder* Elisa Corsini 2017 (Introduction) Dietary Reference Values (DRVs) is an umbrella term for a set of reference values which inform about the nutrient requirements of healthy people and potential risks of excess intakes. DRVs are the cornerstone on which nutrition policies are built and guide health professionals in planning and assessing diets of individuals or groups of people. The European Food Safety Authority (EFSA) recently completed its assessment of DRVs for the European population. EFSAu2019s review covers fats, carbohydrates and dietary fibre, protein, energy, water as well as 14 vitamins and 15 minerals. We present the DRV Finder, an interactive tool available on EFSAu2019s website to assist the retrieval and use of these values by the nutrition community.(materials

and methods) Most nutrients have a set of DRVs. When enough evidence is available on a nutrient, an Average Requirement (AR) and a Population Reference Intake (PRI) are derived. An Adequate Intake (AI) is typically proposed when an AR cannot be determined. Reference Intake (RIs) ranges are also set for total fat and carbohydrates. Taking account of the variation in the requirements in the population, specific references values are proposed by age group and gender. Many vitamins and minerals also have Tolerable Upper Intake Levels (ULs). EFSAu2019s review of DRVs resulted in a series of 34 scientific opinions and in a database of hundreds of reference values. Communication and IT specialists developed a web-based search tool gathering all references values and supporting materials.(Results) The tool allows users to conduct tailored searches in EFSAu2019s DRVs database, according to their nutrient(s) and population group(s) of

interest, as well as the type of values depending on the applications they aim at. Drop down menus allow the selection of either a group of nutrients (e.g. minerals) or a specific one (e.g. calcium). Information boxes provide information on the main functions of the nutrients. Search results provide in a tabulated form the numerical values of the selected DRVs and an easy access to the corresponding EFSA scientific opinions, and can be exported to PDF or XLS format. The tool is currently available in English, German, French, Italian, Spanish and Czech.

(discussion) The DRVs Finder illustrates how data processing technology can be used to ease the way in which nutrition and health actors collect and retrieve the data that they need for their daily work.

Conflict of interest: There is no conflict of interest

### **DRI Dietary Reference Intakes 2000**

*Dietary Reference Intakes for Energy* National Academies Of

Sciences Engineeri 2023-10-13

The Dietary Reference Intakes (DRIs) are a set of reference values that encompass a safe range of intake and provide recommended nutrient intakes for the United States and Canada. The DRIs for energy are used widely to provide guidance for maintaining energy balance on both an individual and group level. U.S. and Canadian governments asked the National Academies to convene an expert committee to examine available evidence and provide updated Estimated Energy Requirements (EERs) for their populations. The resulting report presents EER equations that provide a baseline for dietary planners and assessors who are estimating energy needs and monitoring energy balance to enhance the general health of individuals and populations.

*Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids* 2002

**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 Values* Anne Halliday 1992

**Dietary Reference** Harriet Bookman 2025-03-17 *Dietary Reference* offers a

comprehensive guide to understanding the science of nutrition and its impact on overall health, emphasizing informed dietary choices through a clear understanding of dietary guidelines, nutrient requirements, and food composition. This book uniquely bridges the gap between complex nutritional science and practical application, making it an invaluable resource for anyone seeking to optimize their health through diet. It highlights the evolution of nutritional science from preventing deficiencies to promoting optimal health, driven by our deeper understanding of how macronutrients and micronutrients support bodily functions. Did you know that dietary needs vary significantly based on age, sex, and activity level? The book systematically progresses through key areas: foundational concepts of nutrition, detailed explanations of Dietary Reference Intakes (DRIs) including Recommended Dietary Allowances (RDAs) and Tolerable Upper Intake Levels

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(ULs), and an extensive exploration of food composition data using resources like the USDA Food Composition Database. Providing a clear, evidence-based approach, the book also includes practical meal planning examples for different needs and discusses special dietary considerations. The approach taken is to present complex information in an accessible format, using tables, charts, and infographics to enhance understanding. It connects to fields such as medicine and exercise physiology, making it a valuable reference for both healthcare professionals and individuals aiming to improve their understanding of nutrition for healthier eating habits.

**Dietary Reference Values for Food Energy and Nutrients for the United Kingdom**

Great Britain. Panel on Dietary Reference Values 1991 A summary of this report is also available (ISBN 0113213964) [Dietary reference values for energy](#) Scientific Advisory Committee on Nutrition

2012-05-02 Dietary reference values (DRVs) for energy are based on estimating the total energy expenditure (TEE) for groups of people. TEE provides a measure of the energy requirement at energy balance i.e. when energy intake matches energy expenditure. The methodology to measure TEE - the doubly labelled water (DLW) method - has advanced and as a result, the evidence base on TEE in a wide variety of population groups has expanded considerably. With the high levels of overweight and obesity currently seen in the UK and the wealth of new data now available, it was considered timely for the Scientific Advisory Committee on Nutrition (SACN) to review recommendations for the UK population. This report details the evidence and approaches SACN have considered in order to update the DRVs for energy. SACN chose a prescriptive approach to estimating energy reference values; suitable reference body weight ranges consistent with long-term good health were used to calculate

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energy reference values. Thus, basal metabolic rate (BMR) values were predicted using healthy reference body weights. Using this approach, if overweight groups consume the amount of energy recommended for healthy weight groups, they are likely to lose weight, whereas underweight sections of the population should gain weight towards the healthy body weight range. SACN has derived new energy reference values. For most population groups, except for infants and young children, the values have increased. DRVs should be used to assess the energy requirements for large groups of people and populations, but should not be applied to individuals due to the large variation in physical activity and energy expenditure observed between people.

**Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids** Panel on Macronutrients 2005-10-28 Tables, Dietary Reference

Intakes.

*Dietary Reference Values for Energy 2011*

**DRI, Dietary Reference Intakes 2006**

**Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids** Institute of Medicine 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,

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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 FOR ENERGY, CARBOHYDRATE, FIBER, FAT, FATTY ACIDS, CHOLESTEROL, PROTEIN, AND AMINO ACIDS (MACRONUTRIENTS).**

PANEL ON

MICRONUTRIENTS. 2002

**DRI** Institute of Medicine (U.S.). Food and Nutrition Board 1997

*Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids* 2005  
*Dietary Reference Intakes* Food and Nutrition Board

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

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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.

Nutrition Janice Thompson  
2011

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