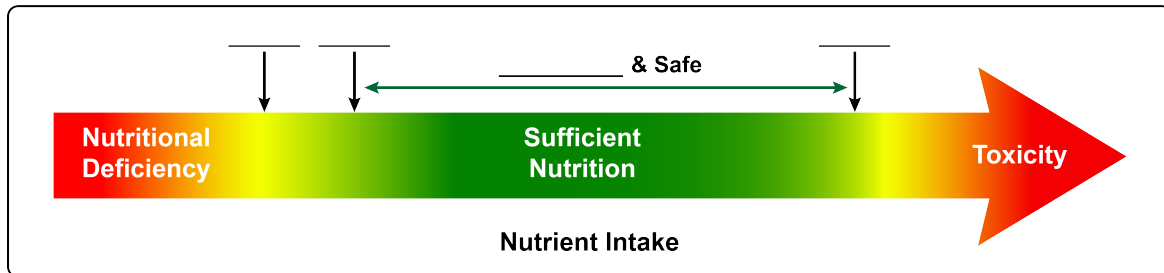


CONCEPT: INTRODUCTION TO DIETARY REFERENCE INTAKES (DRIs)

◆ **DRIs** are a set of scientifically developed _____ values.

- Recommended intake levels of essential nutrients to _____ nutritional deficiencies and chronic diseases.



◆ **Estimated Average Requirement (EAR):** average daily intake required by ____% of individuals.

- E.g., 0.66 g/kg/day protein for males aged 19-30 years.

◆ **Recommended Daily Allowance (RDA):** average daily intake allowance for ____ - ____% of individuals.

- E.g., 1000 mg Ca/day for adult females.

◆ **Adequate Intake (AI):** average amount _____ to be sufficient for healthy people.

- E.g., 50 mg/day Vit. C for children aged 6-12 months.

◆ **Tolerable Upper Intake Limit (UL):** _____ daily intake of a nutrient without the risk of _____.

- E.g., 3000 mg Ca/day for adult females.

◆ **Acceptable Macronutrient Distribution Range (AMDR):** intake range associated with ____ risk of chronic diseases.

- E.g., energy intake from dietary fats should be within 20-35% of daily calories.

EXAMPLE

Identify each of the following as EAR, RDA, AI, or UL.

- _____ Healthy girls aged 9-13 years should drink 9 cups of water daily.
- _____ Pregnant females aged 19-30 years can safely consume a maximum of 100 µg vitamin D daily.
- _____ 50% of males aged 19-30 years require 12 mg vitamin E daily.
- _____ 97% of children between the ages of 4-8 years need 19 g protein daily.
- _____ More than 1.3 mg of fluoride a day increases the risk of diseases in children of ages 1-3 years.

CONCEPT: INTRODUCTION TO DIETARY REFERENCE INTAKES (DRIs)

PRACTICE

Which of the following statements is correct about AMDR?

- a) AMDR is the nutrient intake range between RDA and UL.
- b) AMDR is the intake range of a micronutrient associated with a reduced risk of chronic disease.
- c) AMDR is a set of recommendations of macronutrient consumption, expressed as percentage of total energy intake.
- d) AMDR is generally higher than RDA for carbohydrates.

PRACTICE

DRIs serve all of the following purposes except:

- a) help nutrition professionals plan nutrient intake for healthy individuals.
- b) help individuals prepare recipes that provide adequate nutrition for most individuals.
- c) help individuals determine the maximum daily amount of a nutrient that they can consume.
- d) help policymakers develop dietary guidelines and food guides.
- e) help individuals identify the optimum and safe amount of a nutrient.