

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:



FIBER



PROTEIN,
FATS,
& CARBS



VITAMINS
& MINERALS



WATER



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



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

Healthy diets for institutions (hospitals, long-term care, prisons)



NUTRITION RESEARCH

Study how diet can help prevent diseases

Provide a frame of reference in research



ASSISTANCE PROGRAMS

Guide the design of healthier federal nutrition assistance programs

- School Meals, WIC, SNAP, Child and Adult Care programs
- Administration on Aging programs



NUTRITION LABELING

May be used for Nutrition Facts label and Supplement Facts label

Key tools to help consumers make healthier food choices

FOOD POLICIES

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

Wellness policies in schools



MILITARY

Ensure nutrient needs are met for armed forces

Plan meals

Procure food, including military rations



GLOBAL NUTRIENT STANDARDS

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



FOOD AND SUPPLEMENT INDUSTRIES

Develop healthy foods and safe supplements

