

# Dietary Reference Values

- ❑ DRVs are estimates of the amount of energy and nutrients needed by different groups of healthy people.
- ❑ These were based on advice given by the Committee of Medical Aspects of Food and Nutrition Policy (COMA) in the 1990s
- ❑ The DRVs for this 18 year old girl are:

**protein**  
45g

**energy**  
2110kcal

**dietary fibre**  
12-24g

**starch 39% of  
food energy**

**saturates less  
than 11%**

**NME sugars 11% of  
food energy**

**fats less than 35%  
of food energy**

**plus vitamins and  
minerals. \***



# Asapscience Dietary Reference Values

**National Research Council, Commission  
on Life Sciences, Food and Nutrition  
Board, Subcommittee on the Tenth  
Edition of the Recommended Dietary  
Allowances**

## **Asapscience Dietary Reference Values:**

Dietary Reference Values for Food Energy and Nutrients for the United Kingdom Great Britain. Panel on Dietary Reference Values, Great Britain. Department of Health, 1991 A summary of this report is also available ISBN 0113213964

**Dietary Reference Values** Jenny Salmon, Great Britain. Dept. of Health, Great Britain. Department of Health, 1991 Guidance on recommended nutritional intake

**Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids** Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, Subcommittee on Upper Reference Levels of Nutrients, Panel on the Definition of Dietary Fiber, Panel on Macronutrients, 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 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 Values for Energy**, 2011

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

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, 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, British Nutrition Foundation, 1992

**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 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](#) National Academies Of Sciences Engineering and Medicine, Health And Medicine Division, Food And Nutrition Board, Committee on the Dietary Reference Intakes for Energy, 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

**DRI, Dietary Reference Intakes** ,2006 **DRI Dietary Reference Intakes** ,2000 **Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids** ,2005 [The Dietary Reference Intakes](#) University of Stellenbosch. Nutrition Information Centre,2003 *DRI* Institute of Medicine (U.S.). Food and Nutrition Board, Institute of Medicine (U.S.). Panel on Micronutrients, Institute of Medicine (U.S.). Standing Committee on the Scientific Evaluation of Dietary Reference Intakes,1997 **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 interestThere is no conflict of interest

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

**Recommended Dietary Allowances** National Research Council,Commission on Life Sciences,Food and Nutrition Board,Subcommittee on the Tenth Edition of the Recommended Dietary Allowances,1989-02-01 Since its introduction in 1943 Recommended Dietary Allowances has become the accepted source of nutrient allowances for healthy people These Recommended Dietary Allowances RDAs are used throughout the food and health fields Additionally RDAs serve as the basis for the U S Recommended Daily Allowances the Food and Drug Administration s standards for nutrition labeling of foods The 10th Edition includes research results and expert interpretations from years of progress in nutrition research since the previous edition and provides not only RDAs but also Estimated Safe and Adequate Daily Dietary Intakes provisional values for nutrients where data were insufficient to set an RDA Organized by nutrient for ready reference the volume reviews the function of each nutrient in the human body sources of supply effects of deficiencies and excessive intakes relevant study results and more The volume concludes with the invaluable Summary Table of Recommended Dietary Allowances a convenient and practical summary of the recommendations

**Dietary Reference Intakes** Food and Nutrition Board,Institute of Medicine,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 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 Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids** Institute of Medicine (IOM) Food and Nutrition Board (FNB),2002      **Dietary Reference Intakes** Jennifer J. Otten,2006

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