Nutritional Guidelines Overview

Dietary Reference Intakes (DRIs)

Dietary Reference Intakes (RDIs) is the new standard developed in a joint venture between American and Canadian scientists currently being released through the year 2001. As the previous standards dealt primarily with protecting the American population from nutrient deficiencies, the new standards take into account toxicity issues, the practice of food fortification, and the healthful benefits of some nutrients and not just deficiency problems. The RDIs are developed from four different standards.

Tolerable Upper Intake Level (UL)

Tolerable Upper Intake Level (UL) is designed specifically to deal with toxicity issues. Here, an upper limit is designated where 97% to 98% of the population will not experience toxic effects.

Recommended Dietary Allowance (RDA)

The new Recommended Dietary Allowance (RDA) is based upon the Estimated Average Requirement and increased sufficiently to cover 97% - 98% of the population. The goal is not just to prevent deficiency, but prevent development of chronic disease where increased consumption has proven effective.

Adequate Intake (AI)

Adequate Intake (AI) are based upon observed maintenance of a healthful state for specific population groups consuming a particular nutrient for which there is insufficient information to establish an RDA.

Estimated Average Requirement (EAR)

Estimated Average Requirements are *average* nutrient intakes for target population groups that would promote a healthful state and where nutrient storage tissues are full. The EAR is justified by scientific evidence based upon acceptable physiological indicators or markers. Note that the EAR would only cover 50% of a traget group.

The EAR also includes the **Estimated Energy Requirement (EER)** which is the amount of energy needed to maintain a healthy weight based upon weight, sex, age, hight etc.

Reference: Perspectives in Nutrition, a functional Approach by Byrd-Bredbenner, Moe, Beshgetoor, Berning, and Kelley

Food Labels

Nutrition Facts

Serving Size 8.2 oz.
(35g/ about 1/4 box)
(Makes about 1/2 cup)
Servings Per Container about 4

Amount Per Serving	
Calories 625	
Calories from Fat 140	
	% Daily Value
Total Fat 25 g	23%
Saturated Fat 10 g	46%
Cholesterol 32mg	20%
Sodium 540 mg	55%
Total Charbohydrate 40 g	12 %
Dietary Fiber 3g	5%
Sugars 6g	
Protein 20 g	

% Daily Values

Daily Values are generic values found on the Nutrient Facts Panels designed to provide consumers an idea of the relative nutrient content in their purchases. They provide consumers with excellent diet planning tools. Daily Values are based upon the Reference Daily Intakes (RDIs) and the Daily Reference Values (RDVs).

Reference Daily Intakes (RDIs)

Reference Daily Intakes (RDIs) are established for vitamins and most minerals. They tend to a little higher than the RDA, and many nutrionists feel they should be revised.

Daily Reference Values (DRV)

Daily Reference Values (DRVs) exist for such energy providing nutrients such as saturated fatty acids, cholesterol, carbohydrate, etc, and others for which no RDA exists. They are based upon calory intake. Scientists and health professionals realize that these are important relative to diet planning and health. Again, they are developed to help consumers evaluate their food choices.