



DRI's can be used for diet planning...however, they are just one type of standard. To fully evaluate your diet, you must look at your overall eating pattern, health condition, i.e, medications and diseases. True nutrient lacks or eccesses can be found only through medical tests.

Appendix A shows a chart of RDA's and DRI's

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Raffaella Di Napoli

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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