

What are DRIs?

Daily Reference Intakes:

- Dietary Reference Intake (DRI) is a system of nutrition recommendations from the Institute of Medicine (IOM) of the National Academies (United States). The DRI provides several types of reference values.
- Standards to guide safe & adequate intakes of essential nutrients for **HEALTHY INDIVIDUALS**.
 - Sick individuals have different needs.
- Established by a committee of nutrition experts
- Based on latest scientific evidence
- The year 2001, 2002, 2004 revision values were designed to promote optimal function & health for healthy people.
- Specific for groups of people based on: life stage, gender, conditions of pregnancy & lactation.
- Are adequate for moderately active people

Nutrition W Cd Dri Sup Diet Anal61cd

Victor M. Corman

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.

Nutrition W Cd Dri Sup Diet Anal61cd:

Nutrition W Cd Dri Sup Diet Anal61cd Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Nutrition W Cd Dri Sup Diet Anal61cd**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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