

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

Terry C. Jones



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