

Dietary Reference Intakes

- DRI for most nutrients
 - ✓ **Estimated Average Requirement**
 - ✓ **Recommended Dietary Allowance**
 - ✓ **Adequate Intake**
- DRI for most energy and macronutrients
 - ❖ **Estimated Energy Requirement**
 - ❖ **Acceptable Macronutrient Distribution Range**

Dietary Reference Intakes

- Reduce risk of chronic disease & promote optimal health
- For healthy people only
- Identify amount of nutrient needed to prevent deficiency disease

Preview from Notesale.co.uk
Page 6 of 8

EAR

- Estimated Average Requirement (EAR) is used to establish Recommended Dietary Allowance (RDA)
- EAR estimated to meet requirement of 50% of healthy people in the particular group of people
