

Nutrient	Unit of Measure	Adults and Children ≥ 4 years	Infants¹ through 12 months	Children 1 through 3 years	Pregnant women and lactating women
Biotin	Micrograms (mcg)	30	6	8	35
Pantothenic Acid	Milligrams (mg)	5	1.8	2	7
Phosphorus	Milligrams (mg)	1,250	275	460	1,250
Iodine	Micrograms (mcg)	150	130	90	290
Magnesium	Milligrams (mg)	420	75	80	400
Zinc	Milligrams (mg)	11	3	3	13
Selenium	Micrograms (mcg)	55	20	20	70
Copper	Milligrams (mg)	0.9	0.2	0.3	1.3
Manganese	Milligrams (mg)	2.3	0.6	1.2	2.6
Chromium	Micrograms (mcg)	35	5.5	11	45
Molybdenum	Micrograms (mcg)	45	3	17	50
Chloride	Milligrams (mg)	2,300	570	1,500	2,300
Choline	Milligrams (mg)	550	150	200	550
Protein	Grams (g)	n/a	11	n/a	71 ⁷

¹ RDIs are based on dietary reference intake recommendations for infants through 12 months of age.

² RAE = Retinol activity equivalents; 1 microgram RAE = 1 microgram retinol, 2 micrograms supplemental β -carotene, 12 micrograms dietary β -carotene, 24 micrograms dietary α -carotene, or 24 micrograms dietary β -cryptoxanthin.

³ 1 mg α -tocopherol (label claim) = 1 mg α -tocopherol = 1 mg RRR- α -tocopherol = 2 mg *all rae*- α -tocopherol.

⁴ NE = Niacin equivalents, 1 mg NE = 1 mg niacin = 60 milligrams tryptophan.

⁵ "Folate" and "Folic Acid" must be used for purposes of declaration in the labeling of conventional foods and dietary supplements. The declaration for folate must be in mcg DFE (when expressed as a quantitative amount by weight in a conventional food or a dietary supplement), and percent DV based on folate in mcg DFE. Folate may be expressed as a percent DV in conventional foods. When folic acid is added or when a claim is made about the nutrient, folic acid must be declared in parentheses, as mcg of folic acid.

⁶ DFE = Dietary Folate Equivalents; 1 DFE = 1 mcg naturally-occurring folate = 0.6 mcg folic acid.

⁷ Based on the reference caloric intake of 2,000 calories for adults and children aged 4 years and older, and for pregnant women and lactating women.

Reference Daily Intake Guide

Tracy A. Altman



Reference Daily Intake Guide:

Dietary Reference Intakes Institute of Medicine, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, 2003-11-07 The Dietary Reference Intakes DRIs are quantitative estimates of nutrient intakes to be used for planning and assessing diets for apparently healthy people This volume is the second of two reports in the DRI series aimed at providing specific guidance on the appropriate uses of the DRIs The first report provided guidance on appropriate methods for using DRIs in dietary assessment This volume builds on the statistical foundations of the assessment report to provide specific guidance on how to use the appropriate DRIs in planning diets for individuals and for groups Dietary planning whether for an individual or a group involves developing a diet that is nutritionally adequate without being excessive The planning goal for individuals is to achieve recommended and adequate nutrient intakes using food based guides For group planning the report presents a new approach based on considering the entire distribution of usual nutrient intakes rather than focusing on the mean intake of the group The report stresses that dietary planning using the DRIs is a cyclical activity that involves assessment planning implementation and reassessment Nutrition and public health researchers dietitians and nutritionists responsible for the education of the next generation of practitioners and government professionals involved in the development and implementation of national diet and health assessments public education efforts and food assistance programs will find this volume indispensable for setting intake goals for individuals and groups **Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T.

Dwyer, Elaine B. Feldman, 2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original *The Complete Idiot's Guide to Vitamins and Minerals, 3rd Edition* Alan H. Pressman D.C.

Ph.D., Sheila Buff, 2007-03-06 The most up to date lowdown on vitamins and minerals Updated and revised for the first time since 2000 this new edition of The Complete Idiot's Guide to Vitamins and Minerals covers all the latest research and developments in vitamins minerals and supplements in the last six years It features significant new information on Vitamins A and E folate and glycosamine among many others and sets the record straight on much of the conflicting information out there on this subject Covers all research and developments in vitamins minerals and supplements in the last six years Significant new information on Vitamins A and E folate glycosamine and others **FDA and USDA Nutrition Labeling**

Guide Tracy A. Altman, 1998-06-05 FDA and USDA Nutrition Labeling Guide Decision Diagrams Checklists and Regulations provides hands on information and guidelines for understanding federal nutrition labeling requirements This plain English analysis of FDA and FSIS labeling rules contains diagrams and tables and cites specific regulations Decision diagrams walk the reader through volumes of information and make sense out of complicated regulatory processes Checklists for managing

information for developing specific labels help the reader track regulatory changes and document regulation applicability to company products The RegFinder index references not only the text but also provides hundreds of regulatory citations

American Diabetes Association Guide to Nutrition Therapy for Diabetes Alison B. Evert, MS, RDN, CDE, Marion J. Franz, MS, RDN, CDE, 2017-05-15 Nutrition therapy is an essential component of effective diabetes management Healthcare providers need to stay current on new developments in nutrition therapy and specific interventions for a wide range of patient populations and special circumstances in order to provide the best possible outcomes for their patients Revised and updated to incorporate the latest research and evidence based guidelines the third edition of the American Diabetes Association Guide to Nutrition Therapy for Diabetes is a comprehensive resource for the successful implementation of nutrition therapy for people with diabetes Topics covered include Macronutrients and micronutrients Nutrition therapy for pregnant women youth older adults and people with prediabetes Nutrition therapy for hospitalized and long term care patients Celiac disease eating disorders and diabetes complications Cost effectiveness of nutrition therapy health literacy and numeracy and community based diabetes prevention programs Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2010-04-07 5 Stars Doody's Review Service Nutrition Fourth Edition is an accessible introduction to nutritional concepts guidelines and functions It brings scientifically based accurate information to students about topics and issues that concern them a balanced diet weight management and more and encourages them to think about the material they are reading and how it relates to their own lives Covering important biological and physiological phenomena including glucose regulation digestion and absorption and fetal development as well as familiar topics such as nutritional supplements and exercise Nutrition Fourth Edition provides a balanced presentation of behavioral change and the science of nutrition

User's Guide to Nutritional Supplements Jack Challem, 2003 The User's Guide to Nutritional Supplements focuses on the most popular nutritional supplements those that consistently attract the most attention and are the ones most likely to benefit the majority of people In describing the most popular nutritional supplements this book explains Vitamin E can reduce the risk of heart disease and the best types to take Selenium can slash the chances of developing some types of cancer Ginkgo can improve memory and recall Chromium can help promote weight loss and lower the risk of diabetes Glucosamine and chondroitin can prevent osteoarthritis Calcium and magnesium work together to build strong bones Coenzyme Q10 can boost your energy levels and strengthen your heart Ginseng and other supplements boost your exercise stamina

Discovering Nutrition Paul M. Insel, Elaine Turner, Don Ross, 2010 Discovering Nutrition Third Edition is a student friendly introduction to nutrition on a non majors level Coverage of material such as digestion metabolism chemistry and life cycle nutrition is clearly written accessible and engaging to undergraduate students **Manual of Nutritional Therapeutics** David H. Alpers, Beth E. Taylor, Dennis M. Bier, Samuel Klein, 2015-01-21 Meant for quick retrieval of vital information regarding the management of nutritional issues in patients with gastroenterological problems either primary or

as the consequence of other medical disorders such as diabetes hyperlipidemia and obesity The book addresses normal physiology and pathophysiology and offers chapters on diseases that can lead to specific nutritional problems The clinical focus is on therapeutic nutrition and dietary management *Clinical Nursing Skills* Mr. Rohit Manglik,2024-01-16

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Multidisciplinary Approach to the Management of Obesity Lalita Kaul, PhD RDN,2023-11-30 There is an obesity crisis in America It is also becoming a global problem with increased prosperity enjoyed by many developing countries Because of this many books have been written on this topic But none presents a nice concise multidisciplinary approach to the problem as this book by Dr Lalita Kaul Author has been able to convey the basic information in a simple manner useful for both medical personnel and lay public The clinical consequences of obesity are profound and far reaching Beginning with prevalence in various ethnic groups successive chapters deal with causes health risks and the management of obesity Chapter 13 summarizes the treatment for quick reference The appendices contain valuable information including the caloric content of many commonly used foods nutritional assessment forms food diary ways to measure your servings and behavior modification strategies The appendix on calories in fast foods is a true eye opener Did you know a Big Mac has 570 calories and 35 gm of saturated fat only beaten by the Burger King Whopper with 640 calories and 41 gm of fat No wonder they are called the coronary diet Finally there are healthy delectable low fat recipes for your daily use including a variety of delicious Indian recipes All chapters are well written fully researched and clearly organized with a lot of practical information on how to handle the problem from infancy to old age The many tables and diagrams are useful adjuncts And there is an extensive list of references at the end The chapters dealing with obesity in children are particularly informative since therein lies the root of the problem Also there is an ample discussion on the biology of obesity genes hormones metabolic pathways etc Bariatric surgery now gaining momentum in the United States of America has been given some importance Book also discusses obesity in getting COVID and vitamin D deficiency In short this book answers some of the questions we always ask Why we eat what we eat What happens to all that we eat and What can we do to end this epidemic and more Overall this is a very useful handbook for medical students residents nurses practicing physicians and the lay public *Dietary Guidelines for Americans 2015-2020* HHS, Office of Disease Prevention and Health Promotion (U.S.),USDA

, Center for Nutrition Policy Promotion (U.S.),2015-12-31 Learn more about how health nutrition experts can help you make the correct food choices for a healthy lifestyle The eighth edition of the Dietary Guidelines is designed for professionals to help all individuals ages 2 years old and above and their families to consume a healthy nutritionally adequate diet The 2015 2020 edition provides five overarching Guidelines that encourage healthy eating patterns recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern acknowledge that all segments of our society have a role to play in supporting healthy choices provides a healthy framework in which individuals can enjoy foods that meet their personal cultural and traditional preferences within their food budget This guidance can help you choose a healthy diet and focus on preventing the diet related chronic diseases that continue to impact American populations It is also intended to help you to improve and maintain overall health for disease prevention NOTE This printed edition contains a minor typographical error within the Appendix The Errata Sheet describing the errors can be found by clicking here This same errata sheet can be used for the digital formats of this product available for free Health professionals including physicians nutritionists dietary counselors nurses hospitality meal planners health policymakers and beneficiaries of the USDA National School Lunch and School Breakfast program and their administrators may find these guidelines most useful American consumers can also use this information to help make healthy food choices for themselves and their families *Food Policy* Janel Obenchain,Arlene Spark,2015-08-26 Access to safe adequate and nutritionally balanced food is a cornerstone of public health *Food Policy Looking Forward from the Past* examines the influences of grassroots movements the government and industry on the US food systems The authors explore the intersection of food and nutrition and how policy influences this overlap They illumina **WHO guideline for the clinical management of exposure to lead** World Health

Organization,2021-10-28 The purpose of the WHO guideline for clinical management of exposure to lead is to assist physicians in making decisions about the diagnosis and treatment of lead exposure for individual patients and in mass poisoning incidents The guidelines present evidence informed recommendations on i the interpretation of blood lead concentrations ii use of gastrointestinal decontamination iii use of a chelating agent and iv use of nutritional supplements

Dietary Guidelines for Americans, 2010 ,2010 **Food-Based Dietary Guidelines: The Relevance of Nutrient Density and a Healthy Diet Score** Ellen G. H. M. Van Den Heuvel,Lisette Cornelia Petronella Gerardina Maria De Groot,Monique Maria Raats,Jan Steijns,Edith Feskens,Inge Tetens,2021-02-02 **Prescription for Nutritional Healing: the A to Z Guide to Supplements** Phyllis A. Balch CNC,2010-12-28 Completely updated for the 21st century a convenient pocket sized edition of the nation s most trusted guide to holistic health Since its initial publication more than twenty years ago millions of people have turned to *Prescription for Nutritional Healing* for answers to their holistic health questions Of the guide s many invaluable sections one of the most frequently referred to is the A to Z reference that lists and explains the most commonly available types of nutrients food supplements and herbs This handy portable edition makes it easy for

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