

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.

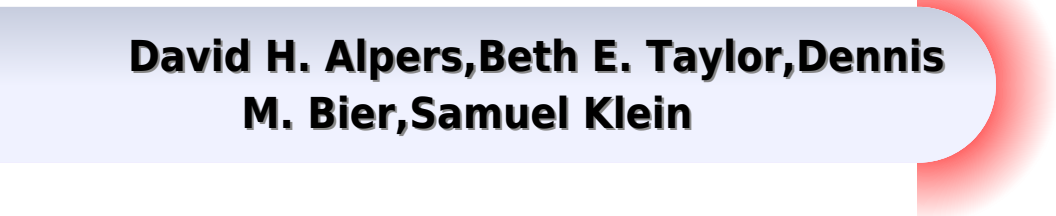
⁵ "Folate" and "Folic Acid" must be used for purposes of declaration in the labeling of conventional foods and dietary supplements. The declaration for folate must be in mcg DFE (when expressed as a quantitative amount by weight in a conventional food or a dietary supplement), and percent DV based on 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

**David H. Alpers, Beth E. Taylor, Dennis
M. Bier, Samuel Klein**



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

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Table of Contents Reference Daily Intake Guide

1. Understanding the eBook Reference Daily Intake Guide
 - The Rise of Digital Reading Reference Daily Intake Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Reference Daily Intake Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Reference Daily Intake Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Reference Daily Intake Guide
 - Personalized Recommendations
 - Reference Daily Intake Guide User Reviews and Ratings
 - Reference Daily Intake Guide and Bestseller Lists
5. Accessing Reference Daily Intake Guide Free and Paid eBooks
 - Reference Daily Intake Guide Public Domain eBooks
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6. Navigating Reference Daily Intake Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Reference Daily Intake Guide Compatibility with Devices
 - Reference Daily Intake Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Reference Daily Intake Guide
 - Highlighting and Note-Taking Reference Daily Intake Guide
 - Interactive Elements Reference Daily Intake Guide
8. Staying Engaged with Reference Daily Intake Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Reference Daily Intake Guide
- 9. Balancing eBooks and Physical Books Reference Daily Intake Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Reference Daily Intake Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Reference Daily Intake Guide
 - Setting Reading Goals Reference Daily Intake Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Reference Daily Intake Guide
 - Fact-Checking eBook Content of Reference Daily Intake Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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