

especially amounts eaten, is frequently unreliable. The food intake history of children and adolescents is prone to reporting error, mostly in the form of underreporting. People from different cultures may have difficulty adequately describing the types of food they eat. Despite these obstacles, a dietary evaluation is a vital element of the child's health assessment.

The **Dietary Reference Intakes (DRIs)** are a set of four evidence-based nutrient reference values that provide quantitative estimates of nutrient intake for use in assessing and planning dietary intake (US Department of Agriculture, National Agricultural Library, 2014). The specific DRIs are:

Estimated Average Requirement (EAR): Estimated to meet the nutrient requirement of half of healthy individuals for a specific age and gender group

Recommended Dietary Allowance (RDA): Sufficient to meet the nutrient requirement of nearly all healthy individuals for a specific age and gender group

Adequate Intake (AI): Based on estimates of nutrient intake by healthy individuals

Tolerable Upper Intake Level (UL): Highest nutrient intake level likely to pose no risk of adverse health effects

The US Department of Agriculture has an online interactive DRI tool for health care professionals to calculate nutrient requirements based on age, gender, height, weight, and activity, although it is important to note that individual requirements may vary (available at <http://fnic.nal.usda.gov/fnic/interactiveDRI/>).

Fig. 4-4 illustrates ChooseMyPlate.gov, which describes the five food groups forming the foundation for a healthy diet. MyPlate Kids' Place provides resources to help families build healthy meals and be active. Specific questions used to conduct a nutritional assessment are given in Box 4-8. Every nutritional assessment should begin with a **dietary history**. The exact questions used to elicit a dietary history vary with the child's age. In general, the younger the child, the more specific and detailed the history should be. The overview elicited from the dietary history can be helpful in