Concepts

Evaluate criteria Extrapolate if necessary

Adjust for: Food sources Host factors

Consider Genetic variation Long-term health

Average nutrient requirement (AR)

Estimated from a distribution of requirements based on a specific criterion in healthy individuals

Individual nutrient level (RI)

Derived from the distribution of the AR;

Upper nutrient level (UL)

Using a LOAÉL/NOAEL with an appropriate uncertainty factor

Methods of using NIVs

Assessment/evaluation

- Individuals
- Populations

Diet Planning

- Individuals
- Populations

Applications

- Regulatory issues and trade
- Labeling
- Public health planning
- Fortification
- Dietary guidance