**Methods of using NIVs**

Assessment/evaluation

* Individuals
* Populations

Diet Planning

* Individuals
* Populations

**Applications**

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

**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 LOAEL/NOAEL

with an appropriate

uncertainty factor

**Concepts**

Evaluate criteria

Extrapolate if

necessary

Adjust for:

Food sources

Host factors

Consider

Genetic variation

Long-term health