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Health Information

Nutrient Recommendations: Dietary Reference Intakes (DRI)

These documents are issued by the [Food and Nutrition Board](#) of the [Institute of Medicine](#), National Academy of Sciences. The Food and Nutrition Board addresses issues of safety, quality, and adequacy of the food supply; establishes principles and guidelines of adequate dietary intake; and renders authoritative judgments on the relationships among food intake, nutrition, and health.

DRI is the general term for a set of reference values used to plan and assess nutrient intakes of healthy people. These values, which vary by age and gender, include:

- Recommended Dietary Allowance (RDA): average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%-98%) healthy people.
- Adequate Intake (AI): established when evidence is insufficient to develop an RDA and is set at a level assumed to ensure nutritional adequacy.
- Tolerable Upper Intake Level (UL): maximum daily intake unlikely to cause adverse health effects.

For the latest information about the DRIs, go to the Health.gov DRI Activities Update: <https://health.gov/dietaryguidelines/dri/updates.asp>

Reports

- [Dietary Reference Intakes for Sodium and Potassium](#)
- [Dietary Reference Intakes for Calcium and Vitamin D](#)
- [Dietary Reference Intakes: Applications in Dietary Assessment](#)
- [Dietary Reference Intakes for Calcium and Related Nutrients](#)
- [Dietary Reference Intakes for Folate and Other B Vitamins](#)
- [Dietary Reference Intakes for Vitamins C, E, Selenium and Carotenoids](#)
- [Dietary Reference Intakes for Vitamins A, K and Trace Elements](#)

- [Dietary Reference Intakes for Macronutrients \(e.g., protein, fat and carbohydrates\)](#)
- [Dietary Reference Intakes for Water and Electrolytes \(e.g. chloride\)](#)

DRI Tables

- [Recommended Dietary Allowances and Adequate Intakes, Elements](#)
- [Recommended Dietary Allowances and Adequate Intakes, Vitamins](#)
- [Recommended Dietary Allowances and Adequate Intakes, Total Water and Macronutrients](#)
- [Acceptable Macronutrient Distribution Ranges](#)
- [Tolerable Upper Intake Levels, Vitamins](#)
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