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## Interactive DRI for Healthcare Professionals

Daily nutrient recommendations are based on the Dietary Reference Intakes (DRIs) by age and gender. Nutrient recommendations based on the DRIs are meant to be applied to generally healthy people of a specific age and gender set. Individual nutrient requirements may be higher or lower than the DRIs. Consult a healthcare professional to determine individual nutrient requirements for those with specific health or medical conditions. [Learn more about the DRIs.](#)

When looking at results, keep in mind:

- DRI amounts are set at levels to meet the nutrient requirements of almost all healthy people. Each reference value refers to **average daily nutrient intake**. Some deviation around this average value is expected over a number of days. In fact, nutrient amounts derived from day-to-day intake may vary substantially without ill effect. Access the [DRI Reports](#) for in-depth information on using the DRIs for planning and assessing dietary intake, as well as detailed reports on each of the nutrients.
- Foods provide a variety of nutrients and other compounds that have healthful effects. Nutritional needs should be met primarily through eating a variety of foods as outlined in the Dietary Guidelines for Americans, 2010 (PDF|2.9 MB).
- To help plan food choices to meet nutritional requirements and stay within calorie needs, please see additional resources:
  - [MyPlate](#).
  - [Dietary Guidelines for Americans](#), which includes additional links to a variety of Dietary Guidelines materials.
  - The [DASH Eating Plan](#): Your Guide To Lowering Your Blood Pressure With DASH, which is used in the Dietary Guidelines to provide an example of how to integrate dietary recommendations into a healthy way to eat.
  - [How to Understand and Use the Nutrition Facts Label](#).

## You Entered:

Male	Age: 23 yrs	Height: 160 cm.	Weight: 55 kgs.
Active			

## Results:

Body Mass Index (BMI) is 21.5	Estimated Daily Caloric Needs: 2616 kcal/day
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• [About BMI](#)

## Macronutrients

Each reference value refers to *average daily nutrient intake*; day-to-day nutrient intakes may vary.

Macronutrient	Recommended Intake per day
Carbohydrate	294 - 425 grams <sup>1</sup>
Total Fiber	38 grams
Protein	44 grams
Fat	58 - 102 grams <sup>2</sup>
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet.
α-Linolenic Acid	1.6 grams <sup>3</sup>
Linoleic Acid	17 grams <sup>3</sup>
Dietary Cholesterol	As low as possible while consuming a nutritionally adequate diet.
Total Water*	3.7 Liters (about 16 cups)

\*Total water includes all water contained in food, beverages, and drinking water.  
Click on numbered footnote for more information.

## Vitamins

Each reference value refers to *average daily nutrient intake*; day-to-day nutrient intakes may vary.

Vitamin	Recommended Intake per day	Tolerable UL Intake per day

Vitamin A	900 mcg	3,000 mcg <sup>4</sup>
Vitamin C	90 mg	2,000 mg
Vitamin D	15 mcg	100 mcg
Vitamin B <sub>6</sub>	1 mg	100 mg
Vitamin E	15 mg	1,000 mg <sup>5</sup>
Vitamin K	120 mcg	ND
Thiamin	1 mg	ND
Vitamin B <sub>12</sub>	2 mcg	ND
Riboflavin	1 mg	ND
Folate	400 mcg	1,000 mcg <sup>6</sup>
Niacin	16 mg	35 mg <sup>7</sup>
Choline	550 mg	3,500 mg
Pantothenic Acid	5 mg	ND
Biotin	30 mcg	ND
Carotenoids	NA	ND <sup>8</sup>

Click individual vitamin for fact sheet.

Click on numbered footnote for more information.

## Minerals (Elements)

Each reference value refers to *average daily nutrient intake*; day-to-day nutrient intakes may vary.

Mineral	Recommended Intake per day	Tolerable UL Intake per day
<b>Essential</b>		
Calcium	1,000 mg	2,500 mg
Chloride	2.3 g	3.6 g
Chromium	35 mcg	ND
Copper	900 mcg	10,000 mcg
Fluoride	4 mg	10 mg
Iodine	150 mcg	1,100 mcg
Iron	8 mg	45 mg
Magnesium	400 mg	350 mg <sup>9</sup>
Manganese	2.3 mg	11 mg
Molybdenum	45 mcg	2,000 mcg
Phosphorus	700 mg	4,000 mg
Potassium	4.7 g	ND
Selenium	55 mcg	400 mcg
Sodium	1.5 g	2.3 g
Zinc	11 mg	40 mg
<b>Non-Essential</b>		
Arsenic	NA	ND <sup>10</sup>
Boron	NA	20 mg
Nickel	NA	1 mg
Silicon	NA	ND <sup>11</sup>
Sulfate	NA	ND
Vanadium	NA	1.8 mg <sup>12</sup>

Click individual mineral for fact sheet.

Click on numbered footnote for more information.

### Notes:

**UL** - Tolerable Upper Intake Level

**NA** - No information available.

**ND** - Not determinable due to lack of data.

**mcg** - Micrograms

**mg** - Milligrams

For more information see the [Interactive DRI Glossary](#).

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\*If you experience problems using this button, please try your search in Firefox or an alternate internet browser.

Used with permission from *DRI: Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. (2006). Washington, DC: National Academies Press.

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