

NUTRIENTS

DRI's (Dietary Reference Intakes)

Since the publication of the Recommended Dietary Allowances (RDA) in 1989, the intense and expanding research in the field has not only improved our understanding of the role of nutrition in health and disease prevention, but also brought to the fore new concepts in our approach to nutrient requirements, which necessitated the development of the new dietary guidelines. The new approach of the Institute of Medicine, Food and Nutrition Board, USA, to formulate the DRIs represents a paradigm shift from avoiding deficiency states, as determined by clinical manifestation, to maximising health and improving quality of life. The latter is determined by functional measures including the reduction of risk of chronic disease. In this regard, a nutrient requirement is defined as "the lowest continuing intake level of a nutrient that, **for a specified indicator of adequacy**, will maintain a defined level of nutrition in an individual".

The Dietary Reference Intakes (DRIs) have been formulated on the basis of an expanded concept, which includes indicators for good health, the prevention of disease as well as the possible adverse effects of overconsumption. The latter is of fundamental importance and it is to be welcomed, not only because it is the first time that such an issue is addressed in such a format as part of the recommended nutrient intakes, but also because it comes at an opportune time, when the concept of "more is better" is being intensely promoted, at times irresponsibly.

For Comprehensive tables and information please use the following link:

- [Dietary Reference Intakes | Food and Nutrition Information.](#)

Find details on how the **DRIs** were set, including the application of statistically valid methods and the roles nutrients play in traditional deficiency and chronic

- [DRI Tables - Interactive DRI for Healthcare](#)

For further, personalized and more detailed information, please contact a dietitian registered with the Health Professions Council of South Africa. References from the scientific literature used to compile this document are available on request.

Human Nutrition | Menslike Voeding

Fakulteit Geneeskunde en Gesondheidswetenskappe /
Faculty of Medicine and Health Sciences
Universiteit Stellenbosch University
Francie van Zijl Rylaan / Drive; Tygerberg; Kaapstad / Cape Town
Posbus / PO Box 241; Kaapstad / Cape Town; 8000
Suid-Afrika / South Africa
Tel: +27 21 938-9259
e-pos / e-mail: irene@sun.ac.za
www.sun.ac.za