

【W1-1】**Incorporating the DRIs into Food and Nutrition Policy, Client Care, and a National Research Agenda: Status Report Ten Years Later**

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In 1994, the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences in the United States initiated an expansion of the Recommended Dietary Allowances (RDA) that had been established and revised between 1941, when the first RDAs were developed, through 1989, when the 10th edition of the RDAs were released. Early editions focused on providing quantitative recommendations for the amounts of nutrients to prevent human nutrient deficiency diseases. The expanded approach, termed Dietary Reference Intakes (DRIs), provides multiple, scientifically based reference values—estimates of nutrient intake—to be used in a variety of situations: estimating adequacy of the intake of population groups, guiding counselors giving dietary advice to individuals, providing reference limits to prevent potential adverse effects of excess consumption, and assisting program planners in determining which nutrients or food components are of concern in the diet. It has been a ten-year process to initiate and publish the first set of these multiple reference values in a total of eight reports. Over 100 scientists in the United States and Canada have been involved in the process. The DRIs thus include not only guidance about how much should be consumed, but also how much is too much of a nutrient, and the rationale for the numbers chosen. The statistical underpinnings of the each of the categories of DRIs will be discussed, along with the appropriate uses of each within the context of the variety of uses for which quantitative reference values for nutrients are needed.