

【W2-1】**Establishing DRIs for Energy in the US and Canada**

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Dietary Reference Intakes (DRIs) for energy and the macronutrients, carbohydrate, fiber, fat, fatty acids, cholesterol, protein and amino acids were released in September 2002. The DRIs provide dietary reference values for the intake of nutrients by Americans and Canadians. The report examines the roles that macronutrients are known to play in traditional deficiency diseases as well as chronic disease. Major new approaches and findings include the following:

- The establishment of Estimated Energy Requirements (EERs) at four levels of energy expenditure for all ages.
- Recommendations for levels of physical activity to decrease risk of chronic disease.
- The establishment of RDAs for dietary carbohydrate and protein.
- The development of the definitions *Dietary Fiber*, *Functional Fiber*, and *Total Fiber*.
- The establishment of Adequate Intakes (AI) for *Total Fiber*.
- The establishment of AIs for linoleic and alpha-linolenic acids.
- Acceptable Macronutrient Distribution Ranges as a percent of energy intake for fat, carbohydrate, linoleic and alpha-linolenic acids, and protein.
- A maximal intake level for added sugars.

The DRIs have a number of uses for healthy individuals and groups including examining the probability that usual intakes are inadequate, determining intake levels that should be achieved for a healthy diet, and providing guides to limit intake of nutrients that have the potential risk of adverse effects.