

Contents

SUMMARY	1
I HISTORICAL PERSPECTIVE AND BACKGROUND	19
1 Introduction and Background	21
Purpose of the Report, 21	
What are DRIs?, 22	
Organization of the Report, 28	
2 Current Uses of Dietary Reference Standards	29
Changes Over Time, 29	
Uses of the Former RDAs and RNIs, 31	
Looking Ahead: Applying the DRIs, 42	
II APPLICATION OF DRIs FOR INDIVIDUAL DIET ASSESSMENT	43
3 Using Dietary Reference Intakes for Nutrient Assessment of Individuals	45
Introduction, 46	
Proposed New Method for Individual Assessment, 46	
Applications, 66	
Summary, 69	

III APPLICATION OF DRIs FOR GROUP DIET ASSESSMENT 71

- 4 Using the Estimated Average Requirement for Nutrient Assessment of Groups 73**
 Introduction, 73
 The Probability Approach, 76
 The EAR Cut-Point Method, 81
 Adjusting Intake Distributions, 93
 Inappropriate Approaches for Group-Level Assessment
 Using the RDA, 102
 Units of Observation Other Than the Individual, 104
 Summary, 104
- 5 Using the Adequate Intake for Nutrient Assessment of Groups 106**
 Derivations of the AI, 106
 Comparison of the AI, RDA, and EAR, 109
 Limitations of the AI in Dietary Assessment, 109
 Summary, 112
- 6 Using the Tolerable Upper Intake Level for Nutrient Assessment of Groups 113**
 Theory and Definitions, 113
 Evaluating the Risk of Adverse Effects Using the UL, 120
 Some Frequently Asked Questions, 125
- 7 Specific Applications: Assessing Nutrient Intakes of Groups Using the Dietary Reference Intakes 127**
 Introduction, 127
 Application 1: Describing Dietary Survey Data, 128
 Application 2: Assessing the Prevalence of Inadequate or Excessive Intake, 129
 Application 3: Evaluating Differences in Intake, 132
 Summary, 141

IV FINE-TUNING DIETARY ASSESSMENT USING THE DRIs 145

- 8 Minimizing Potential Errors in Assessing Group and Individual Intakes 147**
 Tailoring Requirements for Specific Groups and Individuals, 147
 Minimizing Errors in Measuring Dietary Intakes, 150
 Issues of Variance in Dietary Assessment, 158
 Summary, 161

9 Research Recommended to Improve the Uses of Dietary Reference Intakes	162
Research to Improve Estimates of Nutrient Requirements, 162	
Research to Improve the Quality of Dietary Intake Data, 163	
Research to Improve Statistical Methods for Using the DRIs to Assess Intakes of Individuals, 165	
Research to Improve Statistical Methods for Using the DRIs to Assess Intakes of Groups, 165	
10 References	168

APPENDIXES

A Origin and Framework of the Development of Dietary Reference Intakes, 179	
B Nutrient Assessment of Individuals: Statistical Foundations, 185	
C Assessing Prevalence of Inadequate Intakes for Groups: Statistical Foundations, 203	
D Assessing the Performance of the EAR Cut-Point Method for Estimating Prevalence, 211	
E Units of Observation: Assessing Nutrient Adequacy Using Household and Population Data, 232	
F Rationale for Setting Adequate Intakes, 239	
G Glossary and Abbreviations, 254	
H Biographical Sketches of Subcommittee Members, 262	

INDEX**267****SUMMARY TABLES: Dietary Reference Intakes**

Estimated Average Requirements, 282	
Tolerable Upper Intake Levels, 284	
Recommended Intakes for Individuals, 287	

