

Dietary Reference Intakes Subcommittee

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Co-Chairs

Adding Chronic Disease to Current DRI Values

- Existing DRI's for essential vitamins, minerals, macronutrients and dietary fiber
- For multiple age categories, both sexes, pregnancy, lactation
- Chronic disease used on ad hoc basis for a few nutrients but relevant to several more and unified process desired
- Two-step process
 - Federal expert committee Nov 2014-Apr 2016, Workshop at NIH Mar 2015, published report in AJCN Jan 2017 on possible options
 - NASEM consensus study – 11 recommendations for use with nutrients or other food substances (NOFS)

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CONSENSUS STUDY REPORT



GUIDING PRINCIPLES FOR
Developing
Dietary Reference
Intakes Based
on Chronic Disease

Guiding Principles for Developing Dietary Reference Intakes Based on Chronic Disease

Released: August 3, 2017

DRI Prioritization

- Open nomination period produced 16 nominations in 2014
- 4 finalists – magnesium, vitamin E, sodium, omega-3 fatty acids
- Budget notes from Congress includes language preventing CDC from doing sodium reduction activities until sodium DRI is reconsidered
- AHRQ systematic review with 8 key questions - \$575,000
- NASEM Consensus Committee – \$1,200,000

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CONSENSUS STUDY REPORT

DRI

DIETARY REFERENCE INTAKES

FOR
SODIUM
AND
POTASSIUM

Dietary Reference Intakes for Sodium and Potassium

Released: March 5, 2019

Human Milk Composition Project

- Most DRI values for children extrapolated from adults
- Birth-24 months added to Dietary Guidelines for Americans
- Literature review on human milk composition by NASEM
- Expert committee meeting with sponsors
- Two deliverables
 - Are there solid data to estimate nutrient requirements for breastfed infants?
 - Can this activity serve as a model for age-specific revisions of DRI?

DRI Plans

- Review macronutrients
 - Protein, Fat, Carbohydrate, Total Energy
 - Amino acids; Fatty acids; Sugars, Starch, Dietary Fiber
 - Numerous systematic reviews possible for multiple chronic disease endpoints
- Guesstimates
 - At least 10 systematic reviews - \$6 million plus
 - Two NASEM consensus studies - \$5 million
 - 5-year process