



# Dietary Reference Intakes: Applications in Dietary Planning

*Institute of Medicine, Food and Nutrition Board, Subcommittee on Interpretation and Uses of Dietary Reference Intakes and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes*

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The *Dietary Reference Intakes* (DRIs) are quantitative estimates of nutrient intakes to be used for planning and assessing diets for apparently healthy people. This volume is the second of two reports in the DRI series aimed at providing specific guidance on the appropriate uses of the DRIs. The first report provided guidance on appropriate methods for using DRIs in dietary assessment. This volume builds on the statistical foundations of the assessment report to provide specific guidance on how to use the appropriate DRIs in planning diets for individuals and for groups.

Dietary planning, whether for an individual or a group, involves developing a diet that is nutritionally adequate without being excessive. The planning goal for individuals is to achieve recommended and adequate nutrient intakes using food-based guides. For group planning, the report presents a new approach based on considering the entire distribution of usual nutrient intakes rather than focusing on the mean intake of the group. The report stresses that dietary planning using the DRIs is a cyclical activity that involves assessment, planning, implementation, and reassessment.

Nutrition and public health researchers, dietitians and nutritionists responsible for the education of the next generation of practitioners, and government professionals involved in the development and implementation of national diet and health assessments, public education efforts and food assistance programs will find this volume indispensable for setting intake goals for individuals and groups.

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