

1. Record Nr.	UNINA9910970938003321
Titolo	Dietary reference intakes : applications in dietary planning
Pubbl/distr/stampa	Washington, : National Academies Press, 2003
ISBN	1-280-18006-4 9786610180066 0-309-51882-2
Edizione	[1st ed.]
Descrizione fisica	1 online resource (255 p.)
Disciplina	613.2
Soggetti	Nutrition Reference values (Medicine)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	""Front Matter""; ""Preface""; ""Contents""; ""Summary""; ""1 Introduction to Dietary Planning""; ""2 Using Dietary Reference Intakes in Planning Diets for Individuals""; ""3 Using Dietary Reference Intakes in Planning Diets for Groups""; ""4 A Theoretical Approach Using Nutrient Density to Plan Diets for Groups""; ""5 Examples of Planning for Groups""; ""6 Special Considerations and Adjustments""; ""7 Implications and Recommendations""; ""8 References""; ""APPENDIXES""; ""A Origin and Framework of the Development of Dietary Reference Intakes"" ""B Food Guidance in the United States and Canada""""C The Target Nutrient Density of a Single Food""; ""D Voluntary Nutrient Fortification""; ""E Adjustment of Observed Intake Data to Estimate the Distribution of Usual Intakes in a Group""; ""F Biographical Sketches of Subcommittee Members""; ""Index""; ""Summary Tables""
Sommario/riassunto	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.
