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Nota di contenuto	Front Matter -- Preface -- Reviewers -- Contents -- Summary -- 1 Introduction to Dietary Reference Intakes -- 2 Overview and Methods -- 3 A Model for the Development of Tolerable Upper Intake Levels -- 4 Vitamin A -- 5 Vitamin K -- 6 Chromium -- 7 Copper -- 8 Iodine -- 9 Iron -- 10 Manganese -- 11 Molybdenum -- 12 Zinc -- 13 Arsenic, Boron, Nickel, Silicon, and Vanadium -- 14 Uses of Dietary Reference Intakes -- 15 A Research Agenda -- A Origin and Framework of the Development of Dietary Reference Intakes -- B Acknowledgments -- C Dietary Intake Data from the Third National Health and Nutrition Examination Survey (NHANES III), 1988-1994 -- D Dietary Intake Data from the Continuing Survey of Food Intakes by Individuals (CSFII), 1994-1996 -- E Dietary Intake Data from the U.S. Food and Drug Administration Total Diet Study, 1991-1997 -- F Canadian Dietary

Intake Data, 1990 -- G Biochemical Indicators for Iron, Vitamin A, and Iodine from the Third National Health and Nutrition Examination Survey (NHANES III), 1988-1994 -- H Comparison of Vitamin A and Iron Intake and Biochemical Indicators from the Third National Health and Nutrition Examination Survey (NHANES III), 1988-1994 -- I Iron Intakes and Estimated Percentiles of the Distribution of Iron Requirements from the Continuing Survey of Food Intakes by Individuals (CSFII), 1994-1996 -- J Glossary and Acronyms -- K Conversion of Units -- L Options for Dealing with Uncertainties -- M Biographical Sketches of Panel and Subcommittee Members -- Index.

Sommario/riassunto

This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes (DRIs). This series provides recommended intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for individuals based on age and gender. In addition, a new reference intake, the Tolerable Upper Intake Level (UL), has also been established to assist an individual in knowing how much is "too much" of a nutrient. Based on the Institute of Medicine's review of the scientific literature regarding dietary micronutrients, recommendations have been formulated regarding vitamins A and K, iron, iodine, chromium, copper, manganese, molybdenum, zinc, and other potentially beneficial trace elements such as boron to determine the roles, if any, they play in health. The book also: Reviews selected components of food that may influence the bioavailability of these compounds. Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role. Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups. Identifies research needed to improve knowledge of the role of these micronutrients in human health. This book will be important to professionals in nutrition research and education.
