Dietary Reference Intakes

Developed by the Institute of Medicine (IOM), the Dietary Reference Intakes (DRIs) are nutrient reference values that support many program, policy, and regulatory initiatives. They serve as a guide for good nutrition and provide the scientific basis for the development of food guidelines in both the United States and Canada – making it important that they remain up-to-date.

**Provide Nutrient Standards For:**
- Requirements
- Excessive levels

**Recommendations Include:**
- Protein, fats, & carbs
- Vitamins & minerals
- Water
- Fiber
- Calories and physical activity

**DRIs Promote Health Through:**
- Nutrition monitoring
- Dietary guidelines
- Assistance programs
- Health professionals
- Nutrition research
- Food policies
- Military
- Nutrition labeling
- Food and supplement industries
- Global nutrient standards

**Current DRIs Can Result In:**
- Healthier Americans
- Healthier Canadians
- Healthier global population

For more information, visit www.iom.edu/dri